

*A Handbook on*

*Medical*

*Missionary*

*Work*

*By*  
*Charles Thomas, Ph.D.*

*Desert Springs Therapy Center*  
*Desert Hot Springs, California*

## ***Editorial:***

*“To teach people how to live”* (Proverbs 1:2 LB). This was the burden of King Solomon — to teach people how to live in every circumstance in life.

This should also be the theme of *our* lives.

Before we teach others how to live physically and spiritually, it is necessary that we understand thoroughly the laws of life that govern our bodies. We must live it and prove it. It is then that we are ready to teach others; it is then that the world is ready for it.

To teach people how to dress comfortably and healthfully, to sleep early and regularly, to select and prepare food to meet individual needs in time of health and sickness, and lastly to tailor a program of exercises to exert every muscle and organ of the body — This is true Medical Missionary Work.

The following pages are dedicated to teach people ‘how to live.’

Sincerely,

Charles Thomas, Ph.D.

## **KEY TO ABBREVIATIONS**

#BC	Bible Commentary, volume #
CD	Counsels on Diet and Foods
CE	Christian Education
CG	Child Guidance
CH	Counsels on Health
ChS	Christian Service
CM	Counsels to Ministers
CT	Counsels to Parents, Teachers, & Students
CTBH	Christian Temperance & Bible Hygiene
Ev	Evangelism
FE	Fundamentals of Christian Education
GW	Gospel Workers
HL	Healthful Living
MH	Ministry of Healing
ML	My Life Today
MM	Medical Ministry
SC	Steps to Christ
#SM	Selected Messages, Book #
#T	Testimonies for the Church, volume #
TE	Temperance
WM	Welfare Ministry

# HEALTH EVANGELISM

THE GOSPEL PRACTICED,  
THE GOSPEL OF CHRIST REVEALED

## GOD'S PLAN

### **And God saw...**

This world, full of disease, pain, deformity, heartbreak, and death, in an ever-increasing, downward spiral — a world on the fringes of eternity and so incredibly few preparing for it.

### **And God said...**

I have a plan. It is time for it to be carried out. I will rebuild man from within out. I will help him to prepare for My soon coming so that I may take him home to live with Me forever. I will send My messengers to every town and hamlet — every village in all the world. They will announce My plan to every accountable person. They will penetrate the jungles of the tropics and of the ghettos, the frozen wastes of Siberia and of Tierra del Fuego. They will teach my children how to live so that they can receive the unfathomable blessings I long so much to give them. My sheep will hear My voice and follow where I lead. Now is the time.

### **This is the purpose of My plan...**

It will be the right arm of My body, My church (8T p. 77), opening doors for my truth to enter (Ev p. 513) and making ready a people prepared for the Lord (6T p. 233). No other work will be so successful in the new fields (MM p. 239). It will thus be both the pioneer work of My gospel (CH p. 497), sowing seeds of truth, and the reaper of the harvest of My gospel (MM p. 240). It will be as the river of life for the irrigation of My church (ChS pp. 133, 134).

Every church member ... take hold of this work ... especially my colporteurs, nurses, physicians, and students. Be prepared. My conference leaders should recognize and support it (Ev p. 521).

*“Every member of My church should take hold of this work.”*  
(7T pg. 62)

# GOD'S DESIGN FOR A DAILY SCHEDULE

## **1. A time to rise, sleep, eat, and pray ...** 4T p. 412; Psalm 63:6

*"To every thing there is a season, and a time to every purpose under the heaven:"*

Ecclesiastes 3:1

## **2. Drink hot water (2 to 3 glasses) before meals.**

*"Drafts of clear, hot water taken before eating (half quart, more or less), will never do any harm, but will rather be productive of good."* CD p. 419

## **3. Exercise**

—Gradually walk with exertion. CE p. 146

—Get fresh air and sunshine. 2T pp. 525-527

—Dress comfortably. 1T p. 459

## **4. At the end of the walk, set a place for prayer and commit your ways to God.**

### **Trust in Him.**

—Take time for prayer. SC p. 70

*"And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed."* Mark 1:35

## **5. Dress**

*"In all respects, the dress should be healthful ... And we are to be workers together with Him for the health of both soul and body. Both are promoted by healthful dress."* MH p. 288

## **6. Take a hot shower before breakfast.** 3T p. 70, 71; MH p. 276; CTBH p. 141

—Finish with a burst of cold for the lysozyme effect.

## **7. Breakfast**

—Eat a well-planned, balanced meal.

*"Make your breakfast correspond more nearly to the heartiest meal of the day."* CD p. 173

—Resist eating between meals. CD p. 242; CG p. 388

—Allow several hours between meals.

*"At least 5 or 6 hours should intervene between the meals..."* MH p. 304

## **8. Work (whether in the home or outside)**

*"Whatsoever thy hand findeth to do, do it with thy might..."* Ecclesiastes 9:10

—Provide for family members. 1 Timothy 5:8; Ephesians 6:7

—Temperance in labor. CTBH p. 64-66

## **9. Lunch**

—Do not eat too much. Practice temperance. MH pp. 306, 307

*“For the drunkard and the glutton shall come to poverty...”* Proverbs 23:21

—It is better to leave out sweets. CD pp. 321, 330

—Limit each meal to 2 or 3 kinds of food. CD p. 110; HL p. 81; Daniel 1:12

—No drinking with meals.

*“Taken with meals, water diminishes the flow of the salivary glands...”* CD p. 420

## **10. Light supper**

*... Under some circumstances, persons may require a third meal ... This should, however, if taken at all, be very light, and of food most easily digested. Crackers – the English biscuit – or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal.”* MH p. 321

## **11. Avoid eating near bedtime.**

*“Another pernicious habit is that of eating just before bedtime ... As a result of eating late suppers, the digestive process is continued through the sleeping hours.”* MH p. 303

## **12. Extinguish all lights when you rest.** CT p. 297

*“From the standpoint of melatonin production, it would be better to go to bed early to take advantage of the nighttime darkness and then rise early.”* Proof Positive, Nedley p. 203.

*“Make it a habit not to sit up after 9:00 pm. Every light should be extinguished. This turning night into day is a wretched health-destroying habit and this reading much by brain workers, up to the sleeping hour, is very injurious to health.”* Letter to the Author’s Secretaries – May 24, 1888

# THE POWER OF THE RIGHT ARM IS YOURS STRONG?

1. *“Our health literature is the helping hand of the gospel, opening the way for the truth to enter and save many souls.”* CM p. 132
2. *“Our sanitariums are the right hand of the gospel, opening doors whereby suffering humanity may be reached with the glad tidings of healing through Christ.”* CH p. 212
3. *“The health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel’s message as the hand is with the body.”* CH pp. 20, 21
4. *“When the third angel’s message is received in its fullness, health reform will be given its place in the councils of the conferences, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body.”* 6T p. 327
5. *“The gospel ministry is an organization for the proclamation of the truth and the carrying forward of the work for sick and well. This is the body, the medical missionary work is the arm, and Christ is the head over all.”* MM p. 237
6. *“The right hand is used to open doors through which the body may find entrance. This is the part the medical missionary work is to act. It is to largely prepare the way for the reception of the truth for this time. A body without hands is useless.”* MM p. 238
7. *“I wish to tell you that soon there will be no more work done in ministerial lines but medical missionary work.”* CH p. 533
8. *“He designs that the medical missionary work shall prepare the way for the saving truth for this time – the proclamation of the third angel’s message. If this design is met, the message will not be eclipsed nor its progress hindered.”* CH p. 518
9. *“A reformation is needed among the people, but it should first begin its purifying work with the ministers.”* 1T p. 469
10. *“The minister will often be called upon to act the part of a physician. He should have a training that will enable him to administer the simpler remedies for the relief of suffering.”* MM p. 238
11. *“There are openings for well trained nurses to go among families and seek to awaken an interest in the Truth.”* MM p. 246
12. *“This house-to-house labor, searching for souls, hunting for the lost sheep, is the most essential work that can be done.”* Ev p. 110
13. *“Every gospel worker should feel that the giving of instruction in the principles of healthful living is a part of his appointed work.”* MH p. 146

# BASIC GUIDELINES FOR ESTABLISHING A MEDICAL MISSIONARY CENTER

1. Statement of Purpose: Have a Biblical and Spirit of Prophecy foundation for your convictions.
  - A. Keep direction fixed.
  - B. Don't seek to copy the world.
  - C. Prevent being sidetracked.
2. Name: An appropriate name must be chosen.
3. Location for your center: It should be simple, humble, but easily accessible to the local citizens.
4. Ownership: Group or single ownership, no other partnerships, and no silent partners.  
2 Corinthians 6:14; 1T p. 101
5. Management: Appoint an advisory board that will provide intelligent recommendations in the light of present truth.
6. Financial Plan: Have no debts. Be self-sustaining. Pay as you go.
7. Insurance: Liability and malpractice coverage
8. Staff: Physician, nurse, physical therapist, cook, maintenance person, administrator, Bible worker, exercise director
9. Equipment
10. Research possibilities
11. Evaluation: A must to document results
12. Training Programs: For the community and others
13. Types of treatments to offer: All types of hydrotherapy treatments, simple remedies, therapeutic exercises, and rehabilitation
14. Benefits to the church and community:

<b>Community</b>	<b>Church</b>
Win friends	Gives sense of mission
Make influential contacts	Obtain God's blessings
Become leaders	Strengthens faith
Training Center	

15. Fasting and prayer: Important keys



## SUGGESTED CONVERSION OF A TYPICAL BEDROOM-HOME INTO A COMMUNITY TREATMENT/EDUCATION CENTER

Room Name	Suggested Use
Kitchen	Application of ice packs, compresses, ice rub, steam inhalations, paraffin bath, hot and cold bath for hand or arm, charcoal-poultice, and preparation of fomentations
Dining room	Treatment table 7 ft long, 4 ft wide and/or demonstration room
Living Room	Lecture room; exercise room equipped with stall bars, exercise platform (12 ft long, 8 ft wide, 18 inches high with a cushioned mat), exercise charts, weights, and/or stretching classes
Bedroom #1	Reading room, lecture room, library for books and tapes, storage files, reading furniture, and/or office
Bedroom #2	Two treatment tables with divider, treatments by massage, wet sheet pack, or fomentation, and recovery room
Bath	Sitz bath, half bath (hot, cold, or neutral), salt glow, Russian chair bath, shower modified with hot/cold water on one side and cold water only on other side, and hot and cold bath for arm or hand using sink
Garage	Exercise equipment such as tilt table, resistance table, stall bars, pulley machines, storage, or special exercise equipment

# PHILOSOPHY OF HEALTH

## DIET, PHYSICAL EXERCISE, AND REST

1. *“Can He [God] be pleased when half the workers laboring in a place teach that the principles of health reform are as closely allied with the third angel’s message as the arm is to the body, while their co-workers, by their practice, teach principles that are entirely opposite?”* CH p. 562
2. *“How many have refused to live in harmony with the counsels of God! As a people, we should make advancement proportionate to the light received. It is our duty to understand and respect the principles of health reform.”* CD p. 24
3. The feet and limbs ... *“It is impossible to have health when the extremities are habitually cold.”* MH p. 239
4. Exercise: *“More people die for want of exercise than from overwork; very many more rust out than wear out. In idleness, the blood does not circulate freely, and the changes in the vital fluid, so necessary to health and life, do not take place.”* CTBH p. 101.
5. *“But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit.”* CTBH p. 101.
6. *“The health cannot be preserved unless some portion of each day is given to muscular exertion in the open air.”* FCE p. 146
7. *“Women should clothe their limbs with regard to health and comfort. Their feet and limbs need to be clad as warmly as men’s.”* 1T p. 495
8. *“While sitting at the table, we may do Medical Missionary work by eating and drinking to the glory of God.”* CH p. 577
9. *“Cancers, tumors, and inflammatory diseases are largely caused by meat eating ... Flesh diet cannot make good blood.”* HL p. 183
10. *“Show them that the treatment given them will not benefit them unless they make the needed change in their habits of eating and drinking.”* Letters 331, 1904
11. *“It is impossible for those who make free use of flesh meats to have an unclouded brain and an active intellect.”* 2T p. 62.
12. *“Grains and fruits prepared free from grease, and in as natural a condition as possible, should be food for the tables of all who claim to be preparing for translation to heaven.”* CD p. 64.

# DEFINITION AND EXPLANATION OF HEALTH EVANGELISM

(Credit source) M.G. Hardinge, M.D.

1. Health: physical, mental, emotional, social, and spiritual WELL-BEING.
2. Giving the health message: PASSING ON to others the DIVINE PRINCIPLES OF HEALTHFUL LIVING — the physical laws through which God governs our lives and health.

A. Health reform: understanding, taking to heart, accepting, and personally APPLYING the HEALTH MESSAGE

Reform: MAKING whatever CHANGES are NECESSARY to reform one's health practices to OBEY the LAWS OF HEALTH, so as to ensure the best possible health.

1) Dietary reform: One area of health reform

a) Vegetarianism: One area of dietary reform

3. Health evangelism: In reliance on the Spirit of grace, practicing health reform, and by example, conviction, and precept TEACHING EACH DIVINE HEALTH LAW IN THOROUGH, PAINSTAKING DETAIL, to open doors “barred by prejudice and self-indulgence”

USING THE HEALTH MESSAGE AS A MEDIUM FOR EVANGELISM, first to interest and later TO LEAD INDIVIDUALS TO LOVE JESUS and OBEY His teachings.

4. Medical evangelism — medical missionary work:

Missionary work, in its narrow sense, embraces those activities dealing with the promulgation or establishment of spiritual truth. Missionary work, in its broader sense, embraces anything done from a philanthropic and charitable standpoint.

In the same way, the term *medical missionary work*, used specifically, refers to the use of the health principles in alleviating or treating the sick. Medical missionary work, in its wider meaning, refers to any aid given in a Christian spirit to the suffering of the diseased.

## WHAT IS MEDICAL MISSIONARY WORK?

- MMW brings to humanity the gospel of release from suffering. MM p. 239
- It is the pioneer work of the gospel. MM p. 239
- It is the gospel practiced, the compassion of Christ revealed. MM p. 239
- It is as a fountain open for the wayward, thirsty traveler. MM p. 239
- It will be as a river of life for the irrigation of God's Church. ChS pp. 133, 134
- It will be the right arm of the body, the Church. 8T p. 77
- MMW is to be a great entering wedge to the diseased soul. CH p. 535

## QUALIFICATION OF MEDICAL MISSIONARY WORKERS

- MM workers should be cleansed, refined, purified, and elevated. WM p. 255
- MM workers must be converted. 8T p. 203
- Their special duty is to practice its teachings in their daily lives. CH p. 535
- They should study diligently to be well-qualified, ever seeking increased knowledge, greater skill, and deeper discernment. MH p. 116
- They are to rise to the highest point of excellence. 8T p. 168
- All gospel workers should know how to give simple treatments. MH p. 146

## AVENUES OF PERSONAL MINISTRY

- Simple methods of treating the sick MH p. 146
- Instruction in dietetic reform and healthful living MH p. 146
- Instruction in physiology MH p. 147
- Work for the intemperate MH p. 171
- Teach and help the ignorant. MH p. 194
- Instructing the poor MH p. 194
- Teaching how to make and mend clothes 9T p. 37
- Lending books to neighbors 9T p. 35
- Instructing how to cultivate soil FE p. 324
- Teaching the poor to cook 9T pp. 36, 37
- Inviting neighbors to your home 6T p. 276
- Singing simple songs ML p. 238
- Relieving the needs of the sick 6T p. 118
- Helping the tempted and the erring MH 162, 163, & 166
- Working disinterestedly, lovingly, and patiently 9T p. 41
- Children running errands for the less fortunate 9T p. 118
- Encouraging the fallen that it is not too late MH p. 165
- Thoroughly teaching children some useful trade MH p. 194
- Christians opening their hearts and homes to helpless children MH p. 201

*“Christ has laid upon His Church the duty of caring for the needy among its own members.”* Ministry of Healing, p. 201

# BATTLING THE SUPER BUG

Do not let the Influenza super bug overtake you. “Common bacteria are now so resistant to antibiotics that they can kill. The bugs have discovered newer, more efficient ways to elude destruction. Bacteria also have more avenues of attack. Day-care facilities have thrown youngsters together as never before. Hospitalized patients are sicker and more susceptible to infections. Modern agriculture, which relies on antibiotics to boost growth and limit disease among cattle, chickens, and other animals, has led to the spread of more dangerous microbes.”

US News and World Report May 10, 1999 takes a positive attitude that God will protect you as you take time to study ways and means to prevent illness.

1. Prevent body fatigue. Be in bed by 9.30 p.m. During the day if you become tired, take time to rest.
2. Drink two or more glasses of hot water upon arising. Drink plenty of pure soft water in between meals, enough so that your urine is clear.
3. Dress comfortably at all times. The extremities (the arms and legs) should be kept warm.
4. Take time to eat your meals regularly. Allow 5 to 6 hours between meals.
5. It is better to leave out sweet things (articles made from refined sugar) from your diet. The white blood cells are healthier without sweets.
6. Avoid crowds. Potlucks should be limited.
7. Wash your hands frequently with soap and warm water. Keep your hands away from your hair and face.
8. Avoid eating flesh foods of any kind. As an example, the animal virus from a chicken can be passed to a human, and the combination of the Avian virus and the human makes it a killer virus.
9. Take a hot shower in the morning and finish off with a dash of cold. (The Lysozyme effect will kill viruses.)
10. Slip into your mouth a tablet or two of activated charcoal and let it dissolve slowly under your tongue. Charcoal has the potential to bind to the virus and remove it.
11. Take a hot tub bath as soon as possible. Make sure the water is hot (104° F or above, as tolerated safely) and remain in the water for 15 minutes. Hot baths increase the body temperature which activates the white blood cells. Finish off with a brisk cold mitten friction for the whole body.
12. Sauna or a steam bath will also be very appropriate at this time. Perspiring helps to remove toxins from your body.
13. Go on a long walk in the woods. This will increase your oxygen intake, thus purifying your blood.

*“Trust in the Lord with all thine heart;  
And lean not unto thine own understanding.”*

Proverbs 3:5

# ARTHRITIS

There are over 100 types of arthritis. By God's blessing, however, people can experience improvement for most of them, using simple remedies. Diet is found to play an important part in reducing the swelling of the joints and decreasing the pain in the hands and feet.

The following is a general outline of procedures used by Dr. Charles Thomas in his practice:

1. Set a regular time to eat, sleep, wake up, and pray. It takes will power to decide to make the needed lifestyle changes.
2. Dress comfortably, keeping the extremities warm.
3. Cleanse the digestive tract. Drink one or two glasses of prune juice at bed time. Drink three glasses of hot water upon arising. Take a walk, or if not able to walk, plan other activities to exert your body (swimming for example). Follow this plan for two days.
4. After a very thorough bowel movement, begin eating ripe fruits, vegetables (cooked or raw), and four or five prunes each day. Food must be eaten at regular times with at least five hours between meals. Follow this diet plan for four or five days. By this time, the swelling of the joints should have subsided.
5. Eliminate all animal products (meat, fish, eggs, milk, cheese, fats) from the diet. Use olive oil, flaxseed, evening primrose oil. Avoid potatoes, rice, and white flour until swelling has disappeared. Eat barley, millet, rye, and corn instead.
6. Take two tub baths, two paraffin treatments for the joints, or swim in warm water every day.
7. Get one full body massage by dedicated hands every day.
8. Apply a wet sheet pack once a day. 10:00 a.m. is a good time to try this. Don't force it if someone doesn't care to have this done on them. However, this is the best method to relax.
9. Plan on four short walks per day, providing this does not fatigue or put strain on the joints. For some, swimming may be the only solution.
10. After the swelling is gone, begin introducing other foods such as rice and potatoes one at a time. There are certain food combinations that do not agree with each other. By experience, you can learn which foods you should eliminate from your diet.
11. In order to have a healthy body, try to have at least two bowel movements per day.
12. Ask God to forgive you for the way you have treated your body in the past.
13. Create a positive attitude — it will speed up your recovery.
14. Take time when choosing your food in the market. Read labels. Avoid any food with hydrogenated oil, vinegar, or added sugar.
15. Take time to eat and enjoy your food. Take time to exercise: this will help assimilate your food.

# USING NATURAL REMEDIES FOR COMMON AILMENTS

<b>Condition</b>	<b>Remedy</b>
Arthritis	Paraffin bath, hot packs, Jacuzzi, charcoal poultice, and diet
Back pain	Ice massage, hot and cold douche, and fomentation
Beijing flu, fatigue syndrome	Steam bath, cold compress, and cold mitten friction
Bursitis	Ice massage and lifestyle changes
Headaches	Hot foot bath, cold compress to the head to reduce tension, avoid allergens
Heart disease prevention	Exercise, diet, and rest
Hypotension and hypertension	Salt glow, fomentation, and exercise
Insomnia	Wet sheet pack and neutral bath
Laryngitis, sore throat, emphysema, and asthma	Fomentation, charcoal, heating compress, steam inhalation, and hot foot bath
Asthma	Heating compress
Muscle strain and sprain	Cold packs and alternate hot and cold, Epsom salt bath
Pelvic cramps	Sitz bath, diet, sleep, Billig stretch, and herbs
Posture problems (forward head, hunch back, scoliosis, and sway back)	Posture correction
Stress	Relaxation, massage, and other techniques for handling stress

# GOD'S DESIGN FOR LONGEVITY

*"I will praise thee, for I am fearfully and wonderfully made; Marvelous are thy works, and that my soul knoweth right well ... 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 139:14, 23, 24)

1. Life originates from God. (John 1:1-4)
2. God breathed the breath of life. (Genesis 2:7; Job 27:3)
3. Jesus came to give life abundantly. (John 10:10)
4. Those who believe in Him may have eternal life. (John 3:15,16)
5. God's gift to man: a vital force
6. God has endowed us with a certain amount of vital force. (MH p. 235)
7. If we carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health. (MH p. 235)
8. What reduces vital force:
  - Doubt saps vital force (3BC p. 1146)
  - Drugs destroy (2 SM p. 281)
  - Eating between meals (CG p. 388)
  - Eating too much (CD p. 131)
  - Excessive grief (3BC p. 1146)
  - Expenditure (2T p. 472)
  - Hurtful food and drinks (2SM p. 414)
  - Lustful passions (2T p. 472)
  - Overwork (CH p. 99; FE p. 153)
  - Perplexity (3BC p. 1146)
  - Rapid exhaustion (MH p. 235)
  - Reckless exhaustion (CH p. 99)
  - Sexual excess (2T p. 472)
  - Sinful indulgence (3T p. 138-9)
  - Tobacco (TE p. 64)
9. Sustaining vital capacity
10. Longevity comes from connection with heaven. (GW p. 35)
11. Building character assures longevity for eternity.
12. The Frontal Lobe of the Forehead is where character develops.
13. Strength of Character consists of two things: Power of Will and Self Control. (CT p. 222)
14. Sound health habits are established through will power and self-control.

*"Christ is waiting with longing desire for the manifestation of Himself in His Church. When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as his own."* (Christ's Object Lessons, p. 69)



# HOW TO AVOID HEARTBURN

- **What is heartburn?**

It is a burning sensation of the esophagus located in the middle of the chest. It is known as gastro-esophageal reflux, when the stomach contents are slightly regurgitated that it may return to your mouth.

- **How can one prevent the annoying pain and discomfort?**

1. Drink two glasses of hot water 15 to 30 minutes before you eat a meal.
2. Eat a little less for each meal.
3. Chew your food well.
4. Try drinking Aloe Vera juice to see if it helps you.
5. Eat a slice of ripe Papaya fruit with your meal. The enzymes from papaya seem to neutralize the burning acid.
6. Try drinking one juiced raw potato.
7. *“A second meal should never be eaten until the stomach has had time to recover from the labor of digesting the preceding meal.”* CH p. 118
8. *“The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of sleeping hours.”* CD pp. 174, 175
9. Avoid such foods as alcohol, chocolate, black/green tea (herb tea is okay), coffee, fried foods, and spices.
10. *“It would be better to eat only two or three different kinds of food at each meal than to load the stomach with many varieties.”* CD p. 110

# TRANS FATTY ACID

Hydrogenated and partially-hydrogenated fats are our main sources of fatty acids. These are manufactured when polyunsaturated and monounsaturated oils are altered through hydrogenation. The altered chemical structure of these cells has negative consequences for health. They have the effect of raising LDL (bad cholesterol) levels, and behave much like saturated fats. More than this, they also have the effect of reducing HDL (good cholesterol) levels.

As with other fats, they are a major factor in obesity, high blood pressure, coronary heart disease, and colon cancer, as well as a number of other disorders. But of all the fats, these appear to be the most damaging and should be avoided as much as possible. It is used to harden and preserve the shelf life of margarine and shortening, and it is also used extensively in most commercially prepared food, including crackers, cookies, cakes, pastries, frozen convenience foods, and snack foods.

Be sure to read your labels for any type of hydrogenated oils, as advertising can be deceptive, and make a choice for your health.

## HOW TO PREVENT DIABETES

There are two forms of diabetes:

Diabetes Insipidus – a hormonal problem relating to an ADH (Anti-Diuretic Hormone) deficiency

Diabetes Mellitus – an insulin/glucose problem

Here, we are discussing the prevention of Diabetes Mellitus. Diabetes Mellitus is most effectively tested for in a person that has just eaten. The test is usually conducted within a half an hour to an hour after a meal. The person is tested for the glucose level in the blood. This is known as a Glucose Tolerance Test.

Once you are diagnosed, there is a one-year space where, if treated correctly, the diabetes will go away entirely.

One of the key factors in the prevention of diabetes, or the fight against it, is a change in the diet from a high-fat, high-animal-product consumption to an entirely plant-based diet. Fat is one very strong factor in the development of this condition. Exercise is also a key to overcoming Diabetes because it “makes insulin receptors more sensitive to make insulin react with high sensitivity.” (Diabetes, Hubbard, p. 3)

If this condition is not corrected within the first year, the person can still be off insulin or take a very low dose if they maintain a low-fat, high-fiber diet accompanied by exercise. They will, however, never go back to a normal blood sugar level, contradictory to what some may think.

# **BIOGRAPHY of Dr. Charles Thomas**

Charles Thomas was born in Bethlehem, South India, in 1911. He is the son of Pastor Ed Thomas, who became the first ordained SDA national minister in the South Asia Division in 1917.

Young Charles ran the bakery at the SDA Vincent Hill School in India, supplying bread for the school and the British Army in WWII. He used to tell stories of taking bread to the soldiers and how God protected him from tigers that roamed in those jungles surrounding the school.

After high school, Charles came to the United States and attended Pacific Union College. He obtained his masters degree in physical therapy from Stanford University and later earned his PhD from Claremont.

He married Virginia Learned in 1960 and raised two children, all of whom are physical therapists.

In 1966, working for the United Nations, Dr. Thomas traveled around the world. His private practice in physical therapy did very well. He was an associate professor at Loma Linda University for over 30 years teaching classes in simple remedies, physical therapy, and other health courses. During his years with The School of Public Health, he organized and took a team of medical professionals around the United States every summer, testing over 35,000 people for health risks and promoting healthful lifestyles.

He retired in 1985 and founded Banning Health Service, a non-profit organization promoting medical missionary work, simple remedies, and sharing the love of God and Christ's Second Coming.

Dr. Thomas may be best known internationally for preaching and teaching medical missionary work and the health message as integral to the gospel message. He taught seminars in hydrotherapy, simple remedies, and medical missionary work at seminars, camp meetings, and on 3ABN. He co-authored a book on Hydrotherapy and wrote many articles.

He loved to play the piano, work on presentations, visit churches, spend time with his family, and read the Bible. He consistently promoted church membership, medical missions, hydrotherapy, good health habits, Sabbath observance, the soon-coming of Jesus, the importance of E.G. White, prayer, and trust in the power of God. He was greatly loved and respected by many people worldwide.