

On Alternative Medicine



February 21, 1992

Medical Services

Medical Services

The Morning News

Medical Services

TENDONITIS,
is, neck pain,
pp 012-311-

DRUGS WON'T straighten your back. Adjustments will. Visit us now at Hillborn Chiropractic Center, Dr. F.G. Romos, practitioner of chiropractic, applied kinesiology, and acupressure.

HOMEOPATHY NOW and efficient with the Derr German-invented instrument accurately diagnose measuring body energy balance. Call for testimonials and information on discounted air fares care. Toll free 1-800-CARE

WRINKLES. Simple technique. For \$3 and with Helps, P.O. Box

TIRED OF BEING TIRED? Try Jogging in a Jug™. Cleans and softens cells through the universal technology of amoebic action. Yoder Supply, Millersburg, OH.

JOIN THE MILLIONS who have discovered the health benefits of the Cleansing Program. The six most important herb teas for cleansing weight, used for over 6,000 years in China for healing and balancing the body's energy. Ruddy's Health Store, Highway F.

WARM. Sweated massage. \$30/hr. melt away. 012-

THE WEIGHT-loss method of the future is here today. The Chinese invented it. We perfected it. ACU-STOP 2000. Call toll free, 1-800-

ACUPUNCTURE. BACK PAIN, sinus congestion, stress, and more. Jerry Hatchover, Licensed Acupuncturist, 326 Buffalo

EDS of Amish since 1970, for Trouble, or BaLange, Island, OH.

AROMATHERAPY, HEAL both body and soul. Relaxing massage. Get Well Clinic, Reno, Nevada.

THERE'S A Vital difference in K™. European Herbal Energy Kaufman's Wholesale, Malo,

nds? It may be easy to w. Across Cooper. 8-5

BIOENHANCED WATER concentrate. Medical professionals say it relieves aches, bug bites, muscle pain, varicose veins. Stop by Green Hills Country Store, Spring Road, for special prices.

PUSH BUT Ancient Chinese won't believe h more information

meth-
formation

GAVE me a new life. Product and meeting information call 200-

S.A.



A Look At The Facts

www.PrimitiveChristianity.org

**ON
ALTERNATIVE
MEDICINE**

Rodney Mast

Lamp and Light Publishers, Inc.
Farmington, New Mexico, U.S.A.

Lamp and Light Publishers, Inc.
26 Road 5577
Farmington, New Mexico 87401

© 1992 Lamp and Light Publishers, Inc.
All rights reserved
First printing 1992
Fifth printing 2005

Exerpts from *Feet First* Copyright © 1988 by Laura Norman
Reprinted by permission of Simon and Schuster
Printed in the United States of America

1150/11-05

EXPLANATION

In the years since this book was first published, I have received many responses. Some people expressed appreciation for its message. Some felt the conclusions were not strict enough. Some felt they were far too strict. Some questioned what I thought was simple fact. Some concluded I revealed my bias by quoting only from sources that make the therapies look bad. Some wondered if I still hold to the conclusions in this book.

This explanation addresses some of those responses.

Several people questioned the statement that “what is not physical is spiritual” on page 70. I also began to question it, until I looked up both *physical* and *spiritual* in the dictionary. With my limited knowledge of science and the English language, I could be wrong. Yet until someone explains what something is that is neither physical nor spiritual, I stand by the statement. The point is important. What is physical is neither good nor bad; God made it all. What is spiritual is either from God or from Satan. What is in between is . . . well, you tell me about it.

To one accusation I concur. I confess that I was biased before writing this book. Yet I suspect that is no reason to be ashamed. The purpose of this book is not to report on the usefulness of alternative medicines, or whether or not they work. Its purpose is to expose the spiritual dangers embedded throughout them, so we might make prudent decisions when faced with sickness. You might be able to find literature that makes these practices look good. I doubt you will look long, however, before coming across the type of statements quoted in this book. And you will not need to look among the writings of those who oppose the therapies. In that sense the quotes in this book are not biased, even though I am. None of them come from those who oppose the therapies.

Some also pointed out that the comparison in Chapter 7

between a doctor and a mechanic is not fair. That is a good point. Men made cars; therefore they understand how they work. God made man; therefore only He understands perfectly how our bodies work. That portion of Chapter 7 was revised accordingly.

As I read this book again, I found I still support its conclusions. There are, however, three points we should note. First, the piece on Sunrider may be obsolete—at least I have not heard much about Sunrider recently. Apply that warning to the current pill fad, whatever that is. Second, I suspect a higher percentage of chiropractors are dangerous than I originally thought. I say this because of what I have since seen in chiropractor's advertisements as well as experiences several of our brethren have had. Third, the attention given biofeedback in this book seems more favorable than I actually feel. We do not promote biofeedback.

A big concern I have for this book is that it could stimulate curiosity for the subjects treated. I am impressed again with the rank language in some of the quotes. This kind of writing can bring superstition and fear to the reader. Since we are exposed to the spiritual dangers of these practitioners, the language some of them use must not be ignored. But neither should it be toted around the churches to rouse our emotions. It needs to be treated as fact overshadowed by the fact that an Almighty God is always near. And we need to take our focus off these things and move on to other work.

As the years go by, we will likely find the difference between alternative and conventional medicine growing less and less distinct. There is an effort in many hospitals to combine the two, or at least to offer alternative therapies along with conventional medicine. More doctors are embracing mystical concepts. While this may mean more sympathy for a faith which before was considered unreasonable, it also presents an age-old challenge in clothes that are new to us: Will we worship the one true God and Him alone?

—Rodney Mast
February, 2000

	Dedication	7
1	To Heal the Whole	11
	Our bodies, minds, and spirits.....	11
	Holistic healing for our minds and spirits	13
	God's healing for our minds and spirits	15
2	With the Hands	17
	Chiropractic.....	17
	Reflexology	19
	Applied kinesiology	25
	Other massages.....	26
3	From China	31
	Acupuncture	33
	Acupressure and shiatzu.....	35
	Chinese herbology.....	35
4	Eyes, Plants, and Pendulums	39
	Iridology.....	39
	Homeopathy	40
	Radiesthesia.....	45
5	In the Back of the Mind	49
	Biofeedback.....	49
	Yoga.....	51
	Meditation	51
	Hypnotherapy	53
6	Come Now, Let Us Reason	55
	The energy link.....	55
	Clouds of fog.....	61
	Draw a line	63
	What would Paul say?.....	69
	The New Age . . . undercover.....	72
7	The Alternative	75
	Questions	78
	Calculation Detail	79

We are grateful for the help the following brethren have given by reviewing this manuscript. Their comments have helped us bring it to the present form.

David Beachy, David Fisher, Aden Gingrich, Lyle Kropf, Paul Landis, David Luthy, Dale Martin, David Mast, Phares Martin, Glenn Miller, Larry Miller, Virgil Schrock, Glenn Sensenig, John Showalter, Lester Showalter, Lamar Seibel, Nelson Torkelson.

We welcome your response, If you find anything in this book that you understand is not true, kindly bring it to our attention. Send all correspondence to:

Health Issues
Lamp and Light Publishers
26 Road 5577
Farmington, NM 87401

DEDICATION

The Christian and Life, Health . . . and Death

“Conrad has,” the doctor’s voice faltered, “leukemia.” I nodded. We had suspected as much. “I have been trying to get in touch with the cancer specialists in Albuquerque,” he continued. “In the meantime, I have asked the local cancer doctor to talk to you.”

The cancer doctor came and went. He shared what hopes there were for recovery. I shared my apprehensions about requiring my two-year-old son to endure the horrors of chemotherapy, and my hope of the resurrection. The doctor could not understand.

Shortly after he left, Conrad quit breathing. A code blue signal went to the emergency room. Fifty-two doctors and nurses swarmed in. A social worker escorted me out. Soon the doctors had Conrad breathing again with the aid of a respirator.

At the request of the social worker, an emergency room doctor who had worked on Conrad came to talk to me. His plea was much like that of the cancer doctor’s. “Give the child a chance. He’s young. Don’t give up and let him die!” Again, I explained my hope of the resurrection. Again, they could not understand.

Conrad was rushed to Albuquerque by air ambulance. The doctors there discovered that he had bled to the brain. One said that he had probably died at Farmington that afternoon.

Once more I spoke of my hope of the resurrection and of my confidence that I would see him again someday.

“That may be,” one doctor said.

Finally, no one urged us to give him a chance. There were no chances. God had spoken. Conrad’s life was finished.

Deep within my heart that day, God planted the confidence that somewhere in the great beyond, the part of my son that had left me lived on and was experiencing joys too sacred for his mortal father to comprehend. And somehow my view of life—already so different from that of the doctors—changed even more.

What is society's view of life? Many in our society worship the body. They do not see it as a fragile vessel of clay. They do not see it as the flower of the grass which the Bible says will soon pass away. They emphasize beauty, good form, fitness, and health. If the body contracts some disease, you operate on it, drug it, or do anything to it . . . except let it die.

To society, life is everything. Life offers opportunity, adventure. Death is the ultimate bad thing. Death is the end of pleasure. Death is a lifeless body lowered into the dirt. Death is a body rotting away.

How does society affects us? How many of us would hesitate to spend a hundred thousand dollars for a liver transplant if we had that much money? How many of us are constantly worried that we will soon have cancer or a heart failure? Do we really believe that God gives life and takes it away? Is living really Christ to us? Is dying really gain? Do we really want Christ to choose whether He will magnify Himself in our body by life, or by death?

I am sure Epaphroditus, who for the work of Christ did not regard his life, would have a hard time understanding the amount of money some brethren are spending to *stay* healthy.

I am happy that many brethren are becoming aware of the pressures that face us at the hospital and doctor's office. Many are hesitating before yielding to every test, every treatment, and every operation that doctors recommend. This hesitancy

shows that there is a difference between our view of life and that of society.

What is the Christian's view of life and health? The Apostle Paul said that to die is gain (Philippians 1:21). The heroes of faith listed in Hebrews 11 desired “a better country, that is, an heavenly.” Because they confessed that they were strangers and pilgrims on the earth and because they desired a heavenly country, the Scriptures bear this record of them: “God is not ashamed to be called their God.”

I am also impressed with the apostle Paul's testimony of Epaphroditus in Philippians 2: “Because for the work of Christ he was nigh unto death, not regarding his life.” Epaphroditus' obsession was not to see how long he could live or how healthy he could be. He wanted to serve God the best he could, even if it cost him his life. Instead of scolding Epaphroditus for not giving more attention to his health, Paul set him as an example. He told the Philippians to “receive him therefore in the Lord with all gladness; and hold such in reputation.”

First Corinthians 15:54–55 inspires us to believe that through Jesus we shall rise from the dead. “So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. O death, where is thy sting? O grave, where is thy victory?” Our primary concern should be to die right, not to avoid death.

It may be God's will for us to be sick or uncomfortable at times. God may use a trial of sickness to refine us or to prove our trust in Him. We have Job for an example. And the Apostle Paul is proof that God can use us better sometimes with physical disabilities than when we are in top physical condition.

It is Scriptural to care for our bodies. They are the temples of the Holy Ghost. We should not overeat, drink alcoholic

beverages, smoke, or consume harmful amounts of caffeine. Philippians 4:5 gives us this admonition: “Let your moderation be known unto all men. The Lord is at hand.” This teaching on moderation applies to what we do to maintain or regain our health.

We are concerned that Christians with health problems find remedies that will help them physically, without endangering them spiritually. To them we dedicate this book, for they are worthy.

—*Dale Martin*

Chapter 1

TO HEAL THE WHOLE

Holistic* healing is healing for the whole person; for the mind and the spirit, as well as the body.¹ Holistic healers believe that these parts of a person relate to each other; if one part becomes ill, the others will too. Thus, all treatment must be directed to the whole person.

Holistic healers emphasize that the person being healed has much to do with healing.² They also emphasize that prevention of disease is better than a cure, and that once a person is cured, it is *his* responsibility to stay well.³

We agree. Some of these ideas about health are correct.

It is true that a healthy life-style to prevent disease is better than letting disease take over and then seeking a cure.

It is true that it is our responsibility to maintain our health, not the doctor's.

It is true that good husband-wife, father-son, and mother-daughter relationships foster good health.

It is true that a person with mental or spiritual problems often has physical problems.

But when someone wants to treat our minds and spirits as well as our bodies, we need to take a closer look. Because there is something special about our minds and spirits.

Our bodies, minds, and spirits

We can see our bodies. We can touch them. And if we wound them, we can bind up the wound to help it heal. Our bodies are physical. They are neither good nor bad, right nor wrong. And besides, they are temporary. When we die, they will turn to dust.

* *Holistic* is a variation of *wholistic*.

It matters little whether the doctors who work on our bodies are Christians, just so they use sound medical practices. Sickness in our bodies is not good or bad, right or wrong.

But our spirits are different. Our spirit is that part in us that is guilty when we do something wrong. Then it feels relief when we make that wrong right. Through our spirit we make decisions, talk to God about our problems, and thank Him for His kindness.

Our minds, being more spirit than body, collect information about our bodies and our spirits. A mind with spiritual interests is a tremendous asset to our spiritual health. But a mind with carnal interests will take us away from God (Romans 8:6).

If our spirit remains healthy, we are spiritually healthy. However, if we sin and our spirit loses contact with God or feels guilty, we are spiritually sick or dead. And this is serious—more serious than physical sickness or death. It will bar us from heaven and take us to hell.

FROM THE LIBRARY ON

Total Health, page 45:

“The traditional path has been to seek salvation outside oneself through faith in God. Lately, we have been witnessing the renewal of a movement reminding us that solutions lie in a universal experience which comes from within. The movement is one of the consciousness of spirit.”

Total Health, page 22:

“The holistic physician dispenses humanistic medicine

Holistic healing for our minds and spirits

Holistic healers say stress is one of the major causes of sickness. They may be right.

Many things in our life cause stress. A crammed schedule causes stress. Noise causes stress. Financial difficulties cause stress. And besides these, a guilty conscience or a lack of trust in God causes stress.

There are many ways to reduce stress—many of them good ways. We can go fishing. Better yet, we can trim our schedule. And we can—and had better—get right with God. But when someone or some book suggests we cleanse our minds of thoughts that produce stress, we had better be careful. By such tampering with our minds, we may take away the very stress that God has put there to bring us to Him.

Holistic doctor Morton Walker, in his book *Total Health*, says distorted thinking is one thing that makes people sick. He says sickness most often comes from a sense of sin or guilt. He says some people think they need to be punished for their sin, and getting sick is one way to punish themselves.

HOLISTIC MEDICINE

that is more person-oriented than disease-oriented.”

Total Health, page 45:

“Spiritual strength provides a faith that stirs healing into action and brings about physical and mental equilibrium. It permits us to call on inner resources for help. This is the principle of spiritual healing. It has a place in the practice of holistic medicine.”

What do you think Walker calls this sense of sin or guilt? He calls it “making unreal thoughts real.” And his remedy for it? *Alter those erroneous perceptions.*⁴

Walker writes: “Doctors who apply holistic health concepts direct their patients to the means to shed stress and tension. Techniques of mind development, visualization, uncovering of the unconscious, and positive thinking all come into play to reverse thought distortion.” He names seven techniques used to do this, including biofeedback and hypnotherapy.⁵

Those who try to heal the mind through positive thinking claim they gain more and more control over their actions. They feed themselves a constant row of self-praise, similar to the following thoughts of a positive thinker: *Each day I become more organized and in control of all areas of my life: I am in complete control of what I think. I choose to be healthy, energetic, and attractive. I am the director of my destiny. My earthly life is in my hands and in my control.*

Contrary to what positive thinkers claim, these thoughts usually are not actuality. Positive thinkers think they are becoming more organized, yet they are mixed up. They think they control what they think, yet lust after their neighbor’s wife. They think they choose to be healthy, yet get sick at times like anyone else. They think they control their destiny, yet do not realize where they are headed. They think their life is in their own hands, yet do not know that God could take it at any moment.

Holistic healing is so dangerous because it can look so good and yet be so wicked. Recognize and avoid the self-praise phrases that some therapists prescribe to change “distorted thinking.” Avoid any therapist that claims his therapy gives spiritual benefits. Avoid any therapist that claims he can treat body, mind, and spirit.

God’s healing for our minds and spirits

The Bible gives the only lasting remedy for spiritual sickness. It tells us what to do with our minds. Notice the following verses.

“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; and be renewed in the spirit of your mind; and that ye put on the new man” (Ephesians 4:22–24).

“And be not conformed to this world: but be ye transformed by the renewing of your mind” (Romans 12:2).

“Wherefore gird up the loins of your mind, be sober” (1 Peter 1:13).

And God works wonders in our minds and in our spirits if we get right with Him.

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind” (2 Timothy 1:7).

“I will put my laws into their mind, and write them in their hearts” (Hebrews 8:10).

“But the God of all grace . . . stablish, strengthen, settle you” (1 Peter 5:10).

Many of the therapies in Chapters 2–5—depending on the practitioner—treat body, soul, and spirit, and so are holistic. But for now, do not judge them only by deciding if they are holistic or not. Just keep it in mind as you study each therapy . . . all the way to Chapter 6.

1. *The Complete Handbook of Holistic Health*, page VII
2. *The Complete Handbook of Holistic Health*, page IV
3. *The Complete Handbook of Holistic Health*, page X
4. *Total Health*, page 43
5. *Total Health*, page 44

Chapter 2

WITH THE HANDS

Chiropractic

For several thousand years healers from Egypt to China have used some sort of massage or manipulation to heal. According to one source, Hippocrates, a Greek physician who lived several centuries before Christ, wrote: “Look well to the spine, for many diseases have their origin in dislocations of the vertebral column.”¹

American chiropractic began in Burlington, Iowa, in 1886 when Daniel David Palmer began practicing it in a factory loft.² He believed that a powerful, health-giving force flowed from the brain through the spine and on to the different parts of the body. He called this force Innate Intelligence. He said that when the Innate Intelligence flowed correctly, fine. But when it was disrupted, sickness resulted.³

Palmer believed that vertebrae sometimes got out of place and interfered with the flow of Innate Intelligence, or nerve impulses. He said this created disease, which could be eliminated only by putting the vertebrae back in place.⁴

Harsh beginning

Chiropractic grew fast from the start. But medical doctors and the authorities gave it a hard time. In 1906 Mr. Palmer was jailed for practicing medicine without a license; in 1921, 450 chiropractors in California were jailed for the same reason; and in 1922 another hundred were jailed in New York.⁵

Authorities in those days had reason to question chiropractors' integrity. Mr. Palmer had no formal medical schooling. He had earlier practiced magnetic healing.⁶ And from the start, he and

his fellow chiropractors claimed they could heal any disease, since they believed all diseases came from a dislocation of the spinal bones. Daniel Palmer's son, Barlett, claimed that chiropractic could treat the insane and deliver babies.⁷

Differences

Many chiropractors today would not agree with many of the things Dr. Palmer claimed. These chiropractors do rely heavily on spinal adjustment to treat their patients. But they do not believe they can cure everything, and they may send to medical doctors the patients they cannot help.

Then there are more traditional chiropractors who use only spinal adjustment to treat a much wider range of diseases. They are less likely to refer difficult patients to medical doctors, since they believe they can cure almost anything. We might call these chiropractors "the Daniel Palmers," because they make great claims and because they believe almost all disease comes from a dislocation of the spine.

Other chiropractors do not completely fit the "Daniel Palmer" title, yet they may believe in the force Palmer called Innate Intelligence. And some chiropractors treat patients with acupressure, applied kinesiology, or a variety of other massages. In other words, there are many, many different kinds of chiropractors today.

Are chiropractors dangerous?

The medical profession used to say much about the dangers of chiropractors. They even reported paralysis and death in some cases when the chiropractor over-manipulated. One such case appeared in the *Journal of the American Medical Association* in 1925. In that case, the chiropractor dislocated the neck. The patient died.⁸

Although these cases were rare, perhaps the medical profession did have reason for concern. Remember, chiropractors at that time had very little training.

But today chiropractors must pass rigorous state licensing requirements. And serious injuries, as well as lawsuits, are very rare.

Reflexology

There are two basic kinds of foot reflexology. People in India and China have practiced the oldest kind for several thousand years.⁹ This reflexology bases its practice on the theory that energy pathways, called meridians, run through the whole body, and that certain areas of the feet are connected by meridians to specific areas of the body. According to this theory, when the energy in the meridians becomes unbalanced, the reflexologist can rub the meridian points in the feet to rebalance the energy. This type of reflexology is very closely related to acupuncture and acupressure (Chapter 3).

Western reflexology borrows many ideas from Eastern reflexology. Western reflexology began less than 100 years ago with Dr. William Fitzgerald.

Fitzgerald was born in 1872. He was an ear, nose, and throat doctor who practiced in Hartford, Connecticut, and later in the state of New York. Somewhere along the line he concluded that pressure on certain parts of the body produced effects on other parts of the body. Fitzgerald then divided the body into ten zones that ran straight from the top to the bottom. For example, the small toe on the left foot was in the same zone as the left ear. If one part of a zone was massaged, he claimed it could affect many other parts in that zone.¹⁰ Fitzgerald's therapy became known as *zone therapy*.

In the 1930's Eunice Ingham practiced zone therapy. But she began to think of zone therapy treatment as being done best on the feet. She eventually drew diagrams showing the feet as a map of the entire body. By manipulating different parts of the feet, she tried to affect different parts of the body.

Ingham's reputation soon spread. Although she built on the beliefs of Dr. William Fitzgerald, today she is widely recognized as the founder of foot reflexology in the West. And much of her teaching is still accepted by current reflexologists.¹¹

What does reflex mean?

According to the dictionary, reflex, as it relates to the body, means "involuntary response to a stimulus."

But according to the book, *Reflex Zone Therapy of the Feet*, the word *reflex*, in the context of reflexology, is not used in this way. Instead, it has twin meanings:

1. "As reflecting the entire organism (head, neck and trunk) on a small screen (the feet), rather like a reflex camera."
(*Parenthetic phrases in original.*)

FROM THE LIBRARY ON

Reflex Zone Therapy of the Feet, page 30:

"The patient should remove his or her watch [before treatment]."

Feet First, page 98:

"When two people come together for the benefit of one or the other, the energy circuit they create is profoundly enriching to both on physical, emotional, mental, and spiritual levels: the work itself helps the one who gives as well as the one who receives." (Used by permission.)

Feet First, page 101:

"You might want to imagine healing energy flowing. . . . If your lower back aches, you might picture a healing blue

2. “In particular, in characteristic sections of the feet, which have been shown empirically to have a direct energy relationship with the internal organs.”¹²

How do they say it works?

Reflexologists have different ideas about how reflexology works. Some believe that in a healthy body the blood flows without obstruction to distribute nutrients and oxygen to the different organs. But if calcium deposits, which they say can be caused by stress, hinder the blood flow to some organ of the body, it becomes sick. When this happens, they say the calcium deposits also build up just under the skin on the feet, at the spot that corresponds with the organ. By the location of this buildup, the reflexologist determines which organ is sick. Some people say the infected areas on their feet hurt when the reflexologist presses them.¹³

REFLEXOLOGY

light flowing into that part of your back. You might see it first above your head and pull it into your body with each breath you inhale. Then send it to your lower back. Feel your back heal as the blue light floods that area.” (Used by permission.)

Feet First, page 103:

“So clear your mind and center your attention before you begin. Breathe deeply, drawing in the healing energy of the universe. Make it your intention to be a channel of healing for the person you are working on, keeping in mind that it is not your own personal energy that passes into the feet you are holding. You are tapping into unlimited universal energy.” (Used by permission.)

To help a sick person get well, the reflexologist works the calcium deposits on the feet until they disappear. This is to free the circulation in the part of the body where it was restricted, and to restore balance in the sick organ.

Laura Norman, author of *Feet First*, has a different view of how reflexology works. She says, “Reflexology is not a massage and it is not medicine as practiced by Western-trained physicians.” Then she explains:

It should be plain that reflexology works with subtle energy flows, revitalizing the body so that the natural internal healing mechanisms of the body can do their own work. . . .

The reflexologist is a channel of healing. The laying on of hands and the specific techniques for applying pressure to the feet create the channels for healing energy to circulate to all parts of the body.¹⁴

Why the feet?

According to the ten zones theory, massaging the hands

IS ALL ENERGY

Energy is available power. We feel the power or energy that comes from the sun. We can see the results of energy in a windstorm. We use the energy of healthy muscles. When a child is very active, we say, “That child has a lot of energy.”

God created all this energy. All of it is physical.

But is there an energy in our bodies that we cannot explain by the laws of nature that God created? A mystical energy that flows through our bodies in pathways that we cannot see? A nonmaterial energy that can heal our bodies in a way we cannot explain?

The Chinese call this energy *chi*. They say it created the

should heal just as well as massaging the feet. So why the feet?

The book *Reflex Zone Therapy of the Feet* says it may be because the feet connect with the ground, and therefore they may be responsible for the equalization of man's electromagnetic field. "The feet have been likened to the roots of a plant, which we know have a great capacity for regeneration."¹⁵

Laura Norman, in *Feet First*, supports that idea. She says:

The feet ground us, literally and figuratively. They are our contact with the earth and the energies that flow through it. . . . On a deeper spiritual level, we also know that this grounding contact with the earth is rooted in who we are as people, a spirit incarnate in living flesh. . . . We walk on our soles/souls.¹⁶

Laura Norman also says that:

Other parts of the body exhibit these same correspondences, but less obviously. The hand, the ear, even the iris of the eye contain reflex points for the entire body. But these points are

EQUAL?

world. Many other peoples around the world believe in a powerful, nonmaterial energy. They call it various names, and often use the words *force*, *energy*, *power*, *electricity*, or *magnetism* to describe it. They say it flows through the entire universe. They see it as very basic to their life and health.

Now energy that is not material is spiritual. And from what these people believe, we must conclude that the spiritual energy they believe in is not of the true God or of His powerful Spirit.

Should Christians use or experiment with a spiritual energy (power) that does not come from the true God?

more specific in the feet; and because they are more spread out and accessible, they are easier to work with. We would need microscopic equipment to stimulate distinct reflex points in a cell. On the feet we can use our hands.¹⁷

Reflexologists do at times work on the hands, as when someone has an injured foot. But the feet are the first choice.

What is the connection?

How can there be ten zones that run straight up and down through the body, independent of blood vessels or muscle tissues? Why would pressing a certain spot on the foot cause other parts of the body in that zone to react? What is supposed to connect them?

I searched in the book, *Reflex Zone Therapy of the Feet*, to find out. I found phrases like these: “There is an inner, self-healing capacity present within every single person, which will work to heal the patient. . . .”¹⁸ “It is Nature or the ‘inner doctor’ which ordains that . . .”¹⁹ “The continual changes in the personal biorythms from the active to the passive phase. . . .”²⁰

Here and there I found a word that may be the key to the supposed connection between foot and body: *energy*.

A few quotes:

The following measures will restore and balance the energy of the patient.²¹

Changes in the skeletal structure of the feet mean disturbance in the energy distribution within the reflex zones.²²

We . . . are speaking in this context of an energy stream which is not physiological, but is perceptible in the tissues as an energy fullness, and energy deficiency or an energy absence.²³

And *The Complete Guide to Foot Reflexology* gives these ideas for the connection between foot and body:

It could be neurological, it could have to do with ‘energy

pathways,' . . . it could be circulatory—whatever the answer, . . . the continuing development of reflexology will help us find it.²⁴

What is the connection between the feet and the body?

Applied Kinesiology

Applied kinesiology was developed in 1964 by an American chiropractor named George Goodheart. In his practice Goodheart thought he noticed a change in muscle strength after massaging certain parts of the leg. This led him to research more, until he came up with the basis of kinesiology by “linking the best of eastern and western physiology.”²⁵

Applied kinesiology is trying to locate the cause of sickness by testing muscle strength with the hand, and then massaging the muscles to take care of the problem.

According to one kinesiology theory, each gland in the body is connected to a specific muscle in the body by a common blood supply. According to this theory, a practitioner can test a gland’s secretion capacity by testing the corresponding muscle. If the muscle is strong, the gland is supposed to be functioning well. If the muscle is weak, the patient is suffering from too little gland secretion. It is then time to massage the muscle to get the gland going again.²⁶

But some applied kinesiologists evidently do not worry about gland secretion. Doctor Andrew Stanway, in his book *Natural Family Doctor*, never mentions glands. He says a practitioner tests muscles “to discover energy excesses or deficiencies.” Then the practitioner tries to correct energy imbalances “by massaging specific reflex points, by touching acupuncture points, or by using electro-stimulation.”²⁷ He then retests the muscles to see if the problem has been corrected.

Some applied kinesiologists claim they can tell if a certain food or medicine will benefit a patient by putting the product in the patient’s left hand or on his stomach, then testing the

muscles. If the muscles are weak, the medication is supposedly incorrect.

“Touch for health” is a kind of self-applied kinesiology. It was developed by Dr. John Thie—the founding chairman of the International College of Applied Kinesiology—to offer to the public simple self-help techniques. By using “touch for health,” Dr. Thie says a person can find imbalances by testing fourteen muscles, each of which corresponds to fourteen meridians. If a muscle is weak, he uses the correct touch or massage to correct it. When all weak muscles are corrected, the person is said to be balanced.²⁸

Other massages

The local telephone directory lists many massage therapists. Some are chiropractors who include in their practice massage techniques such as applied kinesiology and acupuncture. Besides those, the telephone directory advertises therapists that do Swedish massage, polarity, sports massage, reflexology, and neuromuscular therapy.

What are these therapists doing?

FROM THE LIBRARY ON

Total Health, page 160:

“The testing itself seems to tell your body energies where to go and what to do . . . and the distress from stress is readily corrected.”

Natural Family Doctor, page 250:

“The body has an innate knowledge of itself—it ‘knows’ what is wrong—and this knowledge can be accessed by testing certain muscles.”

Following is a list of massages, many of them connected in some way to reflexology, applied kinesiology, or acupressure:

Esthetics massage: Includes positive visualization, nutrition, exercise, and facial massage to maintain health and beauty. It takes into account a person's structure and functions of muscles, tissues, energy centers, and attitudes.²⁹

Kahuna: Philippine massage given with the foot, to stimulate the lymphaticus and spinal column.³⁰

Lotte Berk Method: Strenuous exercises to help problems such as back pain and muscle strain.³¹

Osteopathy: A practice that aims to restore proper function of the bones, joints, muscles, ligaments, and other tissues, by gentle hand pressure and articulation.³²

Polarity: A heavy massage by thumbs, knuckles, or elbows,

APPLIED KINESIOLOGY

Natural Family Doctor, page 254:

“Energy can be affected by energy flowing from your own or another person's hand, if you ‘run’ or trace lightly along the meridians. . . . Tracing the meridians produces a great energy boost when you are tired and is extremely relaxing.”

to realign posture and stimulate energy flow.³³

Proskauer massage: A delicate massage to certain muscle groups while the patient breathes in a rhythm.³⁴

Rolfing: A deep and intensive massage that uses the force of gravity to restructure the body.³⁵

Sports massage: A method of kneading muscles and rotating joints for relaxation and pain relief.³⁶

Swedish massage: A manipulation system that duplicates the movements of Swedish gymnastics and other exercises, for better circulation, muscle tone, and all-around balance.³⁷

A good massage is relaxing. But beware of any massage from someone other than your spouse. Satan would like to lure us into indecent relationships under pretext of better health and relaxation. Learn from the testimony of someone who has experienced holistic massage:

I look forward to entering this subliminal world when Dick and I experience a holistic massage. With the release of external thoughts, I can feel a warm flow of energy, an energy I now recognize as the real healer. This produces such good feelings within myself and between Dick and me. . . . Dick and I experience feelings of friendship, love, peace, and harmony that overpower our senses and allows the inner sense of balance and well-being to take control.³⁸

Besides the physical attraction a massage creates, there are other reasons for a Christian to examine carefully a massage before accepting it. Some massages are supposed to restore balance on the physical, mental, and spiritual levels. According to the book *Holistic Massage*, “the giver and receiver also benefit spiritually from the massage.”³⁹

Now what kind of *spiritual* benefits can come from a

massage? Think about it.

Chiropractic

1. *Chiropractors: a Consumer's Guide*, pages 5–6
2. *Guide to the New Medicine*, page 36
3. *Chiropractors: a Consumer's Guide*, page 42
4. *Chiropractors: a Consumer's Guide*, page 42
5. *Guide to the New Medicine*, page 38
6. *The Encyclopedia of Alternative Medicine and Self-help*, page 58
7. *Guide to the New Medicine*, pages 37–39
8. *Guide to the New Medicine*, page 87

Reflexology

9. *The Encyclopedia of Alternative Medicine and Self-help*, page 170
10. *The Encyclopedia of Alternative Medicine and Self-help*, page 170
11. *Reflex Zone Therapy of the Feet*, page 19
12. *Reflex Zone Therapy of the Feet*, page 26
13. *The Complete Guide to Foot Reflexology*, pages 2, 17–19, 65
14. *Feet First*, page 27 (Used by permission.)
15. *Reflex Zone Therapy of the Feet*, page 99
16. *Feet First*, page 26 (Used by permission.)
17. *Feet First*, page 25 (Used by permission.)
18. *Reflex Zone Therapy of the Feet*, page 70
19. *Reflex Zone Therapy of the Feet*, page 70
20. *Reflex Zone Therapy of the Feet*, page 84
21. *Reflex Zone Therapy of the Feet*, page 68
22. *Reflex Zone Therapy of the Feet*, page 74
23. *Reflex Zone Therapy of the Feet*, page 82
24. *The Complete Guide to Foot Reflexology*, page 15

Applied kinesiology

25. *Natural Family Doctor*, page 251
26. *Total Health*, pages 159–160
27. *Natural Family Doctor*, pages 250–251
28. *Natural Family Doctor*, page 252

Other massages

29. *Natural Family Doctor*, page 228
30. *Total Health*, page 41
31. *Total Health*, page 41
32. *Massage Techniques*, pages 128, 142
33. *Total Health*, page 41
34. *Total Health*, page 40
35. *Total Health*, page 40
36. *Massage Techniques*, pages 16–21
37. *Massage Techniques*, page 49
38. *Holistic Massage*, page 127
39. *Holistic Massage*, page 63

Chapter 3

FROM CHINA

A man lies sick for months by the pool of Bethesda, and one day he jumps up and carries his mat home. A man blind since birth claims he can see, and walks all around Jerusalem proving it. A woman who has been going to doctors for twelve years and has spent all her money on them, one day simply touches the hem of Jesus' robe and is well. People had never seen such miracles.

While Jesus was working these miracles in Palestine, other people in a faraway place were also working "miracles." But their miracles were not nearly as exciting as Jesus' miracles. You see, these people had already been healing for hundreds of years. Nothing new.

They were the Chinese.¹

Although the Chinese today mix modern technology with their ancient religious healing arts, the theories of Chinese medicine remain basically the same as they were before Jesus' time.² So the "new" medicine from China that Westerners talk about is old . . . several thousand years old.

What are some of the theories behind the Chinese "miracles"?

Yin and yang

Have you ever seen a symbol like this? It represents the perfect balance between *yin* and *yang*. Or in the case of health, it represents good health.

According to the Chinese, an energy called *chi** lies in all contents of the universe, including our bodies. They say

* *Chi* is often called "life force" or "vital energy."

it manifests itself with two opposing forces: *yin* and *yang*. *Yin* is the negative or feminine force of *chi*. *Yang* is the positive or masculine force. The Chinese say that *yin* and *yang* flow through the body through pathways they call meridians. Different meridians are supposedly connected with different body organs and functions.

The Chinese say that when a person's *yin* and *yang* flow properly, they cancel each other out to equal zero—the perfect balance. Such a person's health is good. But when something blocks the *yin* or *yang* flowing to an organ, his *chi* becomes unbalanced in that organ, and he becomes sick.³ The Chinese remedy for this person is, of course, to rebalance his *chi*.

Chinese doctors try to rebalance a patient's *chi* with needles, massage, or herbs.

THE FIVE

The Chinese believe that the energy *chi* flows through five body systems in a circle: the digestive, circulatory, respiratory, immune, and endocrine systems. These five body systems mirror five elements of the earth: earth, water, wood, fire, and metal.

If *chi* flows correctly through these five systems (following the path on the circumference), the Chinese say they nourish and regulate each other. They call this the *generative cycle*. But if *chi* becomes unbalanced (following the paths through the middle of the circle), they say the five systems begin to destroy each other. They call this the *destructive cycle*.

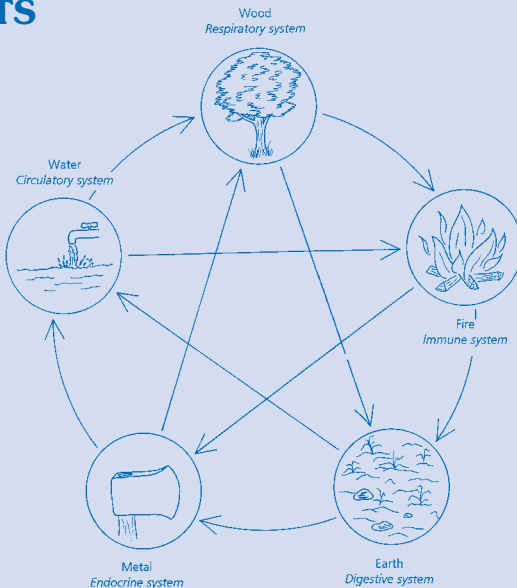
Does this philosophy agree with your understanding of how body systems function?

Acupuncture

Chinese doctors say a person's meridians come very near the surface of the skin at some 800 points of the body. They call these points *loci* or acupuncture points. To correct an imbalance between the *yin* and *yang* in the liver, for example, an acupuncturist inserts needles into the acupuncture points of a meridian that runs to the liver. He manipulates the needles to cause more *yin* to flow if he thinks the liver needs more *yin*, or more *yang* if he thinks it needs more *yang*. Or he may use his needles to try to disintegrate blockage along the meridians.

An acupuncturist often uses other methods to assist his needles in restoring the balance of *chi*. "The healing techniques of meditation, exercise, herbs and acupuncture all work together to correct disarray in the circulation of *chi*."⁴

ELEMENTS



Diagnosis through chi

There is another part of traditional acupuncture that is important to the Chinese: pulse diagnosis. *The Encyclopedia of Alternative Medicine and Self-help* explains it:

Each of the twelve main meridians is reflected in the radial artery and can be felt as a pulse at the wrist. . . . By ‘reading’ these pulses (a subtle process in which three fingers are generally used) any excess or depletion of energy can be detected. Pulse diagnosis is so sensitive that at times past illnesses will be registered and a virtual life history of the patient’s health can be determined. It is also possible for the acupuncturist to identify disease long before any physical symptoms are present.⁵ (Parenthetic phrase in original.)

And from *The Complete Handbook of Holistic Health*:

The pulse method . . . enables practitioners to diagnose past diseases as well as present and future energy imbalances within the body. . . . Practitioners who make use of these pulses for diagnosis express that subtleties in the rate of pulse are very hard to detect but that the life force communicates through them.⁶

FROM THE LIBRARY

Nei Ching:

“The *yin/yang* principle is the basic principle of the entire universe. It is the principle of everything in creation. It brings about all change; it is the root source of Life and Death, it is found within the temples of the Gods.”

Nei Ching:

“Heaven was created by an accumulation of *yang*, the light element, while earth was created by an accumulation of *yin*, the dark element.”

Acupressure and shiatzu

Acupressure is sometimes called acupuncture without needles. The same practitioner that uses acupuncture may also use acupressure. When he does, he uses the same acupuncture points along the meridians. Only this time he does not use needles; he simply massages the acupuncture points (sometimes very lightly) to control the *yin* and *yang*.

Shiatzu is a Japanese form of acupressure. Chinese medicine was introduced to Japan some one thousand years ago, where eventually it became mixed with the Japanese amma, an ancient form of massage. This mixture became known as shiatzu.⁷

Shiatzu is based on the Chinese theories of the energy *chi* (*ki* in Japanese) and the Five Elements theory. Yet it differs from acupressure in that it uses more vigorous manipulations to attempt to balance the energy. Acupressure uses only finger pressure.⁸

Chinese herbology

Chinese herbology practitioners do not use the meridians and acupuncture points to control *yin* and *yang*, although they

ON CHINESE MEDICINE

Chinese Herbal Medicine, pages 30-31:

“*Yin* is centripetal. *Yang* is centrifugal. Together they produce all energy and phenomena.”

Shiatzu, Foreword:

“[In Shiatzu] the sensations are difficult to describe but are similar to those experienced in mild hypnosis. . . . Shiatzu, in my opinion, is a preferable type of medical massage as it induces a very deep relaxation with a gentle meeting of one’s physical and mental states.”

do believe they exist. Herbology practitioners simply give the patient the herbs they believe will give him more *yin* or more *yang*. They give these herbs in the form of pills, powders (for teas), soups, and salves.⁹ Their emphasis, though, is not on correcting *chi* imbalances, but on preventing imbalances—and thereby preventing disease.

Chinese herbology differs from Western herbology in that the herbs the Chinese use have been processed through scrubbing, leeching, and roasting. The steps of preparation “are often performed painstakingly by hand in a carefully prescribed manner that has been handed down from generation to generation since time immemorial.”¹⁰ Also, Chinese herbology usually prescribes a mixture of different herbs.

Chinese herbology comes under different names, from different practitioners, and in different mixtures. Some “new”

ABOUT CHINESE MEDICINES,

- ◆ that a writing called the “*Nei Ching*” written between 2700 and 200 B.C. is still the basic reference on acupuncture, and has served as the foundation for its development until now?¹³
- ◆ that neither x-ray, autopsy, magnifying glass, nor microscope can reveal the meridians that Chinese doctors say run through our bodies?
- ◆ that some acupuncturists believe *chi* is a spiritual life force, and they sometimes refer to the first stick of the needle as “getting the spirit,” and once they have gotten the spirit’s attention they communicate with it by way of the needle?¹⁴

formulas may arrive on the market, only to turn out to be the same ancient formulas that the Chinese have used for years. The manufacturer will probably also endorse the same old concept of *yin* and *yang*. An example of old formulas being renamed are the Sunrider products manufactured by Dr. Chen, who claimed you can ride the sun to good health. His story:

Several thousand years ago the priests and court physicians of China experimented with herbs and plants, and discovered special combinations for increased endurance and strength. Manuscripts that documented their herbal secrets accumulated through several thousand years of experimentation and observation. During the Boxer Rebellion in 1912, the Chen family preserved a portion of the ancient manuscripts containing the original formulas based on a philosophy called

DID YOU KNOW . . . ?

- ◆ that the *yin/yang* health theories are based on Taoist philosophy,¹⁵ which is a religion developed from Buddhism?¹⁶
- ◆ that the *yin/yang* symbol takes its form from the practice of Kama (the Hindu god of love); and it is a symbol of sexual union?¹⁷
- ◆ that some people use the *yin/yang* forces within themselves for fortune-telling?¹⁸

regeneration. These manuscripts eventually fell into the hands of Tei Fu Chen, known today as Dr. Chen.

Dr. Chen studied these formulas for years and became an expert in Chinese herbology. Then, in December 1982, he founded Sunrider International. And he began sharing his secrets.

Sunrider bases its healing philosophy on the traditional *chi*. From Sharon's Sunriders Newsletter:

"The charge of the soul" describes ancient Chinese teachings on energy as the "chi," the life force of the body. Over thousands of years, the Chinese studied the ways in which man could capture and then harness this energy. This knowledge lives today in Sunrider whole foods.¹¹

Dr. Chen makes five of his formulas in accordance with the Five Elements theory. He calls these the "quinary formulas."

"Quinary" means "consisting of five things or parts." Scholars of Chinese healing use it to describe the Chinese idea that the body has five main systems that govern one another in a regulatory loop. The Chinese believe the healing and life-giving energy called Chi flows through these five systems in a circle.¹²

1. *Chinese Herbal Medicine*, pages 18, 19
2. *Chinese Herbal Medicine*, pages 18–27
3. *The Complete Handbook of Holistic Health*, pages 70–71
4. *Guide to the New Medicine*, page 106
5. *The Encyclopedia of Alternative Medicine and Self-help*, page 21
6. *The Complete Handbook of Holistic Health*, page 7
7. *Massage Techniques*, page 34
8. *Natural Family Doctor*, pages 275–276
9. *Chinese Herbal Medicine*, pages 71, 112
10. *Chinese Herbal Medicine*, page 112
11. *The Body Electric*, Sharon's Sunriders Newsletter, issue 18, page 3
12. *Regeneration!* (by Dean Black, ex-president of Sunrider International), page 11
13. *The Encyclopedia of Alternative Medicine and Self-help*, page 21
14. *The Complete Handbook of Holistic Health*, pages 72, 76
15. *The Complete Handbook of Holistic Health*, page 70
16. *Webster's Dictionary*
17. *A New Interpretation for Modern Times, I CHING, the world's oldest and most revered system of fortune-telling*, page 20
18. *Ibid*, page 5, and the rest of the book. (This book's cover displays a large yin/yang symbol.)

Chapter 4

EYES, PLANTS, AND PENDULUMS

Iridology

In 1831 Ignaz Peczely, an eleven-year-old Hungarian boy, was walking through the woods when an owl attacked him. While trying to get the owl off himself, he broke its leg. Then he noticed a dark line in the iris of the owl's eye. He concluded that the broken leg caused the line in the owl's iris.

Years later Peczely became a doctor. One day in a patient's iris he saw a line. This reminded him of the owl. If a broken bone brought a line to an owl's iris, could not problems in a human body show up in the human iris?

Peczely began to divide the iris into different sections, and relate each section with a certain organ of the body. Peczely was developing iridology.

Iris-diagnosis

Iridology is not a therapy, but a method of diagnosis. To make a diagnosis, an iridologist compares a patient's eye to a chart that is divided radially into sixty sections, and circularly into three sections. Each section on the chart corresponds to a certain part of the body.

Iridologists believe the physical, mental, emotional, and spiritual aspects of a person are recorded in the eye. They say illness, changes in body structure, and even injury (like the owl's), are recorded by changes in the tissue of the iris. By noting those changes, they say they can monitor the progress of healing, as well as predict diseases, since abnormalities may show in the iris before symptoms begin.

Does iridology work?

Doctors can see in the eye the effects of jaundice and some other diseases. But iridology is different. By looking at two irises less than ½ inch in diameter, iridologists try to detect hundreds of different diseases from any area of the body.

In 1979, three iridologists had a chance to prove their abilities. They were asked to participate in a study to test iridology. One of the three was the world-famous iridologist, Bernard Jensen.

The study involved 143 patients. Ninety-five had no kidney disease, while forty-eight did have kidney disease. The iridologists were supposed to detect which patients had kidney disease and which did not. The results? The iridologists did, of course, get some of the patients right. But their success rate was no better than chance. In other words, you or I could have done as well by guessing.

Yet many iridologists claim they can diagnose correctly. And maybe they can.

Homeopathy

Samuel Hahnemann, a German physician of the eighteenth century, introduced a new system of medical treatment—

FROM THE LIBRARY

The Complete Book of Homeopathy, page 9:

“For the purpose of a general definition of homeopathy, it is sufficient to say that high-potency preparations are on an order of dilution unheard of in orthodox medical practice and are believed by homeopaths to work on a deeper level than the physiologic sphere of ordinary drugs.”

homeopathy. Hahnemann believed that the body has a vital force that controls the order of the body, and the body's defenses against disease. Hahnemann thought this vital force was some form of energy or vibration. He thought that if the vital force became disturbed by something, such as stress, poor diet, or lack of exercise, illness would result. And to him the symptoms of that illness were not bad—they came from the body's attempt to restore health.¹

Building on this theory, Hahnemann developed a system of treatment to nudge the body's vital force, and encourage it to bring health back to the sick. To treat a patient, Hahnemann did not try to suppress the symptoms as did conventional medicine. He tried to enhance the symptoms, by giving the patient something that produced the symptoms he already had.

Potentization

To Hahnemann's dismay, some of his patients, when treated, got worse before they got better. He tried to take care of this problem by diluting and shaking his medicine. He claimed that the more he diluted and shook his medicines, the better and faster they worked—and without the side effects. Hahnemann then revealed to the world a revolutionary concept in medicine: potentization.

ON HOMEOPATHY

The Complete Book of Homeopathy, page 52:

“Hahnemann . . . believed that the process of dilution and succussion actually released a ‘spiritlike power’ that was particularly adapted to work on the equally spiritlike vital force in man.”

Manufacturers of homeopathic medicines still potentize most of their medicines, much like Hahnemann did. They start with a mineral (like salt), plant parts (like evergreen needles), or animal parts or secretions (like snake venom or cuttlefish ink). Then they mix the substance with alcohol or water to obtain a tincture. Then they put the tincture through the process of potentization. The National Center for Homeopathy publishes a paper that tells how they do this:

One drop of the tincture is mixed with 99 drops of alcohol (to achieve a ratio of 1:100) and the mixture is strongly shaken. This shaking process is known as succussion. The final bottle is labelled as “1C.” One drop of this 1C is then mixed with 100 drops of alcohol and the process is repeated to make a 2C. By the time the 3C is reached, the dilution is 1 part in 1 million!²

IF THE OCEANS

There are about 100 drops of water in a teaspoon. There are 48 teaspoons in a cup. There are 4 cups in a quart. There are 4 quarts in a gallon. There are 202 gallons in a cubic yard. There are 5,451,776,000 cubic yards in a cubic mile. There are 12,020 cubic miles of water in Lake Superior.

A homeopathic medicine with a 30C potency is diluted the equivalent of one drop to this many Lake Superiors: 983,000,000,000,000,000,000,000,000,000,000,000,000,000,000 (Calculation detail on page 79). Do you think there are that many Lake Superiors in the oceans?

Or look at it another way. The Mississippi River discharges about 645,000 cubic feet a second. At that rate it would take 2.7 seconds for it to discharge enough water to make a 6C potency from one drop of tincture. But to get

It does not stop there. Homeopathic manufacturers dilute and dilute and dilute and dilute their medicines, using the same method. *The Family Guide to Homeopathy* recommends a 6C potency for most acute ailments, and 30C for chronic conditions or emergencies.

Strength in weakness

Suppose you want to make a homeopathic medicine with a 6C potency. You take one drop of tincture, and mix it with 99 drops of water. You now have one teaspoon of 1C potency medicine. You then take that teaspoon and mix it with another 99 teaspoons of water. You now have 2.08 cups of 2C potency medicine. You then take those 2.08 cups and mix them with about 206 cups of water. You now have 13 gallons of 3C medicine. From there it explodes. If you follow this pattern

WERE MEDICINE

enough for an 8C potency it would take 7.49 hours. And for a 10C potency, 8.51 years. And for a 30C potency the Mississippi would need to discharge for 85,100,000,000,000,000,000,000,000,000,000,000,000 years.

How then do manufacturers make their medicines? They can't use that much water (or alcohol) to make them.

Think of it like this: If you would mix one gallon of tincture with 99 gallons of water 30 times, but throw away the extra 99 gallons every time you diluted it, how many gallons would you need to use to end up with 100 gallons of 30C medicine?

Ninety-nine gallons times 30 dilutions plus the gallon you started with: 2971 gallons.

three more times to make a 6C medicine, how many gallons will you have?

Figure it out. The total is thirteen million gallons. Thirteen million gallons of medicine containing only one drop of the original substance.

Many homeopaths agree that a medicine diluted more than 12C cannot actually retain any of the original tincture. *The Family Guide to Homeopathy* says:

When a substance is diluted 1 to a 100, for 12 times (the 12C potency) or more, then it is likely that in any one sample, nothing of the original substance remains—it is pure solvent. Naturally, it is difficult to give a chemical explanation for how such infinitesimally small doses, or even no doses at all, produce their effect.³

Homeopaths disagree on what it is in their medicines that does the healing. But on one thing they do agree: They all say it works.

How is it supposed to work?

If there is none of the original material in homeopathic medicines, then how might it work? Homeopaths suggest several theories.

One is the placebo effect*. *The Family Guide to Homeopathy* raises this possibility. But then it says that in such a case it “seems unlikely that babies or animals would respond to this effect—and respond they do.”⁴

Another theory, given in *The Complete Book of Homeopathy*: That although “none of the original remedy is present in material form,” the remedy contains “a pattern that, because of its similarity to the pattern of distortion of the vital force, removes the patient’s symptoms on the basis of like cures like.”⁵

But how does this pattern remain in the remedy, when the original material has all disappeared? The same book proposes

*A beneficial effect in a patient following a treatment that arises from the patient’s expectations concerning the treatment, rather than from the treatment itself. —*The American Heritage Dictionary*

that “through the process of dilution, the active substance acts as a template, communicating a field effect to the solvent through the formation of polymer chains . . . in the solvent.”

Then *The Family Guide to Homeopathy* suggests:

Evidence indicates that the structure of the solvent molecules may be electrochemically changed by succussion (the violent mixing used when diluting potencies). The solvent molecules may be imprinted and “remember” the vibratory properties of the original tincture. When the remedy is given to the patient, this “memory” is communicated to the living system and stimulates the effect that we see.⁶

These are only theories. If homeopathic remedies work, who knows for sure how they work?

According to *The Complete Book of Homeopathy*, it is hard to imagine what all homeopathy can do:

Indeed, homeopathy is so far-reaching that its universal use in medicine would mean great progress toward the millennium, as homeopathy has to do with not only the physical but spiritual development in man—the homeopathic remedy actually saves souls in this way. It assists in destroying the evils by creating harmony of the physical organs and thus promoting a pure vehicle for intellect and spirit to function. Homeopathy helps to open the higher centres for spiritual and celestial influx. It is the only scientific system of medicine, but it is too difficult to master without intensive training.

Is homeopathy a theological system for the individual expiation of Original Sin?⁷

Romans 5:17 answers this question.

Radiesthesia

According to *The Encyclopedia of Alternative Medicine and Self-help*, radiesthesia means “the use of the sensitivity to radiation.”⁸ A radiesthesia practitioner may swing a pendulum over a chart or a bottle of pills to sense the radiation he believes is coming from them. Radiesthesia also includes radionics,

which uses a wider range of instruments to sense radiation, such as “a hazel fork cut from the hedgerows, a simple pendulum, divining-wand or the latest ‘black box.’”⁹

Some radiesthesia techniques have been used by tribal societies for several thousand years. Pendulums have been found in ancient Egyptian tombs. And shamans (Indian or Asian priests) still use pendulums to heal.¹⁰

But the terms “radiesthesia” and “radionics” did not emerge until the early 1900s. During that time Abb Mermet, a French missionary priest, saw potential in the art of dowsing to heal,

FROM THE LIBRARY

Natural Family Doctor, page 309:

“Any doubts you have about the effectiveness of the procedure, or about your own capabilities, could result in uncertain findings.”

Natural Family Doctor, page 308:

“A practitioner may also place a phial [vial] of an appropriate homeopathic remedy next to the patient’s witness . . . with the intention of increasing the precision of the healing energies and speeding up the patient’s response.”

The Encyclopedia of Alternative Medicine and Self-help, page 161:

“From simple dowsing—to search for water, buried objects, minerals, oil, and archaeological remains—to the more sophisticated work of seeking lost people, prognosis and diagnosis of illness, transmission of cures, and even less physical things such as investigating mental states,

and began to use it. He published his conclusions in 1935 in *Principles and Practice of Radiesthesia*.

How is it supposed to work?

According to Dr. Andrew Stanway, in his book *Natural Family Doctor*, the success of a practitioner rests mostly on his skills rather than on the instruments he uses. And the practice itself rests on two basic beliefs:

That all life forms, both organic and inorganic, exist in and are connected by a vast field of energy; and that all these forms emit energy patterns.¹¹

ON RADIESTHESIA

foretelling the future, assessing the past, detecting strange other-world energies, and seeking mineral deposits from a map of a distant place . . . we are in the world of the radiesthetist.”

Natural Family Doctor, page 308:

“Some [practitioners] may also analyse the state of your chakras, the body’s energy centres which play an important role in the science of yoga.”

Natural Family Doctor, page 308:

“The act of diagnosis itself may set up a form of energy exchange between the therapist and the patient.”

Natural Family Doctor, page 307:

“The subjective nature of the techniques and the subtlety of the energies used make it difficult, if not impossible, to run objective scientific trials.”

Practitioners use their instruments to detect disharmonies in the energy patterns that they say a person emits, and to correct that disharmony. They claim they can treat a patient over long distances as well as close by. According to Andrew Stanway, one big advantage of radionics is that the practitioner can “seek out and treat the hidden causes of disease, which may well be completely undetectable by scientific methods.”¹²

To diagnose a person, a therapist may simply request a “witness” or “sample” of the person: a spot of blood, a snip of hair, or—when using a black box—a picture of the person. The therapist puts this witness into the radionic instrument he is using, mentally tunes in to his patient, and asks questions about the patient’s health while he holds a pendulum over the radionic instrument to indicate the answers. The therapist uses a pendulum to select the remedy in much the same way.

Once the therapist has diagnosed the patient, he tries to treat the patient simply by focusing his healing energies on him, even at a distance. He may also suggest a certain diet for the patient, or prescribe some herbal remedy, or exercise.

Homeopathy

1. *The Family Guide to Homeopathy*, page 3
2. *Homeopathy, Natural Medicine for the 21st Century*, page 3 Published by: National Center for Homeopathy, Alexandria, VA. Used by permission.
3. *The Family Guide to Homeopathy*, page 7
4. *The Family Guide to Homeopathy*, page 8
5. *The Complete Book of Homeopathy*, pages 127–128
6. *The Family Guide to Homeopathy*, page 8
7. *The Complete Book of Homeopathy*, page 267 (First paragraph originally in *Homeopathy* 5 [1936] by William Henry Swartz, M.D.)

Radiesthesia

8. *The Encyclopedia of Alternative Medicine and Self-help*, page 161
9. *The Encyclopedia of Alternative Medicine and Self-help*, page 161
10. *Natural Family Doctor*, page 307
11. *Natural Family Doctor*, page 306
12. *Natural Family Doctor*, page 306

Chapter 5

IN THE BACK OF THE MIND**Biofeedback**

Biofeedback is feeding back to a person information about his body performance. Meters attached to the person permit him to watch his heart rate, brain waves, or skin temperature. It is like the thermostat on a furnace feeding back information on how warm it has made the house. The furnace then uses that information to regulate itself.

What body functions can humans regulate and what can they not? Western scientists had maintained that humans could regulate voluntary actions like walking, reaching out to shake someone's hand, and combing hair. They assumed that involuntary functions—like heart rate, digestion, and body temperature—were out of the reach of willful control.

Then they learned of the yogis, Indian religious mystics*. Yogis claimed that they could speed up their heartbeats. One claimed he could slow his breathing to one or two breaths a minute. Another claimed to produce a ten-degree temperature difference between his thumb and little finger. "Trickery," called the Western scientists.

Many later changed their minds.

Americans try

Americans began to experiment with controlling involuntary body functions. In Kansas in the 1960s, Dr. Elmer Green and his co-workers fastened sensors to the fingers of a group of people. The sensors were wired to meters. By watching the meters, each person could see the temperature of his hands.

*A believer in mysticism; specifically, one who professes to undergo mystical experiences by which he intuitively comprehends truths beyond human understanding.
—Webster's New Twentieth Century Dictionary

Everyone tried to get his hand temperature to rise. When they saw it rise a little, they tried to get it to rise more. Americans were warming their hands while the rest of their body kept its previous temperature. Americans were doing what the yogis had done.

Americans continued experimenting and learned more uses for biofeedback. Biofeedback supposedly helped a Kansas woman learn how to shut off her headaches. Biofeedback supposedly helped an eighteen-year-old brain-damaged girl learn to control the spasms in her legs.

Biofeedback today is often used to help people relax. By learning to lower his blood pressure, for example, a patient supposedly can reduce his chance of a heart attack. Some meditators also use biofeedback to help them control brain activity and enter the meditative state.¹

How is it supposed to work?

The monitoring and feedback aspect of biofeedback is in itself quite scientific. It is easy to check your body temperature or blood pressure; and doctors can monitor them, no problem. If body temperature goes down, the thermometer will show it. And although we cannot see any brain waves flickering from our heads, yet they are there.

What is not so scientific is how a person can learn to control involuntary functions. Ann Weiss, in her book *Biofeedback*, concludes:

Today we know that people can use their minds to affect body processes.

How people accomplish that is another matter. It may be because electrodes have been placed on parts of their bodies. It may be because they are wired to machines. It may be because they are relaxed, or because the therapist is pleasant, or because of the placebo effect. It may be because a kind of self-hypnosis or faith healing occurs. It may be because of a combination of several factors—or none of them.

The “because” are not the point. The point is that people can use their minds to alter what is going on in their bodies at least some of the time. And that means that medicine faces a revolution of its own.²

Yoga

Yoga is a system of special body and mental exercises that are supposed to maintain a person’s physical, mental, and spiritual health. It originated in India, where the yogis have practiced it for many years.

Yoga has become popular in the West only within the last twenty years. Hatha yoga, the most popular form of yoga in the West, focuses mostly on physical exercises like stretching and breathing. But these exercises are not only physical. Andrew Stanway says in his book, “They are psycho-physical, for mental awareness plays a vital part in their practice.”³

According to yoga philosophy, the body is a vehicle, the mind is the driver, and the soul is our true identity. Three forces—action, emotion, and intelligence—move the vehicle. Yoga tries to balance these three forces to gain self-realization, which is called a state of inner peace.⁴

Yoga philosophy also says the world is full of an energy called *prana*. In the human body, this *prana* is said to flow along pathways called *nadis*. Sickness is supposedly due partly to imbalances and blockages in the flow of *prana*. The special body exercises and meditation of yoga are an effort to correct these supposed imbalances.⁵

Meditation

There are many kinds of meditation. Most of them come from China and India. And most of them are practiced in one of two ways:

1. By concentrating on some symbol: a sound, a chant, or breathing;

2. By not worrying about anything else but meditating on *now* (called detached awareness).⁶

Meditation is much like hypnotism. It is a way of getting past the conscious mind by intentionally blanking out understanding, reasoning, and “limiting beliefs.”⁷

Meditation can expose the mind to external spiritual influence. Here is an example to illustrate what I mean. It is from an advertisement for a meditation tape, *Vision Quest, A Beautiful Guided Meditation to Explore Psychic Solutions and Visit Your Sacred Place*:

The stars and the sounds of the evening surround you as you draw down the universal energy. . . . Your **Vision Quest** . . . proceeds through several uplifting explorations until you begin

FROM THE LIBRARY ON

Natural Family Doctor, page 285:

“Yoga literally means ‘union’ or joining, and its ultimate goal is self-realization—the joining of the individual soul with the divine or Absolute.”

Natural Family Doctor, page 286:

“While it is clearly linked to Hinduism, the religion of its homeland, yoga is in essence non-sectarian and can be practiced without any religious beliefs or indeed in association with other religions.”

Natural Family Doctor, page 314:

“For the yogi it is a means of uniting with Brahman, the Absolute; but . . . no particular religious beliefs are necessary.”

to ask psychic questions. In the altered state, you can expect to receive awareness—expanding answers from higher mind.⁸

Meditators say meditation relieves stress, and helps relieve many illnesses: headaches, high blood pressure, heart trouble, and more. They also say it produces an inner calm.⁹

But does it in the end?

Hypnotherapy

The state of hypnosis is reached by relaxing the mind. It is used to gain access to a deeper part of the mind. A patient may be guided to this state by an expert, or by listening to a tape. His normal methods of thinking stop. His mind enters an abnormal state, ready to think different thoughts.

YOGA AND MEDITATION

Inner Health, page 136:

“We can stop thinking altogether when we don’t need to (and we seldom need to).” (Parenthetic phrase in original.)

Total Health, page 244:

“The unconscious takes over the conscious, . . . to allow thinking without thinking.”

Inner Health, page 141:

“When the Kundalini has swept away all false impressions and misunderstandings we know our own divinity.”

Once the patient has gained access to the deeper part of his mind, his helper (or tape) can make suggestions that bring up thoughts, memories, and beliefs that the patient is not aware of when in his normal mind. Tapes are also used to inject new things into people's minds. Here are some that were mentioned in hypnosis tape advertisements.

“You create your own reality.” “You can do whatever you desire.” “The prana life force regenerates your body and mind.” “Your mind is all powerful, and you now use it to heal yourself.” “You now become telepathic* and clairvoyant**.” “Let the divine white presence descend.” “You can now perceive your past lives.”¹⁰

Promoters of hypnosis say that by communicating with his subconscious mind, a patient can find resources to quit habits like smoking and stuttering, and to treat many sicknesses like high blood pressure, migraine, and ulcers.¹¹

1. *Total Health*, page 241
2. *Biofeedback, Fact or Fad?* page 77, Copyright 1984 by Ann E. Weiss. Used by permission of Ann E. Weiss.
3. *Natural Family Doctor*, page 284
4. *Natural Family Doctor*, page 284
5. *Natural Family Doctor*, page 284
6. *Inner Health*, page 122
7. *Master of Life Winners*, Issue 50, pages 8, 25
8. *Master of Life Winners*, Issue 50, page 14
9. *Inner Health*, page 122
10. *Master of Life Winners*, Issue 50, pages 25–27
11. *Inner Health*, page 28; *Natural Family Doctor*, pages 310–312

*Telepathy: Communication through means other than the senses, as by the exercise of an occult power. —*The American Heritage Dictionary*

** Having the supposed power to see objects or events that cannot be perceived by the senses. —*The American Heritage Dictionary*

Chapter 6

COME NOW, LET US REASON

The energy link

As I researched for this book, I often found reference to a special energy. I will quote a little about various therapies to show what I mean.

Remember that not every homeopath, for example, or chiropractor, believes what I quote here. But some do. Practitioners themselves wrote many of these statements.

Acupressure: “Acupressure stimulates pressure points that exist throughout the body by manipulating the body’s energy where tension accumulates and where it blocks the free flow of energy.”¹

Acupuncture: “The Chi (life energy) travels through meridians and is contacted and balanced through loci along its path.”² (Parenthetical phrase in original.)

Applied kinesiology: “From these tests, the kinesiologist discovers in which parts of your body the natural energy flow is disturbed. Imbalances are corrected by massaging specific reflex points, by touching acupuncture points, or by using electro-stimulation.”³

Chinese herbology: “The Chinese believe a focusing of mental energy precedes a focusing of physical energy. . . . These three nervous system formulas descend from ancient formulas designed to enhance those powers of concentration.”⁴

Chiropractic: “Chiropractic has taught that a restorative force—called Innate Intelligence by D.D. Palmer—flows through the body from the brain, through the spine, and outward.”⁵

Homeopathy: “Such findings confirm Hahnemann’s premise of the existence of the reactive vital force—an energy field which, given the proper stimulation, can restore equilibrium on the physical, emotional, and mental planes of the patient.”⁶

Hypnosis: “Balanced and energized chakras assure greater health and vitality. The prana life force regenerates your body and mind.”⁷

Meditation: “In expanding beyond the limits of the verbal, we transcend the restrictions of the human, and once again enter the realm of the more universal essential energies of life.”⁸

Radiesthesia: “Practitioners work by detecting the disharmonies or distortions in the patients’ energy patterns and directing corrective energy patterns.”⁹

Reflexology: “What joins the ancients with the moderns is the long established principle that there are energy zones that run throughout the body and reflex areas in the feet that correspond to all major organs, glands, and body parts.”¹⁰

Yoga: “Yoga sees the world as permeated with a subtle form of energy called prana. . . . In the human body, prana flows along channels, known as nadis, (equivalent to the meridians of acupuncture) and is concentrated in centres called chakras.”¹¹ (Parenthetical phrase in original.)

A type of healing I did not mention in chapters 1–5 is hand healing or spiritual healing. In spiritual healing the practitioner puts his hands near the patient to channel healing energy into him.

In *The Encyclopedia of Alternative Medicine and Self-help*, Ray Nielsen writes that spiritual healing is the transfer of energy from the healer to the patient. He says that this is the same energy known to the eastern yogis as *prana*, or the Universal Life Force, and that this energy “flows in abundance throughout Space and can be harnessed by the individual who sensitizes himself by certain occult practices.”¹²

Ray Nielsen makes it clear that this spiritual healing is an occult practice. Now, what energy does spiritual healing use? Ray Nielsen says it is the same energy as the *prana* used in yoga.

Andrew Stanway, in *Natural Family Doctor*, says, “There are close analogies between the concepts of prana in yoga, chi in acupuncture, and healing energy in western healing.”¹³

And Laura Norman, writing about reflexology in *Feet First*, says, “Each zone can be considered a channel for the intangible life energy, called chi or qi in oriental medicine and martial arts.”¹⁴

Indeed.

And Morton Walker writes in *Total Health*:

There is a bioenergy life force in man, in general. It can be applied for healing purposes if desired. A psychic healer actually is someone with a more sensitive and better developed bioenergy sense. He or she is gifted with the ability to touch the energy systems of the patient as in the “meridians” of the acupuncturist or the “chakras” of the yogis. Similar are the visions of the religious initiate, the trance of the mystic, and the enlightenment of the Buddhist. They are all life energy forces.¹⁵

Andrew Stanway concludes that:

Traditional systems have much to teach us. Perhaps one of their greatest contributions is their understanding of subtle energy, the life force whose flow affects the health or disease of the whole body.¹⁸

Energy at the sacred ground

The *Master of Life Winners* magazine says that in a canyon near Sedona, Arizona, there is sacred ground, home of the Great Mother to the Yavapai Indians. Here Richard Sutphen holds periodic psychic seminars. This canyon is claimed to be the best place in the United States for psychic seminars because, in Sutphen's own words, "the electromagnetic energy is perfectly balanced, and stimulates all subconscious memories (past lives) and psychic abilities." (Parenthetical phrase in original.)

The magazine says that in these seminars people "can anticipate incredible experiences, such as enhanced psychic ability, healings, contacts with spirits, guides, and Masters.

THE

Just because you cannot understand something, does that mean it is not true science? Think of gravity. It does not take a scientist to know that things fall. Yet the best scientist probably will never figure out just why it falls.

Yet we can usually know what is true science, and what is false science, even without completely understanding it. Consider:

True science only deals with the physical—things you can measure and test. False science deals also with the nonphysical.

Strange phenomena and manifestations are almost ordinary here, because the vortexes [whirling masses of energy] intensify your own energy.”

An energy from God?

Morton Walker says the energy that flows in acupuncture meridians is “a free-flowing, colorless, non-cellular liquid.”¹⁷ In other words, it is something with no color and no cells. Reflexologist Laura Norman says the energy that flows through the zones is “the intangible life energy.”¹⁸ According to the dictionary, something intangible is something you cannot touch, something nonmaterial. And Hahnemann, who developed homeopathy, believed that the medicinal energy in homeopathic remedies becomes immaterial through potentization.¹⁹

So this energy that supposedly passes from one person to another through the hands or feet or through pills, has no cells or color. You cannot touch it. It is nonmaterial. I conclude, then, that this energy is not physical. *And what is not physical is spiritual.*

PROOF

True science produces identical results under identical conditions. False science produces different results under identical conditions.

Take the electricity in my house. How do we know this is true science? Because it is physical—it can be measured, tested, felt; and identical conditions produce identical results. How would we feel if a light bulb lit up before we got it into the socket? Or if the sewing machine ran before we plugged it in?

Psychic therapies cannot pass these two tests.

And what is spiritual is either from God or from Satan.

Spiritual energy is not neutral.

From the book on yoga, *Easy Journey to Other Planets*:

Energy is not self-sufficient. It is under the control of a superior living being. For example, fire is the source of light and heat. . . . Similarly, the inferior and superior energies are derived from a source, which one may call by any name. That source of energy must be a *living being*, with full sense of everything.

Is this spiritual energy from God? Do the world-wide beliefs about this energy agree with the Bible?

No. Consider:

Chinese therapists say this energy consists of two opposing forces called *yin* and *yang*. They say *yang* created heaven and *yin* created earth. But the Bible says “God created the heaven and the earth.” They say *yin* and *yang* are two opposing forces that perfectly harmonize and work together to create all phenomena. The Bible does say that two opposing forces (God and Satan) create all phenomena, but they do not harmonize or work together. The Bible says, “what concord hath Christ with Belial?”

Many holistic healers say “man has control over his destiny mostly through his mind channeling healing energy.”²⁰ They say this life force gives life to all living things.²¹ But the Bible says God controls man’s destiny, and God is the One that gives us life. The Bible says, “If the Lord will, we shall live, and do this, or that.”

Hand healers say this spiritual energy can be channeled through a person’s hands to heal the sick. They say a person of any religion can develop the ability to heal by channeling this spiritual energy.²² But the Bible says that God gives the Holy Ghost to them that obey Him (Acts 5:32). And the Bible says when a person is sick, the elders of the church should “pray over him, anointing him with oil in the name of the Lord.”

Christians must seek miracle cures only from God—not from any other power or mystical energy.

Clouds of fog

Which of the alternative therapies do you think you should stay away from completely? Which do you think you could conscientiously use? Then what about the ones between? Are they good or bad? Or are they part each?

These questions are hard to answer because of the clouds of fog surrounding these therapies. What are these clouds?

Cloud one: using good-sounding words for bad things. For example, the word *meditation*. Meditation sounds good, and is good if we mean it right. It means filling the mind or thinking. But many people today use this word to describe emptying the mind and exposing it to wrong spiritual influence.

Or the word *psychic*. Does that mean anything bad? It looks similar to the word *physical*. But look it up in the dictionary and you will find it means: something apart from physical science or knowledge, something that is immaterial or spiritual, and sensitive to supernatural forces.

Maybe you already knew that the words *meditation* and *psychic* had occult connotations. But how about the word *magnetic*? Or *electricity*? Scientists proved long ago that magnets and electricity are scientific.

Let's see what the words *magnetic* and *electricity* mean in a few examples.

Eunice Ingham, founder of foot reflexology, writes that we can make “contact with the electricity in the ground, through our feet,” and that the “Chinese claim that the magnetic forces come through the soles of the feet.”²³ What is this electricity and magnetic force?

For many years the Chinese used this “electricity” in reflexology, but they never called it electricity. They called it chi. It was the vital energy. The energy is still the same today; only the name has changed.

Cloud two: using material objects to legitimize spiritual forces. Take acupuncturists with their needles. Or radionics practitioners with their pendulums, sticks, wires, and boxes with dials. For years crystal balls, astrology charts, cards, ouija boards, and palms have been used to give spiritual forces a legitimate material expression. Now spiritual forces are also finding legitimacy in massages, needles, photos, charts, boxes, hands, and dials.

Cloud three: mixing occult practices with harmless therapies.
An example:

I talked to a brother that used to go to a chiropractor. Every now and then, during a treatment, his chiropractor would rub one hand on a powder he had handy, while with the other hand he rubbed, touched, or just held onto this brother. The brother asked him why he did this. The answer: It helped him sense electrical currents in the body. The chiropractor said by using this procedure he could detect what was wrong with a patient “better than anyone else.”

That made this brother uneasy. But he cautiously kept going to the chiropractor until he encountered what was, in his words, “the straw that broke the camel’s back.” While he was lying on his stomach on the treatment table, the chiropractor left the room, returned and laid a few pills on this brother’s back, went to his feet and did something, then came back and picked up the pills.

Was he checking if the energy in the pills corresponded with the patient’s energy? This brother did not ask. But he did ask the chiropractor if he would continue treating him without using those odd procedures. The chiropractor was not interested.

Why the clouds?

We have seen that when we push away the clouds of fog surrounding many alternative medicines, we are left with much the same idea: People using a special energy to heal. Then why

the fog—the needles, herbs, electricity, pills, zones, and bones? Why do not all healers work exactly the same way—maybe just command the energy to do the job, and zap, it is done?

But if it was that way, how many of us would get involved? We want nothing to do with witchcraft, so Satan piles on clouds of fog to make it harder to identify, or so we identify it with something good.

Pagan people prefer magic healing that uses something material. Witch doctors for ages have used material objects to work their magic. Eggs, hair, string, onions—go bury them somewhere or do something with them, and then the person gets well. Or think of the idol worshippers who use material things to represent the gods they worship. Like the Bible says, they cut a piece of wood in two, worship the one and use the other to heat their house.

Remember: The use of scientific terms does not mean a therapy is acceptable for a Christian. The use of good, tangible materials does not mean a therapy is acceptable to a Christian. The use of harmless practices does not mean a therapy is acceptable to a Christian.

Satan *can* appear as an angel of light.

Draw a line

Which of the alternative therapies are safe for Christians?

CHRISTIANS must draw a line between good and bad.

Christians **MUST** draw a line.

Thank God that by looking carefully at the facts we can draw a line that will please God. I have drawn a line for myself. You must draw a line for yourself.

To help yourself draw a line, ask yourself the following questions about any certain therapy. If the answer to any of these questions is *yes*, that should immediately raise a bright red flag.

1. Does this therapy embrace the idea of a healing energy—a universal energy, healing power, life energy, life force, vital energy, vital force, electromagnetic energy, electricity, bioenergy, healing force, *chi*, or *prana*?
2. Does this therapy hint that the source of good health lies *within* the mind and body?
3. Does this therapy treat mind and spirit as well as body?

Following is my opinion of whether Christians should use the therapies treated in this book. I do not claim that my conclusions are infallible, but I have done my best to judge by the facts. Please do the same.

Acupressure. Acupressure and shiatzu rely on healing energy like acupuncture. And they are holistic therapies. They are not for Christians.

Acupuncture. Most acupuncturists believe in the universal healing energy, *chi*. They manipulate it to heal the patient. Also, most are holistic. They take into account body, mind, and spirit when they treat—even if the patient does not know it.

Some acupuncturists do not accept the idea that they are working with *chi*. They want to prove that acupuncture is a true science. So far they have proved little more than other acupuncturists—that is, that it may work. Until these acupuncturists prove that they work with material things—completely apart from any mysterious, spiritual energy—Christians should not go to them.

As of yet I have not learned of an acupuncturist that is acceptable to Christians.

Applied kinesiology. Practitioners of applied kinesiology believe in the energy that they say we must keep in balance to stay well. They use the energy to diagnose and to prescribe medicine. They also treat mind and spirit. This is not for Christians.

Biofeedback. There may be good uses for biofeedback. Sometimes it may help a person that has been paralyzed by an accident to regain his movement. By putting sensors on an almost completely paralyzed leg, and making them beep with only the slightest movement, a patient can learn exactly what muscles he must exercise to get his leg moving again. Similarly, a person with spasms in certain muscles may learn to control those muscles by learning exactly what makes them jump.

But . . . Christians must be very, very discerning with biofeedback. It is often used as an aid in occult therapies. For example, it helps people control their brain waves so they can enter the state of meditation. Biofeedback for such purposes is wicked.

What about the abnormal things, such as warming one finger and leaving the other cold? Or slowing breathing to a couple breaths per minute? *Beware.* Biofeedback is dangerous because of our natural curiosity. Who would not like to try something odd just to see if he could do it? Even though the machines used in biofeedback are true science, it seems to be playing with fire to attempt a control of our bodies that is not according to nature.

Following are two rules we might go by to keep from using biofeedback for evil:

1. Use biofeedback only to learn to do what normal people do. Do *nothing* to experiment in unnatural things, such as warming or cooling a finger.
2. Stay away from *any* biofeedback that treats the mind.

Chinese herbology. Makers of Chinese herbal formulas make their formulas (at least those I investigated) to maintain the balance of the energy, *chi*, in the body. No doubt some of the formulas are good. But you cannot be sure that none of them contain harmful herbs or drugs that make you feel good.

Just because an herb comes from China does not make it bad. But we must be careful about involvements with organizations that promote the energy philosophy.

Chiropractic. Some chiropractors believe in the energy D.D. Palmer called Innate Intelligence; some do not. Some are holistic; some are not. Some use other energy-based therapies; some do not. If a chiropractor is neither energy-believing nor holistic, and if he uses no other energy-based techniques such as applied kinesiology, he is probably safe.

Ask a chiropractor what he believes and what methods he uses before you allow him to treat you. Do not simply ask him if he uses witchcraft—he will likely deny it. And he may not recognize witchcraft himself.

Homeopathy. Common sense tells us that the active ingredient in homeopathic remedies potentized more than about 3C cannot heal. Because of that, and because many homeopaths believe in a vital force (energy) that heals, and because most (I suppose) homeopaths are holistic, I would not use homeopathy.

An exception could be the few remedies produced without potentization but still labeled homeopathy. To find out if a remedy is potentized, look at the label. If it is potentized by hundreds, it will show 1C or higher. If it is potentized by tens, it will show 1X or higher. If it is not potentized, it will show neither.

Hypnosis. Hypnosis is a type of meditation. It takes the mind into an abnormal state. Hypnosis can expose the mind to influence from evil spirits. It is not for Christians.

Iridology. There are several reasons I would not use iridology. First, the whole idea seems pretty ridiculous to me. I realize, however, that this reason will not hold much water with the person who holds the practice as decent and reasonable. So what can we say? Is it not enough to say that a Christian reluctance to experiment with the curious ought to serve us well in this case?

Massage. Massage can be relaxing. But probably most massage therapies advertised in your local telephone directory or newspaper are both energy based and holistic. Do not use those. Massage also can lead to special bonding between the giver and receiver that encourages impurity.

Maybe this would be a good rule: If the massage has a name, check it thoroughly before using it. And with any massage: Keep yourself pure.

Meditation. Meditation, as defined previously, is wrong because it is wrong to let go of our minds and allow our thoughts to go where they will. It is leaving a normal mind and entering a wicked world of mystery. How can we think only on good things when we let our mind go?

Meditation often sounds good. An article in the April 1992 *Reader's Digest* titled "Why America Prays" mixes meditation with prayer as if it were much the same thing. But meditation is a wolf in sheep's clothing. In fact, some meditation includes meeting and communing with strange beings.

People that practice meditation say they have a heightened self-awareness, and find the inner reality. They say they get rid of unreal thoughts, and learn to see themselves and others as they really are.

If meditation were reality, there would be no reason to work and eat. In fact, meditation is so unreal and confuses people so much that they begin to doubt things you can touch with real hands and see with real eyes. What one meditator wrote makes little sense to me: “There is nothing solid in the universe, only masses of vibration, manifestations of energy in various forms.”²⁴

Radiesthesia. Radiesthesia practitioners channel healing energy, sometimes long distances, to heal patients. Radiesthesia is a false science. After developing the black box, practitioners found that if they took all the electronic gadgets from the inside, and left only the dials on the top, the black box still worked.²⁵ If the black box, a pendulum, a stick, or any instrument used to practice radiesthesia or radionics actually works, it is using an evil spiritual power.

DO YOU HAVE

The book *Inner Health* tells how a person can find his Inner Self in meditation: After going through certain techniques to find his Inner Self and his Inner Self appears in human form, a person is supposed to offer this deal to his Inner Self: “I will do whatever you ask me to do if you will be my special counselor and friend.” Once you have found your Inner Self, the book says “you have found a wise counselor and an invaluable friend.”

Do you believe you have an Inner Self who can give you wise counsel and be your close friend?

Reflexology. Reflexology is based on either the ten zones theory or the theory that meridians run through the body. Either way, it relies on an impulse or energy that runs through the zones or meridians.

Although there is nothing wrong with rubbing your feet to relax, I know of no established reflexology theory that is acceptable to Christians. I would not follow reflexologists' charts, copy their massages, or think in terms of zones or meridians.

Yoga. The evils of meditation are present in yoga, for yoga includes meditation. And yoga exercises are supposedly used to get the energy *prana* to flow properly. Stay away from yoga.

What would Paul say?

Paul wrote in 1 Corinthians about eating things sacrificed to idols. His message: *Meat does not change when offered to idols. Therefore, meat offered to idols contains nothing that will*

AN INNER SELF?

I don't. I believe those that say they have found their Inner Self have been deceived. Either they have only imagined the beings they say they have met, or they have found and made deals with evil spirits, messengers from the devil.

Let's not deal with the devil. Let's not even try to reach, through meditation, places where we could deal with him. When the devil came to make a deal with Jesus, He did not accept (Matthew 4).

hurt Christians. But to eat things sacrificed to idols in hopes of receiving some supernatural benefit is to have fellowship with those that sacrifice to idols and to have fellowship with the devil.

The inventors of some of the medicines we have examined, and many people who use them today, claim to work with energies we call evil forces. Hannemahn, who invented homeopathy, defended magnetism (hand or spiritual healing). Eunice Ingham, who laid the foundation for western reflexology, believed that man could control his reality by controlling his mind.

Yet I doubt homeopathic remedies contain evil spirits or any harmful ingredient. And we know there is nothing wrong with rubbing our feet. It is a little like the meat offered to idols.

In the left column below are verses from 1 Corinthians 10 about things sacrificed to idols. In the right column I have paraphrased the verses, inserting something about homeopathy. You might insert other therapies and see if they fit.

1 Corinthians 10

19 What say I then? that the idol is any thing, or that which is offered in sacrifice to idols is any thing? 20 But I say, that the things which the Gentiles sacrifice, they sacrifice to devils, and not to God: and I would not that ye should have fellowship with devils. 21 Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils. 22 Do we provoke the Lord to jealousy? are we stronger than he? . . . 27 If any of them that believe not bid you to a feast, and ye be disposed to go; whatsoever is set before you, eat, asking no question for conscience sake. 28 But if any man say unto you, This is offered in sacrifice unto idols, eat not for his sake that shewed it, and for conscience sake: for the earth is the Lord's, and the fulness thereof: 29 Conscience, I say, not thine own, but of the other: for why is my liberty judged of another man's conscience?

19 What say I then? that the diluting and shaking does any thing, or that the homeopathic remedy has an evil power in it? 20 But I say, that the remedies which many homeopaths use, they use them to nudge a mysterious force, and some are wizards: and I would not that ye should have fellowship with them. 21 Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils. 22 Do we provoke the Lord to jealousy? are we stronger than he? . . . 27 If any of them that believe not give you a pill for your health, and ye be disposed to accept it; eat it, asking no question for conscience sake. 28 But if any man say unto you, This is diluted and shaken to release the vital force, eat not for his sake that shewed it, and for conscience sake: for the earth is the Lord's, and the fulness thereof: 29 Conscience, I say, not thine own, but of the other: for why is my liberty judged of another man's conscience?

Paul did not want the Corinthians to eat meat offered to idols expecting to receive some supernatural benefit from it. The reason he gave any room to eat meat offered to idols was because it was nutritious before it was offered to idols, and it remained nutritious. Good, clean, uncontaminated meat.

But do you think Paul would give room to take high potency homeopathy, for example, when it is clear there is no original substance (nutrition) present? Would he—would God—approve of following certain philosophies hoping to receive some benefit in some mysterious way?

Is there ever reason to refrain from a therapy even if you can not see anything wrong with it?

Yes, for the sake of testimony to those in the world who know the therapy's evil connections.

Yes, for the sake of the inexperienced, or your children, or a weaker brother or sister who by your example you may lead to things that will eventually ruin them.

The New Age . . . undercover

Many people are afraid of the term *New Age*. The December 17, 1990 issue of the *U.S News and World Report* stated that because of slack sales, publishers were phasing out the New Age categories. Not that they would not publish more books on that subject, but they would “simply rename the category or fit New Age titles into other niches, such as health or the occult. Robert Hall, president of Humanics New Age, says people have a problem with the term [New Age] because it implies crystals, candles, channeling.”

But taking off the label does not remove the danger. In fact, without a label, New Age practices are more dangerous. More dangerous because they are more subtle.

Richard Sutphen is editor of a magazine called *Master of Life Winners*. Issue 50 of that magazine discusses what connotation

the term *New Age* carries, advertises astrology charts, offers enrollment in psychic seminars to be taught by Mr. Sutphen, has a small question-and-answer section where Sutphen's wife contacts the dead (supposedly) to answer writer's questions, advertises meditation tapes and training in hypnotism, and much more.

On page 21 of that magazine Mr. Sutphen writes a little piece titled "Death of the New Age?" He writes: "I contend that the New Age has so successfully infiltrated mainstream society, the term can disappear and any sense of a movement can appear to die while actually reincarnating as a powerful, invisible movement immune to media ridicule and Fundamentalist challenge."

To prove it, Mr. Sutphen first tells of several movies that have gone over big—movies that promote New Age concepts. Then he tells of the November 4, 1991 cover story in *Time* magazine that was titled, "The New Age of Alternative Medicine." He notes that the article covered crystal healing, shiatsu, reflexology, laying on of hands, mind over matter, bioenergetics, guided imagery, hypnotherapy, and biofeedback. He also notes that of those who were asked the question, "Would you ever consider seeking medical help from an alternative doctor if conventional medicine failed to help you?" sixty-two percent said they would.

Mr. Sutphen concludes with, "These are just two powerful examples of sustaining New Age interest—an interest that's changing as people become more discerning."

Richard Sutphen, who is deep into the New Age, says that interest in these alternative medicines is a powerful example of sustaining New Age interest. Who can prove him wrong?

"Prove all things; hold fast that which is good."

—1 Thessalonians 5:21

74 COME NOW, LET US REASON

1. *Massage Techniques*, page 31
2. *The Complete Handbook of Holistic Health*, page 71
3. *Natural Family Doctor*, page 251
4. *Regeneration!* page 14
5. *Chiropractors*, page 42
6. *The Complete Book of Homeopathy*, page 113
7. *Master of Life Winners*, Issue 50, page 27, video hypnosis advertisement
8. *Inner Health*, page 32
9. *Natural Family Doctor*, page 306
10. *Feet First*, page 17 (Used by permission.)
11. *Natural Family Doctor*, page 285
12. *Encyclopedia of Alternative Medicine and Self-help*, page 178
13. *Natural Family Doctor*, page 285
14. *Feet First*, page 22 (Used by permission.)
15. *Total Health*, page 249
16. *Natural Family Doctor*, pages 16, 20
17. *Total Health*, page 162
18. *Feet First*, page 22 (Used by permission.)
19. *The Complete Book of Homeopathy*, page 53
20. *Total Health*, page 45
21. *Natural Family Doctor*, page 22
22. *The Encyclopedia of Alternative Medicine and Self-help*, page 91
23. *Stories the Feet Have Told Through Reflexology*, pages 10 , 34
24. *Inner Health*, page 140
25. *The Encyclopedia of Alternative Medicine and Self-help*, page 162

Chapter 7

THE ALTERNATIVE

Medical doctors are often able to help us when we are sick. They know much more than most of us about how our bodies work, just like a mechanic knows more than I about how my car transmission works. Many times medical doctors can prescribe treatment that will help our bodies to heal.

But medical doctors have their limits. For one thing, they cannot heal. And we dare not expect them to. God heals. The honor for healing belongs to Him. Besides, quite unlike my car, which was designed by man, our bodies will never fully be understood by doctors. God alone, who designed them, can fully understand them.

And medical doctors can treat only certain ailments successfully. With cancer they are only partially successful. With AIDS they can do very little, as yet.

Medical doctors charge, too, and so do the hospitals in which they work. Together doctor and hospital bills can easily reach ten, fifty, or a hundred thousand dollars.

So I do not blame anyone for looking for alternatives to relying one hundred percent on medical doctors. I have looked, too. And I have found an alternative that has God's full approval. It is "wholistic" in a very real way—a Biblical way. This treatment is found in James 5.

The purpose of James 5 is not to show how to heal a sick person by pouring on oil. James 5 portrays the way Christ's followers look at health. It portrays Christian values that we either accept and live eternally, or else reject and die. It is about the question of which is first in our lives, our health or Christ.

James 5:5–11 portrays pleasure as a curse, and patience in suffering as happiness. “Behold, we count them happy which endure.” How different this is from those who go all out to heal that sore foot or relieve that headache. This difference reflects a difference in hope.

“Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.” This is why Christians move close to the Lord in physical suffering. This is why Christians endure suffering if they cannot find relief by moral means. They want their souls to be saved. They want to be able to look back and know that they trusted in the Lord, because the Lord is very pitiful, and of tender mercy.

James 5:13–16 reveals the plan of action God wants us to take when sick or afflicted. Only when we follow His plan can we expect to experience His blessing and healing power. Follow God’s plan, brother and sister, *before* checking out the other therapies. Christians that have followed God’s plan testify to receiving physical and spiritual blessings from God. Many people have missed the blessings or have been deeply hurt because they trusted more in medical doctors and alternative therapists, than in God.

God’s plan for the sick

13 Is any among you afflicted? let him pray. Is any merry? let him sing psalms. 14 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: 15 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. 16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Now, to summarize God’s treatment for body, soul, and spirit:

Body

Treatment: “Let him pray” (v. 13). “Let them [the elders] pray over him, anointing him with oil” (v. 14).

Result: “The Lord shall raise him up” (v. 15). “My grace is sufficient for thee” (2 Corinthians 12: 9).

Soul

Treatment: “Confess your faults” (v. 16).

Result: “If he have committed sins, they shall be forgiven him” (v. 15).

Spirit

Treatment: “Pray one for another” (v. 16).

Result: “The prayer of faith shall save the sick. . . . That ye may be healed” (vv. 15–16).

All other wholistic treatments are counterfeit. They may seem to make people happy and well; but observe their lives. Are they healthier than others? More important: are they free from sin? are they joyful? are they telling others about the Lord and looking for His return?

These things follow those who take God’s treatment for body, soul, and spirit.

“Prove all things; hold fast that which is good. Abstain from all appearance [forms] of evil. And the very God of peace sanctify you *wholly*; and I pray God your whole *spirit* and *soul* and *body* be preserved blameless unto the coming of our Lord Jesus Christ. Faithful is he that calleth you, who also will do it”

—1 Thessalonians 5:21–24. (*emphasis mine*)

QUESTIONS

Asking a practitioner some of these questions may help you determine his beliefs and whether he will help or hinder you.

1. Do you believe that all life and everything that is, is one?
2. Do you believe that the physical world is an illusion?
3. Do you believe the power for healing comes from within humans?
4. Do you believe man can change his external reality solely through the use of his mind?
5. Do you believe God and the physical creation are two different things?
6. Do you believe that man has a universal life energy within him, whether it be called vital force, life force, cosmic energy, *chi*, *prana*, bioenergy, or magnetism?
7. Do you see the “universal mind” (universal intelligence) as a helpful source of knowledge and guidance?
8. Do you see the holistic health movement as the solution to health problems?
9. Do you feel that psychic phenomena is good?
10. Would you encourage a consultation with a psychic or an astrologer to help solve a health problem?

The ideal answers to these questions:

1. No 2. No 3. No 4. No 5. Yes 6. No 7. No 8. No
9. No 10. No

CALCULATION DETAIL

The dilution of a 30C homeopathic remedy

1C = 1 drop in 100 drops (one teaspoon)

2C = 1 drop in 100 teaspoons (2.08* cups)

3C = 1 drop in 208 cups (13 gallons)

4C = 1 drop in 1,300 gallons (6.44 cubic yards)

5C = 1 drop in 644 cubic yards

6C = 1 drop in 64,400 cubic yards

7C = 1 drop in 6,440,000 cubic yards

8C = 1 drop in 644,000,000 cubic yards

9C = 1 drop in 64,400,000,000 cubic yards (11.81 cubic miles)

10C = 1 drop in 1,181 cubic miles

11C = 1 drop in 118,100 cubic miles (9.83 Lake Superiors)

12C = 1 drop in 983 Lake Superiors

13C = 1 drop in 98,300 Lake Superiors

14C = 1 drop in 9,830,000 Lake Superiors

15C = 1 drop in 983,000,000 Lake Superiors

16C = 1 drop in 98,300,000,000 Lake Superiors

17C = 1 drop in 9,830,000,000,000 Lake Superiors

18C = 1 drop in 983,000,000,000,000 Lake Superiors

19C = 1 drop in 98,300,000,000,000,000 Lake Superiors

20C = 1 drop in 9,830,000,000,000,000,000 Lake Superiors

21C = 1 drop in 983,000,000,000,000,000,000 Lake Superiors

22C = 1 drop in 98,300,000,000,000,000,000,000 Lake Superiors

23C = 1 drop in 9,830,000,000,000,000,000,000,000 Lake Superiors

24C = 1 drop in 983,000,000,000,000,000,000,000,000 Lake Superiors

25C = 1 drop in 98,300,000,000,000,000,000,000,000,000 Lake Superiors

26C = 1 drop in 9,830,000,000,000,000,000,000,000,000,000 Lake Superiors

27C = 1 drop in 983,000,000,000,000,000,000,000,000,000,000 Lake Superiors

28C = 1 drop in 98,300,000,000,000,000,000,000,000,000,000,000 Lake Superiors

29C = 1 drop in 9,830,000,000,000,000,000,000,000,000,000,000,000 Lake Superiors

30C = 1 drop in 983,000,000,000,000,000,000,000,000,000,000,000,000 Lake Superiors

*Measurements rounded off to the closest hundredth.