

10 Natural Remedies Guide

In a world full of synthetic drugs and complex treatments, God has provided simple, natural remedies in nature. These are safe, accessible, and often very effective when used with wisdom and prayer. Below are 10 such remedies that blend biblical insight, Spirit of Prophecy counsel, and modern science.

1. Nutrition

Eat a plant-based diet rich in whole foods. Genesis 1:29 gives the original diet: fruits, grains, nuts, and vegetables. Ellen White confirms this in 'Counsels on Diet and Foods'.

2. Exercise

Daily physical activity boosts immunity, improves mood, and strengthens the heart. Jesus walked daily (Luke 24:15).

3. Water

Hydration aids detoxification, circulation, and digestion. Water was used in Bible times for healing (John 9:7).

4. Sunlight

Moderate exposure boosts vitamin D, immunity, and mood. Ellen White warns that dark homes breed disease (Ministry of Healing, p. 274).

5. Temperance

Avoid all harmful substances (alcohol, tobacco) and use good things moderately. True temperance honors God (1 Corinthians 9:25).

6. Air

Fresh air strengthens the lungs and brain. Sleep with windows open where safe. God breathed life into man (Genesis 2:7).

7. Rest

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Proper rest, especially Sabbath rest, restores the body and mind. Jesus said, 'Come unto Me... and I will give you rest' (Matthew 11:28).

8. Trust in God

A calm, trusting spirit improves overall health. Prayer and faith reduce stress and anxiety (Proverbs 3:5-6).

9. Charcoal

Activated charcoal absorbs toxins and is a useful remedy for bites, food poisoning, and more (used with knowledge).

10. Herbs

God has given herbs for healing (Ezekiel 47:12). Use them wisely under guidance. Examples: ginger, garlic, turmeric.

These remedies, when combined with prayer, a surrendered heart, and medical guidance when needed, form a foundation for vibrant health. God desires us to prosper and be in health even as our soul prospers (3 John 1:2). Let us reclaim Heaven's health principles and bless others with this knowledge.