



*the* BIBLE, DIET  
& *Alternative*  
MEDICINE

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DAVID W. CLOUD

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## Some New “Bible Diets”

In light of the slew of alleged “Bible diets” (e.g., Hallelujah Diet, Daniel Diet, the God Diet, the Maker’s Diet, Ezekiel 4:9 Bread), I have decided to propose some new ones: **THE ABRAHAM DIET** - “And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures of fine meal, knead *it*, and make cakes upon the hearth. And Abraham ran unto the herd, and fetcht a calf tender and good, and gave *it* unto a young man; and he hasted to dress it. And he took butter, and milk, and the calf which he had dressed, and set *it* before them; and he stood by them under the tree, and they did eat” (Ge. 18:6-8). Abraham fed God and the angels a meal of fresh, hearth-cooked bread, tender calf, butter and milk, and you can be sure that Sarah and Abraham were quite the cooks! This was obviously Abraham’s diet, and God and the angels ate it, too. Abraham lived to the ripe old age of 175 on this tasty diet (Ge. 25:7-8). **THE ISAAC DIET** - “And she gave the savoury meat and the bread, which she had prepared, into the hand of her son Jacob” (Ge 27:17). Isaac loved a diet similar to that of his father Abraham and lived to be 180 (Ge. 35:28-29). **THE WHATEVER KIND OF MEAT YOU WANT TO EAT DIET**- “When the LORD thy God shall enlarge thy border, as he hath promised thee, and thou shalt say, I will eat flesh, because thy soul longeth to eat flesh; thou mayest eat flesh, whatsoever thy soul lusteth after” (De. 12:20). **THE ELIJAH DIET** - “And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook” (1 Ki. 17:6). The “Elijah Diet” was bread and meat twice a day! It was provided by God via the ravens. The bread was obviously cooked, though we aren’t told how. The flesh, too, would have been cooked, as God has forbidden the eating of blood (Ge. 9:4; Le. 7:26). **THE MILK AND HONEY DIET** - “And hast given them this land, which thou didst swear to their fathers to give them, a land flowing with milk and honey” (Jer. 32:22). Twenty times the Bible describes the land God gave Israel as a land of milk and honey. Milk and honey are obviously part of a healthy diet. **THE OIL, WINE, AND WHEAT DIET** - “All the best of the oil, and all the best of the wine, and of the wheat, the firstfruits of them which they shall offer unto the LORD, them have I given thee” (Nu. 18:12). The **BUTTER, MILK, FAT OF LAMBS, WHEAT, AND GRAPE JUICE DIET** - “Butter of kine, and milk of sheep, with fat of lambs, and rams of the breed of Bashan, and goats, with the fat of kidneys of wheat; and thou didst drink the pure blood of the grape” (De. 32:14). **THE BROILED FISH AND HONEY DIET** - “And they gave him a piece of a broiled fish, and of an honeycomb” (Lu. 24:42). **These are diets right out of the pages of Scripture, yet there is no vegetarianism, no raw vegetables, no avoiding cooking, no low carbs, no sugar free, no carrot juice or barley green, or many other things that are an essential part of the aforementioned “Bible diets.”**

# Introduction

Dieting is a multi-billion dollar industry, and dietary fads are exceedingly popular.

There are even dietary plans that purport to be Bible-based.

There is the Hallelujah Diet which has had a broad influence since the 1990s. It is a vegan diet, which means no meat or animal-derived products such as dairy and eggs, and most of the vegetables are uncooked. (Differing from the “vegan” diet, a “vegetarian” diet avoids meat but allows animal-derived products.)

There is the Seventh-day Adventist (SDA) diet, which is a vegetarian diet with eggs and low-fat dairy products allowed in moderation. In her 1863 book *Counsels on Health*, SDA “prophetess” Ellen White claimed that God showed her the “evils of meat eating.” If an Adventist decides to eat meat, he is restricted to meat that is clean under the Old Testament dietary regimen. Seventh-day Adventists teach dietary programs, operate cooking schools, publish cook books, and sell “health foods.” The founder of Kellogg’s cereal was a Seventh-day Adventist.

There is the Daniel Diet, the God Diet, the Maker’s Diet, the Genesis Diet, the Edenic Diet, Ezekiel 4:9 Bread, and others.

There are also a slew of “alternative health” regimens, and Bible-believing Christians seem to be as susceptible as unbelievers to the lure of such things as macrobiotics, chiropractic, homeopathic, super water, and mega-vitamin programs.

Consider Scott Strong, former music director at Providence Baptist Church, Raleigh, North Carolina. After being diagnosed with a brain tumor, he got caught up in the Hallelujah Diet. His story was featured in the *Raleigh News &*

*Observer* and republished in *The Baptist Standard* in May 26, 1999. “Instead of surgery, he has opted for an all-natural vegetarian diet he is convinced is God’s will for everyone.”

In spite of the promise of health and longevity via “God’s original diet,” Scott died on March 14, 2011, at age 52.

## **My Objective**

As a Bible teacher, my main objective is to examine what the Bible says about diet and to want to warn about dietary plans that are based on teaching that is contrary to Scripture.

My purpose is not to set out the ideal diet or to answer every question about diet or to give medical advice.

Health is important in the Christian life. The body is the temple of God (1 Co. 6:19-20), and it is wrong to knowingly impair one’s health, perhaps even to send oneself to an early grave, by lack of wisdom in diet or by harmful habits such as smoking and drinking.

Beyond this, I believe that diet is largely a personal matter. If you like your diet and you believe that it helps you, or if you need a certain diet for a special health situation, that is your business. If you want to take B12 supplements or Barley Green or megadoses of vitamin C and if you want to juice or eat uncooked food or drink some special type of water or avoid gluten, that is your business

But we would urge you not to fall for something that is patently unscriptural or that is based on bogus “science” or that flirts with the New Age and Eastern religion. Extensive studies have been done on many proposed cures and dietary plans to ascertain whether they are effective. Don’t ignore scientific tests and fall for testimonials and feelings.

At best, you will be wasting your money, and you could even be harming your health or associating with doctrines of devils.

My intention is not to tell God’s people what to eat; my desire is to help us think biblically about diet.

I have found that this issue tends to stir up strong emotions in some people. Let me urge you not to become emotional or react in “knee jerk” fashion.

As a God-called preacher, I am instructed to preach God’s Word and to reprove error (2 Timothy 4:2). If I failed to do this, I would be lacking in compassion for God’s people, and I would be accountable to the Lord for not proclaiming the whole counsel of God.

As a hearer, you are obligated to imitate the noble Bereans. God commended them because they tested everything by Scripture, and we should follow their wise example when it comes to diet or anything else in the Christian life.

“These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so” (Acts 17:11).

That is exactly what I ask you to do. If you find my teaching to be scriptural, accept it. If not, you are under no obligation to agree with me.

# The Bible and Diet

The foundation for sound knowledge on any subject begins with “Thus saith the Lord,” and God’s will is found in Scripture.

“All scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works” (2 Timothy 3:16-17).

Observe that the Bible is able to make the child of God perfect or complete (fully furnished) in God’s will. The Bible doesn’t contain everything we would like to know; it contains everything that God wants us to know about spiritual and moral things in this present time.

In this section we aim to look at every major Bible passage touching on diet. If we have overlooked something, it is not on purpose.

In the Bible we find everything we need in order to exercise wisdom in the matter of diet and to avoid every danger and pitfall.

## **Genesis 1:29**

**“And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat.”**

In the beginning of man’s history, diet was simple and bountiful. Man could eat all of the fruits, vegetables, nuts, grains, and legumes in Eden. To drink, there was crystal clear water, the juice made from any of Eden’s choice produce, as well as milk from dairy animals. God made man’s body with its need for certain vitamins and nutrients, and He provided everything man needed for perfect health. He also made



man's keen sight, smell, and taste and provided a diet not only rich in nourishment, but also rich in pure enjoyment.

### **Genesis 2:16-17**

**“And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.”**

This passage touches on diet, because it explains the root cause of sickness and death. It is the wages of sin (Romans 6:23). When Adam and Eve broke God's commandment they fell under God's judgment of death.

The New Testament puts it this way: “Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned” (Romans 5:12).

There are three deaths. There is spiritual death, which is separation from God (Ephesians 2:1). Adam and Eve experienced this as soon as they sinned. There is physical death, which is separation of the spirit from the body (James 2:26). Finally, there is eternal death, which is everlasting punishment in the lake of fire (Revelation 20:10-15).

All have sinned, and all die; and death is not only an event, it is also a process. Sickness and “old age” are a part of the process. **While diet can affect man's health, there is no diet that will guarantee health and longevity to fallen man.**

### **Genesis 3:17-19**

**“And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; In the sweat of thy face shalt thou eat bread, till thou**

**return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return. ... Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken. So he drove out the man; and he placed at the east of the garden of Eden Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life.”**

Man no longer lives in the Garden of Eden. Adam and Eve were booted out of the garden into a fallen world tainted with thorns, pests, poisons, and disease. Because of the fall, the most powerful toxins can be labeled “all natural”!

No matter what “God’s original diet” might have been in Eden, things have changed dramatically from that blissful time. We live in a world that “groans and travails in pain” (Ro. 8:22). This is the foundational cause of all sickness and death.

Man has been trying to regain paradise ever since our parents fell and were evicted, but every utopian dream has been a failure because it cannot deal with the root of the problem, which is man’s sin before a holy God.

Only through Jesus Christ can man regain paradise. The plan for regained utopia is entirely of God’s design. “... the Father sent the Son to be the Saviour of the world” (1 John 4:14). The Son of God was born a sinless man through the virgin birth, demonstrated His divinity by miracles and the fulfillment of ancient prophecy, died to make atonement for man’s sin, and rose from the dead.

When a sinner repents of his sin and receives Jesus Christ as Lord and Saviour, he is justified by God. He is declared righteous on the basis of what Christ did for us on Calvary. But the indwelling fallen nature is not removed in this present life. Only in the resurrection does the believer regain utopia.

**Genesis 9:3-4**

**“Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, *which is the blood thereof*, shall ye not eat.”**

At the end of the Flood, about 2,350 years after man was evicted from Eden, God instructed Noah and his sons that they could eat meat with their fruits, vegetables, nuts, and grains.

It might be that men ate certain meats before the Flood, but there is no clear record of it in Scripture. Abel was a shepherd (Ge. 4:4). He doubtless used the wool, but did he eat the meat, too? We don't know.

Regardless, God's command in Genesis 9 destroys the idea that a vegetarian diet is superior to a non-veg diet. The Creator would not instruct man to eat meat if it were dangerous for his health and overall wellbeing.

We are not told why man was perhaps restricted to a vegetarian diet prior to this, but it is clear that there was a major change in mans' diet following the Flood, and that change was initiated by God.

**Genesis 14:18**

**“And Melchizedek king of Salem brought forth bread and wine: and he was the priest of the most high God.”**

Note that Melchizedek, God's priest, fed Abraham with bread and wine. Bread is mentioned 331 times in Scripture and is everywhere described as a staple of man's diet. Since the fall, Adam's children have been given bread to eat (Ge. 3:19). It is made of various types of cooked grain. Joseph saved Egypt and his own family by storing up the grain for bread (Ge. 41:47-49).

**Genesis 18:6-8**

**“And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures of fine meal,**

**knead it, and make cakes upon the hearth. And Abraham ran unto the herd, and fetcht a calf tender and good, and gave it unto a young man; and he hasted to dress it. And he took butter, and milk, and the calf which he had dressed, and set it before them; and he stood by them under the tree, and they did eat.”**

In this situation, Abraham fed God and the angels a meal of fresh, hearth-cooked bread, tender calf, butter and milk. It sounds yummy! You can be sure that Sarah and Abraham were quite the cooks! It was not a vegetarian meal or a low fat or low carb meal; it was not carrot juice and barley green; but this was obviously Abraham’s diet, and God and the angels ate it, too.

**Observe, too, that Abraham cooked the food that he gave to God and the angels. Everywhere in Scripture, we see cooked food.** The Passover lamb was cooked (Ex. 12:8-9). The Israelites cooked the manna (Ex. 16:22-23). The meal offerings and wave offerings were cooked (Le. 2:4-7; 8:29-31) and eaten by the priests (De. 18:1). The shewbread was cooked (1 Sa. 21:6). The angel cooked a cake for Elijah (1 Ki. 19:6). The prophets cooked their pottage (2 Ki. 4:38). Jesus cooked fish for the disciples (Joh. 21:9-13).

Abraham lived to the ripe old age of 175 on this tasty diet (Ge. 25:7-8).

Isaac loved the same kind of diet (Ge. 27:1-33) and he lived to be 180 (Ge. 35:28-29).

### **Genesis 45:23**

**“And to his father he sent after this manner; ten asses laden with the good things of Egypt, and ten she asses laden with corn and bread and meat for his father by the way.”**

We could call this “the Jacob Diet” as supplied by his son Joseph. It consisted of yummy corn, bread, and meat.

**Exodus 12:3-8**

**“Speak ye unto all the congregation of Israel, saying, In the tenth *day* of this month they shall take to them every man a lamb, according to the house of *their* fathers, a lamb for an house: ... And they shall eat the flesh in that night, roast with fire, and unleavened bread; *and* with bitter *herbs* they shall eat it.”**

Israel killed and ate meat in the process of practicing their religion. For the Passover, it was roasted lamb or goat. Obviously, then, there is nothing unhealthy about eating meat. The meat was cooked and served with unleavened bread and bitter herbs.

**Leviticus 6:25-26**

**“Speak unto Aaron and to his sons, saying, This *is* the law of the sin offering: In the place where the burnt offering is killed shall the sin offering be killed before the LORD: it *is* most holy. The priest that offereth it for sin shall eat it: in the holy place shall it be eaten, in the court of the tabernacle of the congregation.”**

The sin offering was a bullock (Le. 4:3), a goat (Le. 4:27-28), a lamb (Le. 4:32), a turtle dove, or a pigeon (Le. 5:7).

The priests of Israel ate portions of these roasted animal sacrifices.

Since this was God’s law, it is obvious that there is nothing inherently unhealthy about eating meat.

**Leviticus 11:1-24**

**“And the LORD spake unto Moses and to Aaron, saying unto them, Speak unto the children of Israel, saying, These *are* the beasts which ye shall eat among all the beasts that *are* on the earth. Whatsoever parteth the hoof, and is clovenfooted, *and* cheweth the cud, among the beasts, that shall ye eat. Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: *as* the camel,**

because he cheweth the cud, but divideth not the hoof; he *is* unclean unto you. And the coney, because he cheweth the cud, but divideth not the hoof; he *is* unclean unto you. And the hare, because he cheweth the cud, but divideth not the hoof; he *is* unclean unto you. And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he *is* unclean to you. Of their flesh shall ye not eat, and their carcase shall ye not touch; they *are* unclean to you. These shall ye eat of all that *are* in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat. And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which *is* in the waters, they *shall be* an abomination unto you: They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcasses in abomination. Whatsoever hath no fins nor scales in the waters, that *shall be* an abomination unto you. And these *are they which* ye shall have in abomination among the fowls; they shall not be eaten, they *are* an abomination: the eagle, and the ossifrage, and the ospray, And the vulture, and the kite after his kind; Every raven after his kind; And the owl, and the night hawk, and the cuckow, and the hawk after his kind, And the little owl, and the cormorant, and the great owl, And the swan, and the pelican, and the gier eagle, And the stork, the heron after her kind, and the lapwing, and the bat. All fowls that creep, going upon *all* four, *shall be* an abomination unto you. Yet these may ye eat of every flying creeping thing that goeth upon *all* four, which have legs above their feet, to leap withal upon the earth; *Even* these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind. But all *other* flying creeping things, which have four feet, *shall be* an abomination unto you. And for these ye shall be unclean: whosoever toucheth the carcase of them shall be unclean until the even.”

Under the law of Moses, God restricted the types of meat that Israel could consume. Most famously, they could not eat pork.

But they could eat a wide variety of meat. It was most definitely *not* a vegetarianism diet!

It is important to understand that the Old Testament dietary laws were *not* for the purpose of health or physical cleanliness.

First, there was no such dietary restriction prior to the giving of the Mosaic law. Did God not care for men's health prior to this?

Second, there is no evidence that the animals listed as unclean were inherently more unhealthy to eat than those listed as clean. It has been said that the forbidden animals, such as pigs, were pronounced unclean because they are scavengers, but this is not the reason that they were declared unclean. The Bible says nothing about the diet of the animals listed in Leviticus. Chickens eat dung, but they were not unclean. Rabbits do not eat dung or other dirty things, but they were unclean simply because they didn't have cloven hooves. Horses do not eat dung, but they were unclean because they didn't chew the cud. There is no evidence that fish that have fins and scales are inherently more healthy to eat than those that don't.

Third, there is no such dietary restriction in the churches. Had the Mosaic dietary laws been for the purpose of health, they would not have been abolished for church age believers.

Paul explains that the Old Testament dietary laws are "a shadow of things to come" (Col. 2:16-17). Shadows are not permanent, and shadows are not the reality. A biblical shadow is a type or symbol of spiritual things.

Israel's dietary law was given to teach the principles of separation and holiness.

"For I *am* the LORD your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I *am* holy:

neither shall ye defile yourselves with any manner of creeping thing that creepeth upon the earth. For I *am* the LORD that bringeth you up out of the land of Egypt, to be your God: ye shall therefore be holy, for I *am* holy. This *is* the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth: To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten” (Le. 11:44-47).

God used these laws to impress upon His people the importance of distinguishing between clean and unclean, holy and unholy. The law depicts strict separation from sin and from the evil things of the world. These are lessons that are also emphasized in the New Testament.

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God” (Ro. 12:2).

“Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you” (2 Co. 6:17).

“Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God” (2 Co. 7:1).

“And have no fellowship with the unfruitful works of darkness, but rather reprove *them*” (Eph. 5:11).

“Abstain from all appearance of evil” (1 Th. 5:22).

“For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world” (Tit, 2:11-12).



“Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls” (Jas. 1:21).

“Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, *and* to keep himself unspotted from the world” (Jas. 1:27).

“Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God” (Jas. 4:4).

“Love not the world, neither the things *that are* in the world. If any man love the world, the love of the Father is not in him. For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world” (1 Jo. 2:15-16).

God also used these Old Testament ritualistic laws to separate Israel from the other nations and to keep her distinct even during her global dispersal over the past two and a half millenniums.

“Ye shall therefore put difference between clean beasts and unclean, and between unclean fowls and clean: and ye shall not make your souls abominable by beast, or by fowl, or by any manner of living thing that creepeth on the ground, which I have separated from you as unclean. And ye shall be holy unto me: for I the LORD *am* holy, and have severed you from *other* people, that ye should be mine” (Le. 20:25-26).

We see an example of how this worked in Daniel’s life. His refusal to eat the standard Babylonian food set him and his Jewish friends apart in Nebuchadnezzar’s pagan court (Dan. 1:8).

**Deuteronomy 6:3**

**“Hear therefore, O Israel, and observe to do *it*; that it may be well with thee, and that ye may increase mightily, as the LORD God of thy fathers hath promised thee, in the land that floweth with milk and honey.”**

Twenty times the Bible describes Israel’s Promised Land as a land “flowing with milk and honey.” It should be obvious, then, that milk and milk products are not inherently harmful to man’s health. They are a blessing from God.

**Deuteronomy 12:20**

**“When the LORD thy God shall enlarge thy border, as he hath promised thee, and thou shalt say, I will eat flesh, because thy soul longeth to eat flesh; thou mayest eat flesh, whatsoever thy soul lusteth after.”**

Here we see that Israel was instructed by God to eat meat. They were at liberty to eat any meat, except that which was unclean by the Levitical standard. The Jews were not vegetarians.

**Job 6:6**

**“Can that which is unsavoury be eaten without salt? or is there any taste in the white of an egg?”**

Jesus Himself said, “Salt is good” (Lu. 14:34). Too much salt, like too much honey, can be harmful (Pr. 25:16). But salt itself is good and is a blessing from God.

**2 Samuel 17:28-29**

**“Brought ... wheat, and barley, and flour, and parched corn, and beans, and lentiles, and parched pulse, And honey, and butter, and sheep, and cheese of kine, for David, and for the people that were with him, to eat...”**

We could call this “the David Diet”! It is a balanced diet of grains, vegetables, lentils, meat, dairy products, and honey. Yummy!

### 1 Kings 17:6

**“And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook.”**

The “Elijah Diet” was bread and meat twice a day! It was provided by God via the ravens. The bread was obviously cooked, though we aren’t told how. The flesh, too, would have been cooked, as God has forbidden the eating of blood (Ge. 9:4; Le. 7:26).

Observe that there were no raw vegetables, carrot juice, or barley green.

Elijah also ate bread “many days” cooked by the woman in Zidon (1 Ki. 17:9-15). It was made with some type of grain meal and oil and was cooked over a wood fire.

### Daniel 1:8-16

**“But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. Now God had brought Daniel into favour and tender love with the prince of the eunuchs. And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which *are* of your sort? then shall ye make *me* endanger my head to the king. Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, Prove thy servants, I beseech thee, ten days; and let them give us PULSE TO EAT, AND WATER TO DRINK. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their**

**countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse."**

The Daniel Diet purports that the diet described in this passage teaches "biblical principles of natural health and healing" and "offers practical and spiritual answers to overcoming ill health" (danielsdiet.com).

It was a diet of vegetables and water. The term "pulse" refers to "herbs or vegetables grown from seeds; a vegetable diet is what is implied" (*International Standard Bible Encyclopedia*).

The fact that this diet is not mentioned anywhere else in Scripture proves that it was a special diet for a special situation with a special purpose rather than a general dietary law.

Daniel did not want to be ceremonially defiled by the Babylonian diet which consisted of things forbidden in the law of Moses. We have already seen that Moses did not forbid the eating of meat, so it is probable that the restriction of the diet to vegetables and water was to demonstrate God's power to the Babylonians.

### **Daniel 10:1-3**

**In the third year of Cyrus king of Persia a thing was revealed unto Daniel, whose name was called Belteshazzar; and the thing *was* true, but the time appointed *was* long; and he understood the thing, and had understanding of the vision. In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."**

Here it is clear that Daniel did not keep a vegetarian diet all of his life. The fact that he fasted by abstaining from

“pleasant bread,” flesh, and wine proves that he ate these things.

Further, Daniel’s fast in chapter 10 was not for the purpose of health. The context shows that he was mourning over Israel’s destruction and seeking wisdom from God. It was a spiritual fast.

There are no examples of fasting for health in Scripture. Every mention of fasting has a spiritual context. The chief purpose of fasting was described by Christ in Matthew 17:21. “Howbeit this kind goeth not out but by prayer and fasting.” Biblical fasting is for spiritual warfare.

**Mark 14:17-20**

**“And they say unto him, We have here but five loaves, and two fishes. He said, Bring them hither to me. And he commanded the multitude to sit down on the grass, and took the five loaves, and the two fishes, and looking up to heaven, he blessed, and brake, and gave the loaves to *his* disciples, and the disciples to the multitude. And they did all eat, and were filled: and they took up of the fragments that remained twelve baskets full.”**

Twice Jesus fed the multitudes with bread and fish. It is obvious that He was not a promoter of vegetarianism.

**John 21:9-13**

**“As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and bread. Jesus saith unto them, Bring of the fish which ye have now caught. ... Jesus saith unto them, Come *and* dine. And none of the disciples durst ask him, Who art thou? knowing that it was the Lord. Jesus then cometh, and taketh bread, and giveth them, and fish likewise.”**

Jesus fed the disciples privately with bread and fish after His resurrection. He had eaten this same meal after the resurrection to demonstrate that He was not a spirit (Lu.

24:42). Again it is obvious that vegetarianism is not superior to non-veg diets.

### **Acts 10:9-16**

**“On the morrow, as they went on their journey, and drew nigh unto the city, Peter went up upon the housetop to pray about the sixth hour: And he became very hungry, and would have eaten: but while they made ready, he fell into a trance, And saw heaven opened, and a certain vessel descending unto him, as it had been a great sheet knit at the four corners, and let down to the earth: Wherein were all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter; kill, and eat. But Peter said, Not so, Lord; for I have never eaten any thing that is common or unclean. And the voice *spake* unto him again the second time, What God hath cleansed, *that* call not thou common. This was done thrice: and the vessel was received up again into heaven.”**

God instructed the staunch Jew Peter to eat of animals that were unclean under the law of Moses. This was so shocking to Peter, that he refused to obey God at first.

It's true that through this vision God was teaching Peter that Gentiles can be saved on the same basis as the Jews, but it is also true that God was literally commanding Peter to eat of the animals that were unclean under the law of Moses, such as pigs.

Had these animals been inherently unhealthy, God would not have commanded Peter to eat them.

### **Acts 15:20**

**“But that we write unto them, that they abstain from pollutions of idols, and *from* fornication, and *from* things strangled, and *from* blood.”**

This instruction sent by the apostles to the early churches restricted the believers from eating meat that was strangled

and from blood. “Things strangled” refers to animals that are killed without shedding their blood. Thus, to eat “things strangled” is to eat the blood. This is forbidden, because the Bible says the blood contains the life (Le. 17:11, 14). The restriction against eating blood is an ancient one that goes back to man’s earliest history before the giving of the Mosaic law (Ge. 9:4-6).

Note, though, that the apostles delivered absolutely no restriction about eating meat itself.

### **Romans 8:18-25**

**“For I reckon that the sufferings of this present time *are not worthy to be compared* with the glory which shall be revealed in us. For the earnest expectation of the creature waiteth for the manifestation of the sons of God. For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected *the same* in hope, Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. For we know that the whole creation groaneth and travaileth in pain together until now. And not only *they*, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, *to wit*, the redemption of our body. For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for? But if we hope for that we see not, *then* do we with patience wait for *it*.”**

All weakness and sickness and trouble in this life ultimately stems from man’s fall. It goes back to our sin against God. We live in a world that groans under a divine curse, and even those who are born again groan under that curse (Ro. 8:22-23) and live in “the body of this death” (Ro. 7:24).

The New Testament faith does not teach us to expect total health and deliverance in this present world. It teaches us to

live by hope, and hope that is seen is not hope. There is no diet that will undo the effects of the curse under which we live in this present world.

#### **Romans 14:1-4**

**“Him that is weak in the faith receive ye, *but* not to doubtful disputations. For one believeth that he may eat all things: another, who is weak, eateth herbs. Let not him that eateth despise him that eateth not; and let not him which eateth not judge him that eateth: for God hath received him. Who art thou that judgest another man's servant? to his own master he standeth or falleth. Yea, he shall be holden up: for God is able to make him stand.”**

Paul taught that Christians are not to judge in matters of food and drink. This is an area of Christian liberty. Seventh-day Adventists, Mormons, and pop dietitians have dietary laws, but the Bible forbids such laws in the Christian life. Diet is a matter of personal taste and health, not a matter of spiritual law.

#### **1 Corinthians 6:19-20**

**What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.**

This passage teaches us that the believer should be careful about his physical health. This is a warning against health-destroying diets and health-injuring habits such as smoking and drinking.

#### **1 Corinthians 10:20-22; 2 Corinthians 6:14-17**

**“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. 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. Do we provoke the Lord to jealousy? are we stronger than he?"

**“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in *them*; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean *thing*; and I will receive you.”**

God forbids His people to participate in anything that is associated with the demonic, with paganism, and with idolatry.

Many “alternative health care” programs are definitely associated with such things. These include many aspects of chiropractic, as well as macrobiotics, naturopathy, reflexology, homeopathy, iridology, many aspects of oil therapy, and applied kinesiology.

We will discuss this more in the chapters “A Demonic Diet” and “Popular Alternative Practices.”

### **2 Corinthians 12:7-10**

**“And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in**

**persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.”**

This passage describes the apostle Paul’s physical affliction. Three times he asked God to take away this problem, but God refused to do so.

Paul was told that this infirmity was something God wanted him to have for his spiritual well-being. Upon learning this, Paul bowed to God’s will and wisely said: “Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ’s sake: for when I am weak, then am I strong” (2 Co. 12:10).

This is a perfect example of how believers should deal with sickness and afflictions. We should pray for healing and release, but when God does not heal, we must bow to His will and accept that sickness or trial as from the divine hand.

This is not lack of faith; it is submission to the sovereignty of Almighty God.

Some have argued that Paul’s infirmity was not a sickness, but the Greek word *astheneia*, which is translated “infirmity” in 2 Corinthians 12:9, is elsewhere translated “sickness” (Mt. 8:17; Jn. 11:4) and “disease” (Acts 28:9).

To say that Paul’s infirmity in 2 Corinthians 12 was not a sickness is not proper biblical interpretation; it is an act of desperation to uphold a heretical viewpoint.

### **Colossians 2:8, 16-23**

**“Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. ... Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath *days*: Which are a shadow of things to come; but the body *is* of Christ. Let no man beguile you of your reward in a voluntary humility and worshipping of angels, intruding into those things which he hath not seen, vainly puffed up by his fleshly**

**mind, And not holding the Head, from which all the body by joints and bands having nourishment ministered, and knit together, increaseth with the increase of God. Wherefore if ye be dead with Christ from the rudiments of the world, why, as though living in the world, are ye subject to ordinances, (Touch not; taste not; handle not; Which all are to perish with the using;) after the commandments and doctrines of men? Which things have indeed a shew of wisdom in will worship, and humility, and neglecting of the body; not in any honour to the satisfying of the flesh.”**

This passage warns about the asceticism that accompanied gnostic heresies. Eventually this produced the monastic system that became a major part of the Roman Catholic Church. It is an attempt to gain salvation and spirituality through ascetic practices, such as extreme fasting, abuse of the body, isolation, celibacy, silence, sleep deprivation, wearing uncomfortable clothes, and self-flagellation. Most of the contemplative mystics whose writings are revered by evangelicals today lived in the atmosphere of heretical asceticism.

Paul summarized this philosophy as “touch not; taste not; handle not” and “neglecting of the body” (Col. 2:20-23). The “taste not” and “neglect” aspect of asceticism includes extreme diets such as lengthy fasts and avoiding various types of legitimate food.

The Word of God warns against this in the strongest terms.

Paul called it “will worship” (Col. 2:23), because it is the exercise of religion by the power of the will of unregenerate man.

Paul warned that the aforementioned practices are “the commandments of and doctrines of men” (Col. 2:22). There are no commandments in the New Testament about what we eat.

**1 Timothy 4:1-5**

**“Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron; Forbidding to marry, *and commanding* to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. For every creature of God *is good*, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer.”**

Paul warned that a commandment to abstain from meats is a doctrine of devils. The word “meats” is from the Greek “broma,” which refers to food in general.

To make spiritual and religious laws that restrict the eating of food is a doctrine of devils.

Vegetarianism is an example. This is no light matter. If an individual wants to eat a vegetarian diet, that is his business, but no one can make a law of it for other people. *Since at least the days of Noah, vegetarianism has not been a “Bible diet”!*

Paul taught that the believer is at liberty to eat any food (1 Ti. 4:3-5).

Diets such as the Hallelujah Diet are *extremely* legalistic and cruelly and heretically rob the child of God of the liberty that he has in Christ.

We see that God made animals to be eaten by man (“which God hath created to be received with thanksgiving of them which believe,” 1 Ti. 4:3). This takes us back to Genesis 11 following the Flood, when God told Noah, “Every moving thing that liveth shall be meat for you...” (Ge. 9:3).

We see, too, how that food is sanctified. *First, it is sanctified by the Word of God.* This means that God’s Word permits and sanctions it. God’s Word teaches us that God has provided all things to enjoy (1 Ti. 6:17). *Second, food is*

*sanctified by prayer.* The prayer of thanksgiving sets the meal apart and makes it holy and pleasing before the Creator. The food is a sweet savor to man, and the prayer of thanksgiving in Christ is a sweet savor to God. Lack of thanksgiving was the first step toward idolatry (Ro. 1:21).

### **1 Timothy 4:8**

**“For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.”**

Here Paul addresses the priorities of life.

First, we learn that such things as bodily exercise and diet have some profit.

Eating a balanced diet has profit, and multitudes of studies have found that exercise is important for maintaining health. It has been said that “inactivity is life-limiting.” The British government recommends that adults have five or more sessions of 30 minutes’ moderate activity a week (e.g., brisk walking, swimming, cycling, stair climbing). The U.S. Centers for Disease Control makes the same recommendation (150 minutes of moderate exercise per week), and the CDC emphasizes that the exercise can be broken into 10 minute segments and aerobic exercise should be combined with some muscle-strengthening activities (e.g., weight lifting, resistance bands, push-ups, sit-ups). The American College of Sports Medicine and the American Heart Association recommend 150 minutes per week of moderate intensity aerobic exercise or 75 minutes of vigorous aerobic exercise (e.g., running, tennis, jumping rope), and they say that shorter 10-minute workouts can be as beneficial as longer workouts.

Brisk aerobic exercise has consistently been found to have the potential to add years to one’s life as well as “life to one’s years,” meaning it can increase good health into older age.

But we also see in 1 Timothy 4:8 that such things as bodily exercise should not take precedence over godliness and should not become *the* priority in one's life.

To maintain the ideal "body mass index" and run marathons and maintain meticulous diets and research and follow "alternative health" programs requires a *major* commitment of time and energy in one's brief earthly lifespan.

But Paul indicates that the commitment to such things should be "little," and little is the opposite of large.

The fact that the pursuit of physical health and bodily exercise is so popular today at a nearly fanatical level in Western culture is evidence of the idolatry of this end-time society. It is a reflection of the self-worship that is described in Paul's prophecy of the latter days ("men shall be lovers of their own selves," 2 Timothy 3:1-2).

It is also a reflection of the temporal-mindedness of this generation. Men's thoughts and affections are devoted to this present life.

The fact that so many believers ape the world in these things does not make it right.

Consider Paul's exhortation:

"If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory" (Col 3:1-4).

After His resurrection, Christ emphasized that His will for this present age is for His people to go into all the world and preach the gospel to every creature and establish sound churches for the discipling of believers. This is repeated five times in Scripture (Matthew 28:18-20; Mark 16:15; Luke 24:44-48; John 20:21; Acts 1:8). Since this is what Christ

emphasized, this should be the priority of every child of God. It is a very big task, which is nowhere near being fulfilled. Literally billions of people have not heard a clear and sound presentation of the gospel. Multitudes of those who profess Christ do not themselves know the gospel. *Every* believer is an ambassador of Christ in this great work (2 Co. 5:20). It is a major part of our calling as a child of God.

How can God be pleased when His people spend the bulk of their time, energy, and money on the physical and temporal to the neglect of the spiritual and eternal?

George Malkmus is an example of a professing Christian who has gotten sidetracked from proper biblical priorities.

“Malkmus was pastor of a Baptist church in upstate New York in 1976 when he says a chiropractor told him he had developed a cancerous tumor in his colon. Malkmus says he could feel the tumor underneath his rib cage and found blood in his stool. But having watched his mother die of colon cancer after repeated rounds of chemotherapy and radiation, Malkmus, then 42, avoided the medical route.

“Instead, he sought out a Texas evangelist named Lester Roloff who had a reputation as a ‘health nut.’ Roloff recommended a strict raw fruit and vegetable diet, including one to two quarts of fresh carrot juice each day. [Note from D. Cloud: Lester Roloff was definitely a quack when it came to diet, but he was not a vegetarian.]

“Malkmus resigned from his church and devoted himself to health and healing. Within a year, Malkmus claims, his tumor was gone--and so were his allergies, his hemorrhoids and his dandruff.

“He began a journey into the counterculture world of alternative health, becoming an organic gardener for the Shangri-La Health Resort in Bonita Springs, Fla., and a few years later bought 50 acres of mountain land in Tennessee, where he lived as self-sufficiently as he

could. He pumped water from a spring and used a compost instead of a flush toilet. ...

“But in 1992, Malkmus bought a small restaurant in Rogersville, Tenn., and started selling fresh juice and salads. The restaurant was an instant success, and in time, people began listening to Malkmus’ message and buying his books, and his ministry began growing” (Yonat Shimron, “The Hallelujah Diet: Miracle Cure or Just a Veggie Tale”? *Raleigh News & Observer*, Raleigh, NC, cited from *The Baptist Standard*, May 26, 1999).

Here is the case of a pastor who got so wrapped up in the pursuit of health that he quit the pastorate and put his full-time energies into diet. There is nothing “little” about this man’s commitment to “bodily” things. He serves the “gospel of good health” more than the gospel of Jesus Christ.

### **1 Timothy 5:23; 2 Timothy 4:20**

**“Drink no longer water, but use a little wine for thy stomach’s sake and thine often infirmities.”**

**“Erastus abode at Corinth: but Trophimus have I left at Miletum sick.”**

Paul did not give Timothy or Trophimus a holy Bible diet that would solve all of their physical ailments. There is simply no promise in Scripture of perfect health or even of good health, regardless of what diet you choose or how much you might exercise or how holy you might live or how much faith you might have.

Death, with all that it entails (i.e., sickness, old age) is the wages of sin (Ge. 2:17; Ro. 6:23). **A good diet can provide better health benefits than an improper diet, but no diet can promise good health. If such a diet were possible, God would have told us in Scripture, and Paul would have informed the churches about it.**



Those who promise health via diet or any other program are deceived, and they are offering false hope. This is a major mark of a quack. You would think that any Bible believer would understand this, but when people are sick they can become desperate and grasp at any promise, no matter how quacky or unscriptural.

# A Good Diet

In light of Scripture, a good diet is not complicated. A good diet is a balanced diet that provides all of the vitamins and nutrients that man needs.

1 Timothy 4:4 summarizes a biblical approach to diet. It says that “every creature of God is good, and nothing to be refused, if it be received with thanksgiving.”

God has provided a great bounty for man’s benefit, and this includes animal meat (Ge. 9:3-4).

Man has learned that there are basic “food groups” that provide a balanced diet, and these food groups are simply the major types of food that God has supplied for man’s benefit and enjoyment.

Fruits and vegetables and nuts are good. Properly cooked meat is good. Fish is good. Milk and milk products are good. Nothing is to be refused, except for personal taste or a special dietary necessity.

The importance of balance is also seen in Proverbs 25:27, “*It is not good to eat much honey: so for men to search their own glory is not glory,*” and Proverbs 25:16, “Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.”

Eating too much of anything is not good, especially to the neglect of other things. Honey is good, but too much honey is too much sugar, and modern medicine has identified this as a cause of diabetes and other ailments. The problem is not in the sugar; the problem is in the lack of balance and wisdom and continence in one’s diet.

There are problems with too much sugar, too much meat, too many carbohydrates, too much starch, too much fat, too many vitamin supplements, even too many vegetables to the neglect of other things.

“All food is health food in moderation; any food is junk food in excess” (“Twenty-Six Ways to Spot Quacks and Vitamin Pushers,” *Quackwatch*, Dec. 9, 2012).

This does not take into consideration special diets that are necessary for certain health conditions, such as diets necessitated by allergies or failed health. For example, some people can't drink milk or eat peanuts.

Since I have had two episodes of acute pancreatitis, I must maintain a low fat diet. Such a diet is not necessary for most people, but because my pancreas was injured in a procedure to remove a gall stone, it is necessary in my case.

# A Quack Diet

Quackery is “the promotion of unproven or fraudulent medical practices.” A quack diet is a diet that is based on bogus science and that makes bogus claims. It is based on unsubstantiated testimonials and feelings.

“Quackery” derives from the Dutch word “quacksalver,” which originally referred to a “hawker of salve.” The word was used for traveling salesmen who shouted or “quacked” the benefits of their goods.

This is a good description of pop dietitians today who quack about their super diets and secret formulas, and they can quack louder than ever via the Internet.

The quack industry is a multi-billion dollar industry that preys particularly on the elderly, the sick, the desperate, the infirm, the vain, and above all, *the gullible*.

God’s people will do well to heed the warning of Proverbs:

“The simple believeth every word: but the prudent *man* looketh well to his going” (Proverbs 14:15).

## Marks of a Quack Diet

In this section we will discuss the following marks of a quack diet:

A quack diet promises near perfect health and longevity.

A quack diet makes high-sounding claims.

A quack diet is promoted by bogus claims.

A quack diet claims to be based on the Bible.

A quack diet mixes truth with error.

Promoters of quack diets tend to exaggerate their health.

A quack diet is tied to a money-making scheme.

A quack diet is based on testimonials.

A quack tends to diagnose his favorite deficiency or disease in everyone he consults.

A quack tends to discredit standard medicine.

A quack diet plan promotes “all natural” as opposed to “synthetic.”

A quack diet promises weight loss with little or no effort or exercise.

Quack diets can promote dangerous practices.

Quack diets produce evangelists.

***A quack diet promises near perfect health and longevity.***

Diet is only one aspect of health and longevity, and the most perfect diet imaginable cannot guarantee health or a long life. The ultimate cause of death is sin, not a faulty diet. Sin works in the individual from conception and ultimately brings physical death. If the individual is not saved through the blood of Jesus Christ, sin brings the second death, which is eternal judgment in the lake of fire.

Because of the fall, the process of living is the process of dying. Aging, with all of its attendant problems, is a “natural” condition brought about by the fall.

While there are health benefits to a good diet, there are great limits to what any diet can accomplish. And **anyone who promises health and vitality and longevity through any certain diet is a quack.**

When George Malkmus established the Back to the Garden Ministries in 1993 and promoted his Hallelujah Diet, it was said “to eliminate sickness from the Christian Community in particular and the world in general.” Malkmus says:

“My conclusion after all these years of research and experience is that WE DO NOT HAVE TO BE SICK!!! Disease and sickness are self-inflicted! Almost every physical problem, other than accidents, is caused by improper diet and lifestyle! All we have to do to be well is eat and live according to the way God intended! ... We can literally control whether we are going to be sick or not and how long we are going to live by simply

choosing how we live our lives” (all caps emphasis in the original) (*God’s Way to Ultimate Health*).

The first issue of Malkmus’ *Back to the Garden* magazine in 1993 contained the following statement by Paul Bragg:

“Don’t you believe the moth-eaten fallacy that man, as he gets older, must face decrepitude, decay, senility and death! Man does not die--he commits slow suicide with his unnatural habits of living. Your body is the most glorious accurate instrument of this universe. GIVEN THE CORRECT FUEL, PURE AIR, EXERCISE AND KEEPING IT INTERNALLY CLEAN; YOUR BODY WILL LAST INDEFINITELY AND FUNCTION PERFECTLY.”

The Daniel Plan purports to “equip you with practical tools and resources to bring health into every area of your life.”

The Perfect Health Diet promises that you will “feel younger, live longer.” It is described as “Four Steps to Renewed Health, Youthful Vitality, and Long Life.”

Linus Pauling claimed that a high dosage regimen of vitamin C, vitamin A, and vitamin E, plus selenium and beta-carotene, would produce longevity and cure most diseases, including heart disease, polio, tuberculosis, meningitis, asthma, arthritis, diabetes, strokes, ulcers, kidney failure, and AIDS. In 1977, Pauling said, “Life expectancy will be 100 to 110 years, and in the course of time, the maximum age might be 150 years” (Paul Offit, M.D., *Do You Believe in Magic: The Sense and Nonsense of Alternative Medicine*, p. 54).

Movie star Suzanne Somer’s book *Sexy Forever* describes a diet, supplement, and health regime that “is the secret elixir we have all been looking for.” She says, “The second half of your life can be better than the first half.”

Quack, quack!

Other dietary plans, while not promising perfect health, come *near* to promising it.

In the early 2000s, Bible teacher Bill Gothard moved into the quack medical field. He began by promoting the teaching of Henry Wright, pastor of Pleasant Valley Church, Thomaston, Georgia, and head of a ministry called BE IN HEALTH. His web site proclaims, “We are dedicated to the eradication and prevention of all spiritual, psychological, and biological disease,” and, “God’s perfect will is that you don’t get sick.” Then Gothard developed his own TOTAL HEALTH program and built the International Institute for Health and Research in Nashville (now apparently defunct).

It is true that proper nutrition can provide health benefits, but that does not mean that nutrition and/or alternative health care can heal everything, and it does not mean that there is such a thing as a guarantee of total health, and it does not mean that we should look askance at standard medicine as the “alternative care” field tends to do.

There are healthier diets, but there is no diet that will *guarantee* health.

***A quack diet makes high-sounding claims.***

When you hear that something is a “miraculous breakthrough,” “groundbreaking,” “revolutionary,” “super,” “absolutely fantastic,” “unprecedented,” or some such high-sounding claim, run the other way! This is quack language.

For example, Master Miracle Solution (MMS), a toxic bleach cure, is marketed by Jim Humble as “the Miracle Mineral Solution of the 21st Century,” a cure for “most cancer,” AIDS, hepatitis, herpes, TB, malaria, possibly Ebola, “and many more of mankind’s worse diseases.”

Friends, if it sounds too good to be true, it most probably is!

***A quack diet is promoted by bogus claims.***

There are many bogus claims made by pop dietitians and alternative health proponents.

*One bogus claim is that most people have vitamin and mineral deficiencies because of nutritionally depleted soil, the over-processing of food, toxins in the food supply, and/or other such things.*

This sets the stage for the dietitian to promote his special diet and secret formulas and super supplements that correct the alleged problem. Yet the premise is bogus. There are doubtless patches of land that are nutritionally depleted, but that is not a problem with most land where our food is grown. And modern science has taught farmers how to revitalize the land.

“Their pitch resembles that of the door-to-door huckster who states that your perfectly good furnace is in danger of blowing up unless you replace it with his product.”

“However, very few individuals in industrially developed countries suffer from specific vitamin and mineral deficiencies. ... In lesser-developed countries, deficiencies are due to inadequate food intake. Nutritional deficiencies can be corrected with a well-balanced diet. In addition, most manufactured products are fortified with specific vitamins and minerals. The body recognizes and utilizes these nutrients as effectively as the ones sold in health food stores...” (“Quackery,” Diet.com, n.d.).

“Quacks distort and oversimplify. When they say that milling removes B-vitamins, they don't bother to tell you that enrichment puts them back. When they tell you that cooking destroys vitamins, they omit the fact that only a few vitamins are sensitive to heat. Nor do they tell you that these vitamins are easily obtained by consuming a portion of fresh uncooked fruit, vegetable, or fresh or frozen fruit juice each day. Any claims that minerals are destroyed by processing or cooking are pure lies. Heat does not destroy minerals” (“Twenty-Six Ways to Spot Quacks” by Stephen Barrett, M.D. and Victor Herbert, M.D., Sept. 7, 2014, Quackwatch.com).



*Consider claims about Barley Green.* George Malkmus' Hallelujah Diet calls for three daily teaspoons of it. AIM, a manufacturer and distributor of vitamins and supplements that was associated with Malkmus until 2002, claimed that Barley Green contains "25 kinds of vitamins, including B15, K, and P," yet there are only 13 vitamins for humans and B15 and P are not among them (Stephen Barrett, "Rev. George Malkmus and His Hallelujah Diet," Quackwatch.org).

This reminds me of a bottle of ketchup made of pumpkin that my wife and I saw in a restaurant in Kathmandu, Nepal, in the 1980s, which had "vitamin Z" as one of the ingredients!

AIM also claimed that Barley Green contains "live enzymes" that fight pollutants, yet "the fact that these enzymes would be destroyed during digestion and therefore would fail to enter the body of Barley Green users was not mentioned; nor was the fact that the amounts of most nutrients in Barley Green were insignificant" (Ibid.).

"In 1988, the FDA ordered AIM to stop claiming that Barley Green would make people more energetic and was effective against cancer, arthritis, high blood pressure, obesity, depression, and many other health problems. The FDA also told the company to stop making false statements about the quality of the American food supply" (Ibid.).

*There is the claim that fluoride is dangerous.* But "fluoride is necessary to build decay-resistant teeth and strong bones. The best way to obtain adequate amounts of this important nutrient is to augment community water supplies so their fluoride concentration is about one part fluoride for every million parts of water" ("Twenty-Six Ways to Spot Quacks" by Stephen Barrett, M.D. and Victor Herbert, M.D., Sept. 7, 2014, Quackwatch.com).

*There is the claim that chemical fertilizers are inferior to "natural" fertilizers.*

“If an essential nutrient is missing from the soil, a plant simply doesn't grow. Chemical fertilizers counteract the effects of soil depletion. Quacks also lie when they claim that plants grown with natural fertilizers (such as manure) are nutritionally superior to those grown with synthetic fertilizers. Before they can use them, plants convert natural fertilizers into the same chemicals that synthetic fertilizers supply. The vitamin content of a food is determined by its genetic makeup. Fertilizers can influence the levels of certain minerals in plants, but this is not a significant factor in the American diet. The pesticide residue of our food supply is extremely small and poses no health threat to the consumer. Foods ‘certified’ as ‘organic’ are not safer or more nutritious than other foods. In fact, except for their high price, they are not significantly different” (“Twenty-Six Ways to Spot Quacks” by Stephen Barrett, M.D. and Victor Herbert, M.D., Sept. 7, 2014, Quackwatch.com).

*There is the claim that “bioidentical” hormones are different from and superior to “conventional” hormones.*

“Supported by Oprah Winfrey, promoted by Suzanne Somers, and backed by gynecologists like Christiane Northrup, bioidentical hormones have become a national phenomenon. There are, however, a few flaws in the logic. First, estrogen is estrogen. Whether it's isolated from soybeans, wild yams, or horse's urine, it's the same molecule; the source is irrelevant. The only thing that matters is the molecular structure of the final product. ... Second, the distinction between Big Pharma and small compounding pharmacies, while appealing to the public, is misleading. ‘They [bioidentical and conventional hormones] are primarily all made at the same factory in Germany,’ says Lauren Streicher, an assistant professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine in Chicago. ‘There's a couple [of large factories] in the United States. They're the ones that synthesize it from plants and then send it to [small] compounding

pharmacies and to the major pharmaceutical companies.’ If bioidentical and conventional hormones are the same products made in the same place, then they probably carry the same risk” (Paul Offit, *Do You Believe in Magic?* pp. 115, 116).

*There is the claim that the body needs a juicing diet to get rid of toxins.* Of these so-called “detox diets,” we read:

“The premise of doing juice cleanses and other types of liquid detox regimens is false, said Liz Applegate, director of sports nutrition at the University of California, Davis. ‘The body does not need any help in getting rid of toxins,’ she said. There are detoxifying enzymes in the liver that break down alcohol and other drugs, and the kidneys handle water-soluble toxins, Applegate said. ... There’s no scientific evidence that juice cleanses are a sensible approach to better health. Cleansing’s touted benefits--from detoxifying the body and resting the digestive system, to boosting immunity and improving mental focus--are largely anecdotal and unproven. The notion of using these methods to give the digestive system a rest is nonsensical, Applegate said. ‘The digestive system operates every day to digest foods, and it doesn’t need any rest,’ she said” (“6 Potential Dangers of Juice Cleanses and Liquid Diets,” *LiveScience.com*, Nov. 24, 2014).

“Juice cleanses and liquid detox diets are not a healthful or safe approach to weight loss, said Joy Dubost, a dietitian in Washington, D.C., and a spokeswoman for the Academy of Nutrition and Dietetics. ‘There’s no scientific research that it provides benefits in the short or long term, and it’s not an overall healthy approach to eating,’ she said. ... Once people hear the hype and that the “beautiful people” are doing it, everybody else wants to jump on the bandwagon, Dubost said. But it’s not a healthful approach, she maintained. Like other fad diets, cleansing and so-called detox diets promise a quick fix, she said. ‘Cleansing may produce short-term results, but

it definitely doesn't produce long-term benefits,' Dubost said" ("4 Myths about Juice Cleansing," LiveScience.com, Nov. 15, 2014).

*There is the claim that "natural vitamins" are superior to "synthetic" ones.*

"Each vitamin is a chain of atoms strung together as a molecule. With minor exception, molecules made in the 'factories' of nature are identical to those made in the factories of chemical companies. Does it make sense to pay extra for vitamins extracted from foods when you can get all you need from the foods themselves?" ("Twenty-Six Ways to Spot Quacks" by Stephen Barrett, M.D. and Victor Herbert, M.D., Sept. 7, 2014, Quackwatch.com).

*There is the claim that antioxidant supplements (selenium, beta-carotene, vitamins A, C, E) provide the same health benefits as eating fruits and vegetables and can stave off and counteract cancer and heart disease.*

In fact, multiple, extensive studies have shown that those who take vitamins and supplements, particularly in mega doses, were "more likely to die from lung cancer or heart disease than those who didn't take them" (Paul Offit, M.D., *Do You Believe in Magic: The Sense and Nonsense of Alternative Medicine*, p. 59). This was the conclusion of a 1994 study of 29,000 Finnish men, a 1996 study by the Fred Hutchinson Cancer Research Center of 18,000 people, a 2004 study by the University of Copenhagen of 170,000 people, a 2005 study by Johns Hopkins School of Medicine of 136,000 people, a 2007 study by the National Cancer Institute of 11,000 men, a 2011 study by the University of Minnesota of 39,000 older women, and a 2011 study by the Cleveland Clinic of 36,000 men. In the latter study, those who took vitamin E had a 17 percent greater risk of prostate cancer. A 2005 study examined 9,000 people who took high-dose vitamin E to prevent cancer. The study, published in the

*Journal of the American Medical Association*, found that those who took the supplement were “more likely to develop heart failure than those who didn’t.” The aforementioned University of Copenhagen study concluded, “We could not find evidence that antioxidant supplements can prevent gastrointestinal cancers; on the contrary, they seem to increase overall mortality.” The University of Minnesota study found that those who took multivitamins and supplements “died at rates higher than those who didn’t.” A 2008 review of all existing studies involving more than 230,000 people “found that vitamins increased the risk of cancer and heart disease” (Offit, p. 59).

One problem with vitamin supplements is that so little is known how they act apart from the food in which they appear naturally. Consider the following:

“Studies increasingly suggest that vitamins are not the health-enhancing wonder we might wish. Part of the problem, writes Catherine Price in her new book *Vitamina: Our Obsessive Quest for Nutritional Perfection*, is that we’re still not entirely sure how vitamins work when they’re taken divorced from foods.

“One thing that’s undoubtedly happening when you eat an apple (or any other natural food, for that matter) is synergy, the phenomenon in which substances work differently when they’re together than when they’re on their own--the vitamin C in a Red Delicious, for example, may not act the same way in isolation as it does when it’s surrounded by an apple’s other compounds.

“Or consider berberine, a chemical compound in a plant called goldenseal that’s known for its antibacterial qualities. When ingested in the form of goldenseal, berberine isn’t usually toxic. But the same dose of berberine ‘can get pretty toxic pretty quick’ if it’s isolated from the plant, said analytical chemist James Neal-Kababick.

“... it’s unwise to assume that a supplement made of an isolated natural compound is necessarily safe--or that its ingredients will behave in the same way that they do when found naturally in food. The effects of some compounds also depend on what else they’re consumed with--the fat-soluble vitamins (A or beta-carotene, D, E, and K) require adequate fat to be absorbed (that’s one reason cooking vegetables with oil can make them more nutritious), whereas the water-soluble vitamins (C and the Bs) do not.

“What’s more, whole foods often appear to contain other substances that are necessary for their supposedly beneficial phytochemicals to be absorbed and used. A 2011 study on broccoli found that giving subjects fresh broccoli florets led them to absorb and metabolize seven times more of the anticancer compounds known as glucosinolates, present in broccoli and other cruciferous vegetables, than when glucosinolates were given in straight capsule form--presumably because the whole broccoli contained other compounds that helped their bodies put the anticancer chemicals to use. Indeed, many times the active forms of plant chemicals found in human blood are different from those found in food, indicating that some sort of conversion has taken place.

“Tomatoes have garnered attention recently for their levels of lycopene, a red-orange carotenoid with powerful antioxidant effects--that’s why lycopene has become a nutritional buzzword, popping up on labels of everything from spaghetti sauce to ketchup. But tomatoes contain many bioactive chemicals besides lycopene, including not just vitamins like folate and vitamins C and E, but other carotenoids like phytoene, phytofluene, and beta-carotene, and flavonols like quercetin and kaempferol.

“These compounds’ combined presence may well explain why one 2004 paper in the *Journal of Nutrition* found that freeze-dried whole tomato powder appeared

more effective than lycopene supplements alone in reducing the growth of prostate tumors in rats.

“It’s not like A does B, and X gives you Y,’ said Neal-Kababick. ‘There’s a lot that’s still being discovered and understood. We’re at the tip of the iceberg: we haven’t really even gotten our heads under the water yet to see the rest of the work that has to be done.’

“As one paper on synergy explained its challenges, ‘Understanding one leaf in a forest does not necessarily provide insight into the entire forest. The interrelation of human physiology and of the biological activity of plant and animal foods that humans consume is incredibly complex, replete with checks, balances, and feedback loops, dependent on a myriad of substances that differ only in subtle ways from one another’” (“How do vitamins work? What we know and what we’re figuring out,” *National Post*, Feb. 28, 2015).

*There is also the claim that fecal matter clings to the intestines and requires special treatment.*

“Quacks may also suggest that fecal material collects on the lining of the intestine and causes trouble unless removed by laxatives, colonic irrigation, special diets, and/or various herbs or food supplements that “cleanse” the body. The falsity of this notion is obvious to doctors who perform intestinal surgery or peer within the large intestine with a diagnostic instrument. Fecal material does not adhere to the intestinal lining. Colonic irrigation is done by inserting a tube into the rectum and pumping up to 20 gallons of water in and out. This type of enema is not only therapeutically worthless but can cause fatal electrolyte imbalance. Cases of death due to intestinal perforation and infection (from contaminated equipment) have also been reported” (“Twenty-Six Ways to Spot Quacks” by Stephen Barrett, M.D. and Victor Herbert, M.D., Sept. 7, 2014, [Quackwatch.com](http://Quackwatch.com)).

*There is the claim that autism can be cured with vitamins and supplements.*

This is the position of Bernard Rimland's Autism Research Institute and Defeat Autism Now (DAN) and has been promoted by movie star Jenny McCarthy and Oprah Winfrey. In their desperation for help, parents of autistic children can be easy targets for bogus science. But the regimen of mega doses of vitamins, restricting gluten, detox therapies such as coffee enemas and chlorine dioxide treatments, avoidance of vaccines, and other "alternative therapies" has not cured autism.

After examining the pros and cons of this claim, Dr. Paul Offit concludes, "Given our current understanding of the disorder, McCarthy's advice to treat autism as if it's caused by parasitic infections, heavy-metal poisoning, or blocked lymph glands is nonsense" (*Do You Believe in Magic?* p. 133).

There have been fifteen studies of the use of secretin in the treatment of autism, and they have consistently found that secretin is no better than a placebo.

Yet even when parents were shown the extensive evidence of secretin's ineffectiveness, 69% of them "still wanted to use the drug--still wanted to pay thousands of dollars and travel hundreds of miles to get something they now knew didn't work" (Offit, p. 134).

This shows that one's emotions and a sense of desperation can greatly cloud one's critical thinking, and it goes far to explain the persistent popularity of quack health care schemes in the face of evidence. In all areas of life, human beings believe what they *want* to believe.

*There is the claim that echinacea is effectual in the treatment of colds.* But a large University of Washington study in 2003 found that echinacea is not more effectual than a placebo (Offit, p. 102).

*There is the claim that mega doses of saw palmetto are effectual in the treatment of enlarged prostate in men.* But a



large, year-long study in 2006 by the University of California at San Francisco, the San Francisco Veterans Affairs Medical Center, and Northern California Kaiser Permanente found that saw palmetto was no more effectual than a placebo. When the study was repeated in 2011, using higher doses, the same conclusion was reached. Study author Gerald Andriole of the Washington University School of Medicine, St. Louis, concluded, “Men should not spend their money on this herbal supplement as a way to reduce symptoms of an enlarged prostate because it clearly does not work any better than a sugar pill” (Offit, p. 101).

*There is the claim that garlic can lower cholesterol.* But a 2007 study by the Stanford University School of Medicine, that examined 192 adults for six months, found that “none of the forms of garlic used ... had statistically or clinically significant effects on low-density lipoprotein cholesterol or other plasma lipid concentrations in adults with moderate hypercholesterolemia” (Offit, p. 100).

*There is the claim that St. John’s wort is an effectual treatment for depression.* But a year-long study in 1999 at 11 academic medical centers found “no difference in any measure of depression” (Offit, p. 99).

*There is the claim that ginkgo biloba is effectual in treating dementia or enhancing memory.* But a multi-year study funded by the National Institutes of Health involving more than 3,000 elderly people found that ginkgo was no more effective than a sugar pill (Offit, p. 98).

These are only a few of the bogus claims that are quacked far and wide today.

### ***A quack diet claims to be based on the Bible.***

Many quack diets claim to be based on the Bible.

There is the God Diet, the Maker’s Diet, the Genesis Diet, the Daniel Diet, the Edenic Diet, the Hallelujah Diet, Ezekiel 4:9 Bread, the Seventh-Day Adventist diet, and others.

Jim Humble, the father of Master Miracle Solution (MMS), is also the founder of the “Genesis 2 Church of Health and Healing.”

The Daniel Diet “teaches BIBLICAL principles of natural health and healing.”

The reason why we call these “quack diets” is that they are based on a bogus interpretation of Scripture. Typically they are based on the diet described in Genesis 1 and/or Leviticus, though these dietary plans, as we have seen in the chapter “The Bible and Diet,” are no longer in effect in the church age.

The Genesis Diet says,

“In the second chapter of Genesis, we see God’s health plan for man. God placed Adam in a natural setting with nutritional foods, crystal clear waters and responsible work to stimulate his mind and exercise his body.”

The Genesis Diet ignores the fact that man no longer lives in Eden.

*Ezekiel 4:9 Bread* is “inspired by” the verse in its name, which says,

“Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof.”

The producer of the bread states, “We discovered when these six grains and legumes are sprouted and combined, an amazing thing happens. A complete protein is created that closely parallels the protein found in milk and eggs.”

I don’t have any reason to doubt that *Ezekiel 4:9 Bread* is healthy. It is rich in proteins, vitamins, minerals, natural fiber, and has no added sugar or fat.

The problem is its claim to have a biblical basis. The diet that God commanded Ezekiel to eat *was not for health; it was a siege diet*. Consider the context:

“And thy meat which thou shalt eat shall be by weight, twenty shekels a day: from time to time shalt thou eat it. Thou shalt drink also water by measure, the sixth part of an hin: from time to time shalt thou drink. And thou shalt eat it as barley cakes, and thou shalt bake it with dung that cometh out of man, in their sight. ... I will break the staff of bread in Jerusalem: and they shall eat bread by weight, and with care; and they shall drink water by measure, and with astonishment: That they may want bread and water, and be astonied one with another, and consume away for their iniquity” (Eze. 4:10-12, 16-17).

Ezekiel was to use various kinds of grain and lentils to make his bread. because in the Babylonian siege of Jerusalem the people had to scrape together whatever was available. It was a famine diet. Twenty shekels of bread was about eight ounces, and a sixth of a hin of water was about two-thirds of a quart. Jeremiah, an eyewitness, described the horror of the famine during the year and a half siege. Elderly people died of starvation (La. 1:19). The people gave their most valuable things for food (La. 1:11). Children fainted in the streets (La. 2:11-12). The rich dug through dunghills and trash heaps in search of food (La. 4:5). The people were reduced to skin and bones (La. 4:8). The pain of hunger was so great that death was to be preferred (La. 4:9). Some ate their own children (La. 4:10).

For *Ezekiel 4:9 Bread* to be a “biblical food,” it should be eaten at a rate of no more than eight ounces a day and be cooked with human dung fuel!

Consider the Hallelujah Diet. Founder George Malkmus says:

“GOD HANDED DOWN TO US IN GENESIS 1:29 A DIET COMPOSED OF RAW FRUITS AND VEGETABLES, GATHERED BY HAND, AS FOUND FRESH AND UNTAINTED IN NATURE. This diet did not contain any animal products or even any grains. On this 100% uncooked vegetarian diet man lived an average of 912 years, without any recorded sickness for the first almost two thousand years of recorded history. I estimate this diet contained approximately 5% unsaturated fat, 90% complex carbohydrates, and 5% protein. After the flood, as we learn in Genesis 9:3, God allowed animal flesh to be added to His original diet and the cooking of food began. Revealingly, with the addition of flesh and cooked food, physical problems began. LOOKING AT GENESIS 50:26, WE SEE THAT THE LIFE-SPAN OF MAN DROPPED FROM AN AVERAGE OF 912 YEARS ON GOD’S ORIGINAL DIET TO 110 YEARS, IN TEN GENERATIONS, ON GOD’S PERMISSIVE DIET ... approximately 20% fat, 70% carbohydrates, and 10% protein” (“Diets, diets, diets,” *Back to the Garden* newsletter, Spring/Summer 1999).

This statement is filled with errors. First, there is no evidence that diet is the reason why men lived so long before the Flood. Second, there is no evidence that men lived without sickness before the Flood. Third, if animal meat is bad for man’s health, why did God instruct Noah and his sons to eat it? And why did God instruct Israel to eat it? And why did Jesus eat it and feed it to others? Fourth, Malkmus calls meat “God’s permissive diet,” but it was no such thing. God said, “Every moving thing that liveth SHALL BE meat for you; even as the green herb have I given you all things” (Ge. 9:3). Fifth, there is no evidence that Adam and his descendants before the Flood ate no grains and used no dairy products. Sixth, there is no evidence that men before the Flood did not cook their food.

When we test everything by God's Word, as we are instructed to do, the Hallelujah Diet falls flat, as do all of the diets that purport to be "biblical."

Any individual who wants to eat the Hallelujah Diet or the God Diet or the Maker's Diet is obviously at liberty to do so, but he or she should know that these are not "biblical" diets.

I received the following e-mail recently:

"I am praying that you will be able to follow strict dietary habits such as were given by God in the beginning of the world to the whole human race: fruits, grains, nuts, legumes, vegetables, and very light on dairy and eggs because of the disease in the animal kingdom."

This counsel is not based on a sound interpretation of Scripture.

There is no biblical restriction today against dairy products or eggs or any type of meat. The Bible does not say that the animal kingdom is permeated with disease so that animal products are inherently tainted.

If an individual doesn't want to eat pork; if he or she wants to be a vegetarian; if he wants to avoid eggs or processed sugar and flour; if he wants to eat strictly "non-synthetic" and "organic" products; if he wants to take a variety of supplements, that is a personal matter and cannot be made into a biblical issue or a law for others.

In truth there is no such thing as a Bible diet beyond some basic principles that can be gathered from various passages of Scripture, which we have set out extensively in this book.

The closest thing to a Bible diet I can think of is a milk and honey diet. Twenty times the land of Israel is called a land "flowing with milk and honey." That sounds like vanilla ice cream to me! (It's a joke, folks!)

***A quack mixes truth with error.***

Quackery is truth mixed with error. It is sense mixed with nonsense. It is true science mixed with pseudo-science.

For example, it is true that a diet that avoids extremes of too much sugar and fat and carbohydrates, combined with a lifestyle that includes regular exercise and avoids such harmful habits as smoking and drinking, *can reduce the chance of* certain sicknesses, including diabetes and heart disease.

But many are not content with this. They rush off into quackery land, claiming that their regimen will truly or very nearly *guarantee* health and longevity, heal cancer, make you happy, and all sorts of other things.

This is sense mixed with nonsense.

***Promoters of quack diets tend to exaggerate their health.***

Consider George Malkmus. He promises that his Hallelujah Diet produces good health into old age.

“My conclusion after all these years of research and experience is that WE DO NOT HAVE TO BE SICK!!! DISEASE AND SICKNESS ARE SELF-INFLICTED! Almost every physical problem, other than accidents, is caused by improper diet and lifestyle! All we have to do to be well is eat and live according to the way God intended! ... We can literally control whether we are going to be sick or not and how long we are going to live by simply choosing how we live our lives” (all caps emphasis in the original) (*God’s Way to Ultimate Health*).

Note that Malkmus does not promise better health by means of his diet; he promises *complete health*. He promises *no sickness*.

Yet Malkmus has not had the perfectly healthy life that he promises. He has gotten old and suffered sickness like everyone else. In 1999, at age 65, he claimed that all of his physical problems had disappeared, but two years later he had a stroke and developed high blood pressure, for which he took prescription medication after finding that a herbal diet did not cure the problem. Yet he claims that his diet *prevents*

heart disease and stroke. If his claims were true, he would not have had the stroke or high blood pressure. (This is clear evidence that high blood pressure is not always the result of a “modern” diet.)

Linus Pauling, who promised longevity and freedom from colds and cancer through a regimen of high-dosage vitamins, continued to have colds (which he liked to characterize as “sinus infections”), and both he and his wife died of cancer.

Suzanne Somers claims to have discovered the secret of anti-aging, but she is aging rapidly regardless of her protestations to the contrary. In 2006, at age 62, she admitted on *Larry King Live* that she takes Botox treatments to maintain “a youthful appearance.” As Dr. Paul Offit observes, “It’s hard to make the case that people should live naturally when you’re injecting one of the most powerful toxins known to man (botulinum toxin) directly into your face” (*Do You Believe in Magic?* p. 125).

When it comes to exaggerating one’s health, Paul Bragg was probably the king. He was quoted as follows in the first issue of George Malkmus’ *Back to the Garden* magazine in 1993:

“Don’t you believe the moth-eaten fallacy that man, as he gets older, must face decrepitude, decay, senility and death! Man does not die--he commits slow suicide with his unnatural habits of living. Your body is the most glorious accurate instrument of this universe. **Given the correct fuel, pure air, exercise and keeping it internally clean; your body will last indefinitely and function perfectly.**”

The “Bragg Healthy Lifestyle” regimen promised “vital living to 120,” yet Paul Bragg died in 1976 at age 81, only slightly above the average life expectancy. Further, Bragg did not have the perfect health that he promised others. He even lied about his age to make himself appear to be older than he actually was!

***A quack diet is tied to a money-making scheme.***

When someone makes money by promoting a certain diet or alternative health program, he is not unbiased. The Bible warns that man's fallen heart is deceitful (Jer. 17:9). It is easy to convince oneself that something is true if you really want to believe it. Salesmen are taught to "sell yourself on this product so that you can sell to others," and this is not that difficult for enthusiastic people.

In the field of diet, one of the biggest money makers is the business of vitamins and supplements. It is \$34 billion a year industry.

The Maker's Diet requires supplements that are made by the Garden of Life company, which is conveniently owned by the Maker's Diet founder Jordan Rubin.

George Malkmus, author of the Hallelujah Diet, is typical in that he has built a prosperous business from his dietary claims. Consider just one supplement, Barley Green. His diet calls for three teaspoons per day, and he sold it in 2001 for \$49.95 for 10.5 ounces, which amounts to more than \$4 a day or \$120 a month for the dieter. Malkmus also sells the Udo's oil, the B12 supplement, the Herbal Fiberblend, and other things that his diet calls for. The *Hallelujah Diet* book costs \$15; the recipe book, \$25, etc.

Russell Blaylock, possibly the Quack of quacks, in spite of the fact that he is a qualified medical surgeon, sells his monthly newsletter for \$54.95 a year. At 28,000 subscribers, that is \$1.5 million in annual revenue that he splits with his publisher. He sells books. The Kindle edition of *Dr. Blaylock's Prescriptions for Natural Health* is \$15.49. There are at last seven other titles. For \$79.90 you can get a three month supply of Cresceo, a dietary supplement Blaylock "personally formulated" to "support brain health, reduce age-related memory decline, enhance learning and cognition" ([www.medixselect.com](http://www.medixselect.com)). In 2013, Medix Select,



producer of Cresceo, announced that Blaylock had joined its product development team.

***A quack diet is based on testimonials.***

The greatest tool in the quack's kit is a favorable testimonial.

The Daniel Diet "shows, through testimonies, the success of this diet."

George Malkmus claims that "tens of thousands of people who have applied the principles of the Hallelujah Diet have written to tell us that their physical problems also went away."

The testimonials proclaim that someone took this particular product or followed that particular diet, and it increased his energy, healed his disease, removed his pain, even restored his emotional well-being.

Yet anecdotal testimonials do not prove that a diet or supplement delivers according to its promise or that the product in question is more effective than something else.

Consider some of the problems with testimonials:

*First, testimonials are selective.*

Typically, the promoter of a diet or product will not publish the testimonies of those who were not helped or who were affected negatively. If 1,000 people tried the product and five found some benefit, the producer will publish the five testimonies and ignore the 950.

Bogus total health programs do not admit their own failures. The failures (and, if the truth be known, they usually outweigh the successes) are never the fault of the program.

Consider the Hallelujah Diet. The following statement demonstrates how that testimonials can be selective and not give the whole picture.

"In the spring of 2001, while attending a Hallelujah Acres Health Minister Reunion, we learned that there was possibly an important ingredient missing in the

Hallelujah Diet, an essential nutrient called Vitamin B-12. They now recommended those on the Hallelujah Diet take a supplement to make up the difference for the lack of this vitamin in the diet.

“Had God forgotten this key vitamin in His ‘ideal diet’ so that it required supplementation? We discovered that this vitamin was primarily found in meat and other animal products but were told that B-12 could also be produced from sources such as friendly bacteria in the intestinal tract....

“About six months later, Romsey became pregnant with our seventh child. Having two other successful pregnancies on the Hallelujah Diet, we were ready for our third. Since this was the seventh pregnancy in eleven years for Romsey, she would need as much nutrition as possible. So we determined there would be no ‘cheating.’

“It was the Hallelujah Diet all the way with lots of juicing, which included a daily regimen of 64 ounces of fresh vegetable juice consisting of 50% carrot and the other 50% greens like kale, chard, celery, spinach, cucumber, and zucchini. We made sure the cooked portion was kept to a minimum of 15% by leaving that portion to the final meal of the day.

“We also added Udo’s Perfected Oil Blend and lots of barley powder as recommended by Hallelujah Acres. ...

“Several months following the birth of our child named Andrew Aaron, we began to notice some symptoms that concerned us. His muscle strength and motor skills were far behind for his age of nine months. He could neither crawl nor hold his head up.

“After doing some research into the symptoms of Vitamin B-12 deficiency, we realized our child was likely deficient. We also found out that the most accurate testing for Vitamin B-12 deficiency is done through the urine, not the blood. So we had a urine

sample tested and the results consequently showed positive for B-12 deficiency.

“We began Vitamin B-12 supplementation and saw some immediate improvements. After a few weeks he could hold his head up and began to scoot around on the floor on his belly.

“Up to this time, this child was solely breast-fed but realizing Romsey wasn’t supplying the baby with the nutrients he needed, we began to add raw goat milk to his diet.

“At one year, he cut his first tooth only to have most of the enamel missing off the front of it. This revealed more evidence of Hallelujah Diet deficiency beyond Vitamin B-12.

“This past summer, we learned that Greg Westbrook and his family, former Health Ministers [with the Hallelujah Diet] and founders of the Weigh of Wisdom Workshop, also suffered from numerous deficiencies after following the Hallelujah Diet for a number of years. They amended their diet to include some animal products in order to correct their deficiencies.

“After the Westbrooks went through their trials of deficiencies on this diet, THEY WONDERED HOW MANY OTHERS ON THE HALLELUJAH DIET WERE HAVING SIMILAR PROBLEMS. So they created and released a survey of deficiency symptoms for long-term Hallelujah Dieters and, to their utter astonishment, THE MAJORITY OF THE RETURNED SURVEYS INDICATED NUMEROUS SYMPTOMS OF DEFICIENCIES. ...

“After knowing this family and their character and integrity, I knew they must have done their research to come to the conclusion they needed to put clean animal products back in their diet. ...

“In some ways we feel duped” (Andrew Foote, “Our Experience with Deficiencies on the Hallelujah Diet,” Chetday.com, n.d.).

Instead of commending these people for finding flaws in the Hallelujah Diet, Malkmus labeled them enemies of the truth. Testimonials like this won't appear on the Hallelujah Diet's web site or any other quack web site.

*Second, it is usually impossible to know if the diet or supplement itself is the actual cause of the professed result.*

For example, a few years ago an ad for a weight loss product claimed that if you took a certain supplement four hours before going to bed (or something to that effect) and did not eat anything afterwards, you would lose weight. But if you don't eat late night snacks, you will lose weight regardless of the efficacy of any accompanying supplement!

*Third, it is possible that the same results would have been obtained without the special diet or supplement.*

*Fourth, the individual might not have had the condition that was supposedly corrected.*

As with the claims of those who are allegedly healed at Pentecostal meetings, frequently the claims about dietary efficiency cannot be medically substantiated.

Consider George Malkmus. He claims that he was healed of intestinal cancer through diet, yet he has admitted that he did not consult a cancer specialist and was not medically diagnosed with cancer. A reporter who interviewed Malkmus in 1998 said, “He admits that he never went to a cancer specialist for a diagnosis. He consulted nutritionists and chiropractors” (*Shelby Star*, Shelby, NC, Jan. 10, 1998).

*Fifth, many ailments are psychosomatic, which means they are physical problems caused by stress, anxiety, depression, etc.*

These types of ailments can be healed by a variety of methods, including placebos and hypnosis, both of which act by way of suggestion. Though the placebo has no therapeutic

healing properties, the individual is convinced that it does, so he finds relief by this means.

Many of the testimonies of charismatic healings probably pertain to psychosomatic issues. For example, the International House of Prayer in Kansas City lists alleged healings that have taken place through its ministry. Many of these pertain to headaches, pains in the back, shoulder, knee, etc., vertigo, insomnia, asthma, gastric problems, fatigue, and emotional issues. All of these can have a psychosomatic basis.

*Sixth, it is possible to deceive oneself about a matter.*

An example of this is when patients in large double blind studies who are unknowingly taking a placebo report that their condition has improved.

For example, in a study of 300 men lasting 72 weeks, half were given saw palmetto extract and half were given a placebo. Men in BOTH GROUPS reported slight improvement (“Does Saw Palmetto Treat Enlarged Prostate?” WebMD News Archive).

*Seventh, oftentimes the “healing” or health benefit is temporary.*

Someone may experience what seems to be a definite benefit from a diet or supplement, etc., but it is not long lasting. If one could go back and talk to those who have given testimonies, one would often find that the situation has changed.

I had such an experience with saw palmetto. Since I had symptoms of an enlarged prostate, something that most men over 50 suffer, I decided to try saw palmetto. It actually seemed to work for awhile, but over time I realized that nothing of substance had changed, so I stopped taking it. At the beginning of my self-treatment with saw palmetto, I actually told a couple of friends that “it works,” and I recommended that they take it. But eventually my experience confirmed tests that had found that it is no more effective than a sugar pill, even at high doses.

This is true for those who experience “healing” in charismatic crusades as well as for those who pursue special dietary regimes.

*Eighth, many ailments correct themselves, with or without a special diet or supplements.*

In His mercy, God has given the body great healing properties, and these properties continue to be effectual even after the fall. Psalm 103:3 says He “healeth all thy diseases.” For one thing, this means that throughout our earthly lives, a healing process goes on. The body has a powerful immune system that fights off disease. Good bacteria on the skin and in the body war against bad bacteria. White blood cells are perpetually on guard against infection. Platelets leap into action when the skin is punctured and signal the “cascade” of events that produce blood clots.

“God has given your body incredible powers of healing and repair, and you could almost say that we carry our very own doctor and pharmacy inside us. ... Studies on the body’s built-in pharmacy have, so far, confirmed that the body is also able to treat coughs, anxiety, high blood pressure, depression, asthma, colds, arthritis, ulcers, high cholesterol, and even warts. Often, the medicines we take simply give the body ‘permission’ to do its own healing by giving us the belief we are going to get better” (“The Body’s Incredible Healing Powers,” *Creation Moments*, Nov. 28, 2014).

*Ninth, there are diseases that can go into remission.*

This is true for some types of cancers, for Crohn’s disease, for Lupus, and others.

Many diseases take different courses and forms in different people, and the variety can be dramatic.

Acute pancreatitis, for example, kills some people quickly, while in others it develops into a chronic condition, and in others it never recurs. In such cases, one person might attribute the situation to divine healing and someone else

might attribute it to a special diet and someone else, merely to “good luck.” (I believe in and have experienced divine healing by prayer, and I believe that the child of God should give God the glory for everything, including “remissions.” Here I am specifically talking about attributing a “natural remission” to a special diet or supplement or something like that, when it is not possible to establish the exact cause and effect.)

Dr. Joel Tepper, chairman of the department of radiation oncology at the University of North Carolina at Chapel Hill, says that “studies have shown that most people who benefit from alternative therapies, such as diets, also have been treated by conventional medicine as well, so it’s hard to tell where the cure has come from” (“The Hallelujah Diet: Miracle Cure or Just a Veggie Tale?” *Raleigh News & Observer*, Raleigh, NC, May 26, 1999).

In the following statement, two medical doctors explain why testimonials are not sufficient to establish medical truth:

“Establishing medical truths requires careful and repeated investigation—with well-designed experiments, not reports of coincidences misperceived as cause-and-effect. That’s why testimonial evidence is forbidden in scientific articles, is usually inadmissible in court, and is not used to evaluate whether or not drugs should be legally marketable. (Imagine what would happen if the FDA decided that clinical trials were too expensive and therefore drug approval would be based on testimonial letters or interviews with a few patients.)” (“Twenty-Six Ways to Spot Quacks” by Stephen Barrett, and Victor Herbert, Sept. 7, 2014, [Quackwatch.com](http://Quackwatch.com)).

***A quack tends to diagnose his favorite deficiency or disease in everyone he consults.***

The quack wants to sell things, so he tends to diagnose the need for his product or service in nearly every person he examines.

This can be anything from the need for a special diet and/or vitamins and supplements to “detoxification” to a chiropractic adjustment to gall bladder removal.

***A quack diet discredits standard medicine.***

Quacks usually state outright or else imply that you should not trust regular medical practice. They tend to reject standard principles of nutrition. They question “traditional” medical treatments and cast doubt on immunizations.

They probably do this so people will become dependent on *them*. They don’t want you to trust “traditional” medicine, but they want you to trust *them*. Whether or not this is their motive, it is the result.

George Malkmus of the Hallelujah Diet markets videotapes by Lorraine Day, who warns that medical care is “against God’s will, and does far more harm than good” (cited from S. Barrett, “Preliminary Notes on Dr. Lorraine Day,” Quackwatch.org, May 31, 2002).

Malkmus has written:

“All drugs are toxic to the system and create new problems! The solution to our physical problems is not more pollution! Every drug is liver toxic, even an aspirin! Every drug causes a new problem for which another drug is often necessary to relieve the symptoms of the previous drug. The taking of drugs places a person on a vicious downhill spiral that will create ever more physical problems and ultimately end in an early demise” (“Drugs: A Killer of Mankind,” Hallelujah Acres Online).

While we don’t think that modern medicine is infallible by any means, and we don’t advise blind trust in medical doctors, we can see that God has opened the floodgates of knowledge in these last times in fulfillment of prophecy (“knowledge shall be increased,” Daniel 12:4).

Modern medicine is part of the explosion of knowledge that has occurred in the last 150 years. Modern inventions



include electricity, telephone, radio, railroads, automobiles, airplanes, atomic power, rockets, television, computers, the Internet, and mobile phones.

During this same time, God has given men wisdom about the human body and healing. Doctors have discovered that microscopic germs cause diseases. Modern microscopes allowed doctors to examine germs that cannot be seen with the unaided human eye and to explore the living cell. Doctors invented immunizations to prevent many deadly and crippling diseases, including rabies, smallpox, cholera, and polio. They discovered that wounds heal better if kept clean. They discovered anesthesia so that patients could be put to sleep and not feel the pain of surgery. Doctors invented the X-ray and CAT scans so that they could see things inside of the body. Doctors discovered antibiotics such as penicillin, which have saved countless people from dying by infection. They invented amazing surgical techniques, such as open heart surgery and heart transplants, hip and knee replacements.

These modern medical practices have been an untold blessing to people all over the world. They are the gracious God's gift to unworthy people.

Typically, modern medicines and procedures are rigorously tested for years. Before medical companies are allowed to sell a medicine and doctors are allowed to use it, it must be repeatedly and extensively tested on animals and people. They have to know whether the medicine will cause bad effects and whether it will interact with other medicines in a negative way. They have to determine the proper dosage. Modern medicines are subjected to hundreds of tests before they are approved for use by the public.

Consider what was required to gain approval of RotaTeq, a rotavirus vaccine that has saved the lives of multiplied thousands of children. First, the product had to be tested in animals. Then it was tested in ever-larger studies on humans. Finally, it was tested in a massive study called Phase III. The

following account is given by Paul Offit, co-inventor of the vaccine.

“The Phase III trial for one rotavirus vaccine, RotaTeq, included more than 70,000 children from eleven countries, tested for four years at a cost of about \$350 million. If stacked one on top of another, patients’ records from the trial would have exceeded the height of the Sears Tower in Chicago. The FDA allowed the manufacturer of RotaTeq to make claims about safety and effectiveness only after those claims had been supported by rigorous scientific studies; otherwise, it wouldn’t have licensed the product” (Offit, *Do You Believe in Magic?*, p. 95).

Pop diet programs and dietary supplements are not subject to this type of testing, yet the practitioners would have their patients trust them rather than vigorously tested products and procedures.

I thank the Lord for modern medicine. I am thankful for bifocals and hearing aids and artificial hips and heart surgery.

I am thankful that I have lived to 68 years of age and that I have not died from infection and many other things that could have sent me to an early grave in former times. I am thankful for the antibiotics, supplementary oxygen, intravenous feeding, and other modern procedures that helped me survive acute pancreatitis.

At the same time, I am not going to blindly follow the counsel of medical doctors, and my trust is in God, not human medicine.

When I walked out of the hospital after many days in intensive care for pancreatitis, I was very thankful for modern medicine, but I was much more thankful to the God who heals all diseases (Psa. 103:3), the One who designed the miraculous human body with its amazing healing mechanisms, the One who graciously answers the prayers of His saints. In my distress I called on the Lord and had the

elders pray over me according to James 5. I heard from more than 1,000 people who were praying for me, and I know that my healing ultimately was an answer to prayer. God uses means, but let us not be so foolish as to worship the means.

I am well aware of facts such as the following:

“A study done at a Boston hospital revealed that 36% of hospital admissions were the result of physicians’ blunders! Even if your physician is competent, the hospital has a 67% chance of misdiagnosis according to *JAMA*. The Harvard School of Public Health reported on *ABC* that about 1.3 million people per year are injured because of hospital treatment with about 180,000 dying as a result!” (Don Boys, “Childhood Vaccinations: the Real Story,” Feb. 9, 2015).

And this is in America which has a high standard of medical practice. The situation is far worse in many other places.

In fact, I realize that “traditional” doctors are not above running their own scams. I think of a large outpatient clinic in the United States that specializes in gall bladder removal. The doctors associated with this hospital “just so happen” to advise the removal of the gall bladder for many of their patients. In one church in the area, I was amazed to discover what a large number of the members have gone through this treatment. One would think that there is an absolute epidemic of gall bladder problems in that region. Patients are run through the system like cogs on a conveyer belt. It is a gall bladder removal factory that would make Henry Ford proud. The operation is properly accredited and technologically brilliant, but it has the appearance of a scam.

I am not going to put blind trust in any field of science. It is too infallible and too changeable.

At the same time, I am not going to ignore standard medical practice and pursue a program that is based on a

heretical reading of Scripture or bogus science and unsubstantiated testimonials.

I want to have a godly skepticism toward *anything* pertaining to man and test *everything* by my final authority, God's Word.

***A quack diet plan promotes “all natural” as opposed to “synthetic.”***

Many quacks exalt “natural” over “synthetic” and “inorganic,” warning about the “toxicity” of the latter. They would have us believe that the food chain is toxic because man has tampered with it, from the use of pesticides and synthetic fertilizers to modern processing and preservative techniques.

Consider the following statement, which is typical:

“... our food is getting less and less nutritious. Fields are depleted by overuse. Pesticides limit the action of beneficial microbes in the soil that help plants draw in nutrients. Fertilizers focus on certain key chemicals and don't take into account all the trace minerals, organic components, or beneficial microbes that go into good nutrition. And genetically modified foods have made their way into our food supply when we don't know how they may affect us in the long term. On top of these problems, we refine and process our food so it lasts longer, is more convenient, tastes better, and is even made to be more addictive. We strip out and destroy vital nutrients as we process them. Much of the food we find in grocery stores outside the produce section barely resembles what humanity has been eating for thousands of years. There's no wonder we have so many autoimmune disorders, food allergies, and growing epidemics of obesity.”

That is a dire picture!

But there are many important truths that are typically ignored in this discussion, that are necessary for a well-rounded understanding of the situation.

*First, the world itself is toxic because of man's fall.*

“And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field” (Genesis 3:17-18).

As we have considered in the chapter “The Bible and Diet,” man no longer lives in the Garden of Eden. Adam and Eve were booted out of the Garden into a fallen world tainted with thorns, pests, poisons, and disease. The most powerful toxins can be labeled “all natural”!

“The vitamin and supplement industry ... successfully created a false dichotomy. On one side are natural products: vitamins, minerals, dietary supplements, plants, and herbs. Because they're natural, they're safe. On the other side are drugs. Because drugs are man-made, they're supposedly more dangerous. However, many drugs are derived from nature, including antibiotics. Furthermore, the notion that natural products aren't dangerous is fanciful. ... Simon Singh and Edzard Ernst in *Trick or Treatment* [write] ‘just because something is unnatural does not mean that it is bad. Arsenic, cobra poison, nuclear radiation, earthquakes, and the ebola virus can all be found in nature, whereas vaccines, spectacles, and artificial hips are all man-made’” (Offit, *Do You Believe in Magic?* p. 90).

*Second, God has given man permission to “tamper” with nature and the wisdom to do so.*

Man was instructed to exercise dominion over the earth.

“And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and

subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth” (Genesis 1:28).

Man’s God-given dominion gives him the authority to use the earth’s resources, to explore, to invent, to improve. Adam’s earliest offspring practiced farming and animal husbandry, musicology, and metal working (Ge. 4:20-24). All of these things require interfering with and improving upon “nature.” Metal working, for example, requires digging big holes in the earth and working with toxic substances for refining and smelting, creating alloys, etc. It is God’s express will that man do this type of thing in all fields, including medicine. He can investigate his own physical makeup and invent medical techniques for healing and use the earth’s vast resources for this endeavor.

Obviously not everything man has done has been right or healthy, because he is a fallen sinner, but the principle of creating “synthetics” is not unscriptural or inherently wrong.

*Third, quacks usually do not acknowledge that men live longer today than before modern technology intervened (such as in the 18th century) and when men lived more “naturally.”*

While they decry the healthiness of the modern Western food chain and play up the danger of synthetics and toxins, they ignore the fact that the modern food and modern medicine have improved man’s quality of life in dramatic ways.

*Fourth, quacks typically ignore the fact that sickness and death are the results of the fall and have been with us since Adam and Eve sinned against God.*

They decry the “sickness” of modern society and blame the toxicity of the food supply, but there has not been a perfectly healthy generation since Adam. Look at the ancient Babylonians or the Persians or the Greeks or the Romans or the Ottomans or the Chinese. Look at Europe in the 16th century. Where is that generation that was not plagued with

sickness, disease, and death? The sicknesses and diseases might be different from generation to generation and place to place, and some civilizations have been more healthy than others, but no diet in history has solved this problem.

If someone wants to see a very real problem with “toxins” and sickness and disease, let him leave the West and live for a while in a third world Asian or African country like Nepal where things are far more “natural” because of lack of effective government regulation and lack of modern technology. The rivers are cesspools. The air and the water supply are dangerously polluted. The food is contaminated and dangerous to eat if not properly cleaned and cooked.

We are not saying that there is no problem with modern food processing and preservation techniques and that we should blindly trust the “system.” What we are saying is that there is more to this story than is often told, and we need to consider the big picture and have a sense of historical context.

By the way, quacks tend to promote “all natural,” but mega doses of vitamins and supplements are anything but natural! For example, one would have to eat 30 cantaloupes a day to get the 3,000 milligrams of vitamin C that Linus Paulus recommended for his health and longevity program.

***A quack diet promises weight loss with little or no effort or exercise.***

It has been said, “If something sounds too good to be true, it probably is.” I have oftentimes found this maxim to be helpful, whether it pertains to a “get rich quick” scheme or a weight loss program.

Typically, weight loss requires a balance of burning more calories than one takes in through food, and calories are consumed through physical activity. Weight loss is basically a matter of proper diet and proper exercise, and as one’s body ages, the individual is usually more susceptible to weight gain, and it is more difficult to keep the excess weight off.

There is no easy path. There is no “secret” that will bypass this biological process. There is no pill or supplement (e.g., Raspberry Ketones) or cream or device that will magically take off the pounds.

“Unless a person develops and maintains a better diet and physical activity habit, any weight lost (often water or muscle rather than fat) will soon return” (“Weight Loss Scams,” ScamWatch.gov.au).

***Quack diets can promote dangerous practices.***

Not only can quack diets be of dubious benefit and cost money that need not be spent, but some of them promote dangerous practices.

Consider the anti-vaccination movement. It has caused a reemergence of easily managed diseases, including measles, mumps, rubella, polio, and whooping cough - [www.iflscience.com/](http://www.iflscience.com/). Measles have made a resurgence in the UK and the United States. In 2017, anti-vaxxers were liable for an outbreak of measles in Minnesota. “Vaccines avert between 2 and 3 million deaths annually, according to the World Health Organization. But keeping diseases like polio, smallpox or measles at bay requires that the majority of children are immunized. As the anti-vaccine movement has grown, and immunization rates have dropped, diseases like measles that were once essentially eradicated have made a resurgence” (“Anti-Vaxxers Are Responsible,” *Gizmodo*, May 5, 2017).

Russell Blaylock recommends that women *not* get mammograms. “If I were a woman I’d never have a mammogram” (“Quack of the Day,” June 9, 2011, *The Vaccine Conspiracy Theorist*). By following this quack counsel, the potential for failing to diagnose cancer early enough for effective treatment is huge.

Jim Humble’s Master Miracle Solution (MMS) is toxic. When mixed with citrus juice, MMS forms chlorine dioxide, a strong bleach. Users of MMS are even told to expect to



become ill through ingesting the solution and that this is evidence that it is working to “kill all pathogens, parasites, diseases, and even heavy metals” (“Jim Humble’s MMS Fraud,” *The Health Wyze Report*, n.d.). An FDA warning says that MMS “when used as directed, produces an industrial bleach that can cause serious harm to health. ... High oral doses of this bleach, such as those recommended in the labeling, can cause nausea, vomiting, diarrhea, and symptoms of severe dehydration.”

The Hallelujah Diet can produce vitamin deficiencies.

“[T]he diet can typically cause low levels of iron, protein, selenium, biotin, niacin, pantothenic acid, and zinc. The lack of these nutrients and the low caloric intake can result in low energy levels over an extended period of time, and while exercise is encouraged, followers of this diet may find that their propensity toward exercise is limited due to these low energy levels. Probably one of the biggest Hallelujah Diet dangers is the low protein levels. Low protein can result in many health problems, including the following: Low energy levels, bleeding gums, muscle cramps, edema, reduced thyroid function, loss of muscle, reduced insulin secretion, recurring infections, gross weight loss, thinning hair” (Susie McGee, “Dangers of the Hallelujah Diet,” [lovetoknow.com](http://lovetoknow.com)).

Many diets recommend large amounts of carrot juice, but this can result in vitamin A toxicity. When ingested, the beta carotene in the carrots converts to vitamin A, and just three 1/2 cup servings can exceed the danger level of this vitamin (“What Are the Dangers of Juicing Carrots?” [Livestrong.com](http://Livestrong.com), Aug. 25, 2014). I have known two people who drank large quantities of carrot juice, turned orange, and died!

Mega doses of vitamin A cause blurred vision, bone pain, and dizziness.

We have seen that extensive studies have shown that vitamin E and other antioxidant supplements, particularly in mega doses, can increase the risk of cancer and heart disease.

In the 1980s, L-tryptophan, an amino acid sold in health food stores, “caused a neurological condition that affected more than five thousand people and killed twenty-eight” (Paul Offit, M.D., *Do You Believe in Magic?*, p. 84).

Ephedra, an extract from the plant *Ephedra sinica*, was billed as a weight-loss product and energy booster in the 1990s and sold in mega doses for this purpose, often in combination with large quantities of caffeine. It was banned as a dietary supplement by the FDA in 2004 because of negative side effects. “It caused psychosis, hallucinations, paranoia, depression, irregular heartbeats, and strokes in hundreds of people.” One man jumped out of a second-story window to escape imaginary attackers, and major-league pitcher Steve Bechler died after taking the supplement (Offit, p. 141). The FDA collected more than 800 reports of serious toxicity, including 22 deaths. Ephedra remains in use in moderate quantities for purposes other than dietary. Pseudoephedrine, a synthetic ephedrine compound, is widely used as cold remedies.

Dr. Offit warns:

“The possibility of harm caused by natural products sold in health food stores isn’t theoretical. Blue cohosh can cause heart failure; nutmeg can cause hallucinations; comfrey, kava, chaparral, *Crotalaria*, *Senecio*, jin bu huan, *Usnea* lichen, and valerian can cause hepatitis; monkshood and plantain can cause heart arrhythmias; wormwood can cause seizures; stevia leaves can decrease fertility; concentrated green tea extracts can damage the liver; milkweed seed oil and bitter orange (*Citrus aurantium*) can cause heart damage; thujone can cause neurological damage; and concentrated garlic can cause bleeding.

“Indeed, one of the worst dietary supplement disasters in history occurred in 1992, when about a hundred people developed kidney failure from a ‘slimming’ mixture found to contain the plant aristolochia; at least seventy patients required kidney transplants or dialysis, and many later developed bladder cancers.

“In 2008, more than two hundred people--including a four-year-old--were poisoned by massive doses of selenium contained in *Total Body Formula* and *Total Body Mega*. ...

“Herbal remedies can also cause harm: two infants died from a tea containing pennyroyal and another from a decongestant containing capsaicin. ...

“These problems aren’t rare. Between 1983 and 2004, poison-control centers in the United States received 1.3 million reports of adverse reactions to vitamins, minerals, and dietary supplements, of which 175,268 required treatment in hospitals and 139 resulted in death. In 2012, the FDA estimated that approximately 50,000 adverse reactions to supplements occurred every year” (Paul Offit, *Do You Believe in Magic?*, pp. 90, 91).

Further, by heeding the advice of quack dietitians to avoid “traditional” medical treatments, many people have died early and have had their quality of life unnecessarily reduced.

In 1980, 10-year-old Joey Hofbauer died of Hodgkin’s disease after he was treated with laetrile, high doses of vitamins and supplements, and “alternative” remedies such as coffee enemas, instead of standard medical treatment for cancer. A specialist who testified at Joey’s trial called it “a witch doctor’s diet.”

Laetrile is made from apricot pits. An estimated 50,000 to 75,000 Americans took Laetrile treatments for cancer, but it turned out to be bogus; many died from the toxicity of the treatment itself; and many died unnecessarily from lack of proper medical care.

“Dr. William Nolen, surgeon ... tells of a thirty-five-year-old mother of three he diagnosed with early, treatable cancer of the uterus. He recommended surgery or radiation, but instead, she chose to go to Mexico and spend \$3,000 on Laetrile treatment. When she returned to him six months later, the cancer had spread to her pelvis, bladder, and rectum. She died one month later” (David Sneed, *The Hidden Agenda: A Critical View of Alternative Medical Therapies*, pp. 32, 33).

Another woman, who was diagnosed with colitis and gall-bladder disease, pursued an alternative remedy of coffee enemas and became so depleted of essential electrolytes that she suffered a seizure, was rushed to the hospital in a coma, and died (Sneed, p. 96).

Following are other examples of how that by heeding the advice of quack dietitians to avoid “traditional” medical treatments, people have died untimely deaths:

“I know of one case in which a 68-year-old man with cancer in his throat and behind his nose canceled scheduled treatment with radiation after seeing one of Day’s videotapes. At that time, the doctors thought this treatment had 70% chance of curing him. Without treatment, however, the cancer gradually spread to the surrounding tissues. Over a two-year period, the cancer became extremely painful and ate a hole through the roof of his mouth that makes it difficult for him to eat without the food going out his nose. Radiation and chemotherapy made the cancer disappear from his nose and throat, but it has recurred at the base of his brain. Chemotherapy may still prolong his survival, but his trust in Day’s story reduced the quality of his life and appears to have shortened it by several years.

“Another case I know about involves a 39-year-old woman who suddenly discovered that she had a malignant melanoma that had metastasized to her brain. The doctors thought that without treatment she might live for a few months and that with

chemotherapy, she might live for up to a year. Some people in this situation decide that they want to live as long as possible, whereas others decide that it would not be worth suffering with chemotherapy for such a short extension. After listening to Day's tapes, this woman became terrified about chemotherapy and decided that Day's methods would cure her. She lived for about two more months, during which she stopped eating nearly everything she enjoyed and ate mostly raw vegetables and fruits. Before she got sick, eating had been one of her favorite activities. But during her final weeks, she felt miserable because she craved her usual foods, but she would not eat them and wound up "basically starving herself" and losing 40 pounds. I advise people who are terminally ill to spend their remaining time as pleasantly and productively as possible. The patient's older sister, who shared this story with me, believes that Day's advice greatly reduced the patient's quality of life" (Stephen Barrett, M.D., "Stay away from Dr. Lorraine Day," Quackwatch.org, March 16, 2013).

### ***Quack Diets Produce Evangelists***

Quack diets and programs have a strange, captivating appeal to many people. They aren't mere users; they are disciples. They are converts. And they can't help but evangelize everyone they meet about the glories of their quack diets and therapies.

One preacher friend wrote as follows:

"Thank you, Bro. Cloud, for your research on diet plans. You are showing logic and wisdom in something that my wife and I have been fighting for years. We have had to separate from many, many of our friends in the ministry because of their outrageous stances on diet. We cannot be around them without being persecuted for our 'lack of concern' for our wellbeing. In ——— church in ———, there are dozens of these families who literally worship their bodies through these diet plans. ... One couple in that church, whom I am very

good friends with, had children who had serious allergies. They are now ‘experts’ in dietary lifestyle. She is a mid-wife. And they cut out everything processed (to the extreme), will only eat ‘organic’ vegetables and meats (to the extreme), and even have filtered all drinking fluids (to the extreme). They were the leaders in all of this. Then, they decided to have another child. That child is 10 times more allergic to everything, and has other serious health problems, which they used to claim were linked to diet.”

Quack evangelists preach the glories of some super water system or “all natural” mega vitamins or some variety of veganism. They become crusaders against vaccination, MSG, GMO, fluoride, gluten, aluminum cookware, toxins in everyday food, or whatever the latest fad happens to be. They often end up talking more about these things than about Jesus!

To recommend something that has worked for you is one thing. If a supplement or a lotion a type of exercise or a comfortable pair of walking shoes or whatever has helped you, no one thinks anything about it when you recommend that to them.

But quack evangelists go miles beyond this.

I think of a person who is so zealous in dietary evangelism that he wrote to a preacher who was in ICU immediately after heart surgery and, *without expressing one word of sympathy*, launched into a reproofing sermon promoting *Dr. Blaylock’s Prescription for Natural Health!*

The human body is a glorious thing, and the believer’s body is the temple of God and should be cared for in a reasonable way (1 Co. 6:19-20). But the body is also under the curse because of the fall, and it is “the body of this death” (Ro. 7:24). It is part of a fallen creation that is “groaning and travailing” in pain and is under “the bondage of corruption” (Ro. 8:21-22). The body is not redeemed in this present life. It is dying, and it will die if Jesus doesn’t

transform it from corruption to incorruption in the Rapture (1 Co. 15:50-57). Ultimately every sickness is because of sin (Ro. 6:23).

Diet and lifestyle can make a major difference in one's health, but *any* diet that *promises* health is a lie and a heresy.

Brethren in Christ, beware of becoming quack evangelists!

Be wise about eating and lifestyle, but don't become a nut!

Don't let anything sidetrack you from the biblical focus of the Christian life: abiding in Christ (John 15), living in God's Word (Psalm 3:1-3), seeking God's perfect will (Romans 12), serving in the church, which is the pillar and ground of the truth (1 Timothy 3:15), preaching the gospel of Jesus Christ (Mark 16:15), supporting and advancing world missions (Matthew 28:18-20), and listening for the shout (1 Thessalonians 1:10)!

# Conclusion to Bible and Diet

Let's review the points we have made so far.

Health is important in the Christian life. The body is the temple of God (1 Co. 6:19-20), and it is wrong to impair one's health and perhaps even to send oneself to an early grave by lack of wisdom in diet or by harmful habits such as smoking and drinking.

But diet and exercise are not to be the Christian's priority (1 Ti. 4:8; Col. 3:1-4).

There is no such thing as a "Bible diet." Even if Adam was a vegetarian, that was changed after the Flood when God added meat to man's diet (Ge. 9:3-4). The law of Moses did not promote vegetarianism (Ex. 12:3-8; Le. 6:25-26; De. 12:20). God's restriction of "unclean" animals was not for mankind in general but for Israel in particular, and it was not a matter of health but of holiness (Le. 11:44-47) and separation (Le. 20:25-26). Daniel did not maintain a vegetarian diet all his life (Da. 10:2-3), and he did not fast for health. Jesus was not a vegetarian (Mr. 14:17-20; Joh. 21:9-13). New Testament believers have liberty in diet (Ro. 14:1-4; Col. 2:8, 16-23; 1 Ti. 4:1-5). In the New Testament era, laws pertaining to diet are characterized as "doctrines of demons" (1 Ti. 4:1-2).

God's people should exercise wisdom and not be deluded by the promises of quacks based on such things as bogus science, unsubstantiated "testimonials," and heretical interpretations of the Bible.

Further, any practice that is associated with the occult should be avoided (Le. 19:31; De. 18:10-12). These concepts and practices include life force energy, humors, meditation, hypnosis, visualization, Reiki, eastern massage, biofeedback, reflexology, iridology, Ayurveda, acupuncture, homeopathy,



and some aspects of chiropractic. (See the chapter “Popular Alternative Practices.”)

# Brilliant Quacks

Being deceived by quackery is not always an issue of intellect and education. It happens to the educated as well as the non-educated, to the credentialed as well as the non-credentialed, to the experienced as well as the unexperienced.

It is easy for a man to be deceived. This is a fallen world filled with spiritual darkness under the control of an angel of darkness who manifests himself as an angel of light (2 Corinthians 11:14).

And the Bible warns that the human heart is “deceitful above all *things*, and desperately wicked: who can know it?” (Jeremiah 17:9).

The fallen heart is not committed to truth. It believes what it wants to believe, and there are many motives for believing a lie, including health, financial gain, pride, prestige, conformity, security, and avoiding trouble.

Thirty-three times the New Testament warns about deception.

“And Jesus answered and said unto them, Take heed that no man deceive you” (Matthew 24:4).

“For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple” (Romans 16:18).

“That we *henceforth* be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, *and* cunning craftiness, whereby they lie in wait to deceive” (Ephesians 4:14).

“But evil men and seducers shall wax worse and worse, deceiving, and being deceived” (2 Timothy 3:13).

“And the great dragon was cast out, that old serpent, called the Devil, and Satan, WHICH DECEIVETH THE

WHOLE WORLD: he was cast out into the earth, and his angels were cast out with him”(Revelation 12:9).

I learned about the power of deception as a young man when I was deceived by the claims of reincarnation promoted by the Self-Realization Fellowship Society. I was deceived by testimonials and by a technique of hypnotism that seemed to provide objective evidence. I saw later that I had been motivated to believe in reincarnation by my rebellion against the gospel of Jesus Christ.

It is possible to believe a lie and to believe it with all of one’s heart.

Following are three brilliant men who were deceived into seeing what they wanted to see.

### **PERCIVAL LOWELL**

Percival Lowell (1865-1916) was born into a wealthy, high-society Boston family, graduated from Harvard, was a brilliant mathematician and successful businessman, traveled widely in the Far East, learned several languages, and kept company with affluent, influential people.

Charles Darwin’s *On the Origin of Species* was published when Lowell was a boy, and he accepted the doctrine of evolution wholeheartedly.

Later Lowell’s imagination was stirred by Italian astronomer Giovanni Schiaparelli’s 1893 book *Life on Mars* and the report of supposed “channels” on the red planet. Seeing this as proof that life existed on other planets Lowell set out to bring this “evidence” home for the evolutionary cause. He used his wealth to construct an astronomical observatory with a 24-inch telescope in the American west near the Grand Canyon. It was completed in 1894, and from then until his death 22 years later he studied Mars and published reports and books.

Eventually he “saw” and named 700 canals on Mars and came to believe that Martians were building the canals in an

attempt to save their planet. He even deduced many fascinating details about the lives of the Martians.

The one small problem with all of this is that there are no canals on Mars and there are no Martians. This has been proven by more powerful telescopes and by space exploration since the first successful flyby of the planet by NASA's Mariner 4 probe in 1965. Currently there are five orbiters circling Mars and two NASA exploration vehicles crawling on the surface. There are no canals or Martians.

How could an intelligent, well-educated man see canals and alien civilizations that do not exist? The answer is that he saw what he wanted to see.

It is the same phenomenon that allows any evolutionary atheist to see evidence for Darwinian evolution or for a person to see evidence for a quack cure.

### **ANDREW IVY**

Andrew Ivy (1893-1978) was one of the most prominent medical doctors in America in the first half of the twentieth century. His Ph.D. and M.D. were from the University of Chicago. He was the head of physiology and pharmacology at Northwestern University Medical School, vice president of the University of Illinois, and president of the American Physiological Society for three years.

The author of 2,000 scientific articles, he was once the most cited scientist in the world. His textbook on peptic ulcers remains a classic. He was famous for helping to prosecute Nazi doctors accused of torture and murder. He was said to have been "the most famous doctor in the country" (Jonathan Moreno, *Undue Risk*, p. 266).

Beginning in 1949, after meeting Stevan Durovic of Yugoslavia, Ivy began promoting a new cancer treatment called krebiozen. Durovic claimed that it was made with a serum collected from horses injected with a bacterium called *Actinomyces bovis* (Paul Offit, *Do You Believe in Magic? The Sense and Nonsense of Alternative Medicine*, p. 168). He

claimed to have successfully tested it on dogs and cats with cancer.

Ivy was convinced that the cure was real, because he had studied dogs with cancer and believed that they produced a natural anti-cancer substance, though he couldn't find it. Now he was convinced that Durovic had found the missing substance.

Though Durovic refused to reveal to Dr. Ivy how he made the extract, claiming that it was a commercial secret, Ivy soon began trials on humans. In March 1951, he announced at a press conference that he had treated 22 patients with krebiozen and had found "dramatical clinical improvement." He failed to say that 10 of the patients had died of cancer!

Ivy trusted Durovic's supposed test results, but he was lying. For example, Durovic claimed in 1959 and again in 1961 that a Mr. Taietti was "well and active," yet Taietti had died of bladder cancer in 1955.

More than 4,200 cancer patients were treated with krebiozen, but studies began to find that the treatment was worthless.

A study by the FDA of the Krebiozen Foundation's records of 1,526 patients found only three that *might have* shown slight benefit from the treatment, and these were questionable.

When the National Cancer Institute and FDA analyzed the content of krebiozen, it turned out to be nothing more than mineral oil. A powder supplied by the Krebiozen Foundation was composed of creatine monohydrate, "a normal constituent of muscle and a common laboratory compound purchasable for \$.30 a gram, approximately \$10 for a 1-ounce bottle."

By trusting krebiozen treatments instead of traditional care, patients died of treatable cancer. For example, Orme Moritz refused surgery for breast cancer and pursued treatment with krebiozen for a year. By the time she had an

operation, it was too late. The cancer had spread, and she soon died (James Holland, M.D., “The Krebiozen Story”).

In 1964, Durovic moved to Switzerland and lived off of the money he had stashed away in a Swiss bank account.

In the face of overwhelming evidence to the contrary, Andrew Ivy retained his faith in Krebiozen as a cure for cancer until his death in 1978.

### **LINUS PAULING**

Linus Pauling (1901-1994) was both a great scientist and a great quack, which is a loud warning that anyone can fall to the siren call of quackery.

Pauling taught at the California Institute of Technology for more than 40 years and was the first person to be the recipient of two unshared Nobel prizes. He also won the National Medal of Science, the Medal for Merit, awarded by the U.S. president, and received honorary degrees from Cambridge, the University of London, and the University of Paris. He appeared on the cover of *Time* magazine and was “hailed as one of the greatest scientists who had ever lived.”

In 1954, when only 30 years old, Pauling won the Nobel Prize in Chemistry for his research into chemical bonds. The same year he received the Langmuir Prize for the most outstanding young chemist in the United States, became the youngest person elected to the National Academy of Sciences, and was made a full professor at Caltech. When asked to comment on Pauling’s findings, Albert Einstein shrugged his shoulders and said it was too complicated for him.

In 1962, Pauling won the Nobel Peace Prize for his efforts in promoting the Nuclear Test Ban Treaty.

But at age 65, at a time when men typically begin to consider their mortality with greater seriousness, Pauling became the proponent of taking mega doses of vitamin C for health and longevity. It marked his conversion to quackery,

and his descent into the depths thereof continued until his death.

He was influenced by Irwin Stone, a man who called himself a doctor but was credentialed only through a non-accredited correspondence school. Stone recommended that Pauling take 3,000 milligrams of vitamin C a day for longevity.

In pursuit of longevity and health, which is the common desire of mankind, Pauling tried the routine and testified that he felt much better and no longer suffered colds. He eventually increased his daily intake of vitamin C to 18,000 milligrams.

In his 1970 book *Vitamin C and the Common Cold*, Pauling recommended 3,000 milligrams daily and claimed that the cold would be eradicated. He saw vitamin C usage as “a step toward a better world.”

The sale of vitamin C exploded. By the mid-1970s 50 million Americans were taking the supplement. It was the dawn of the vitamin/supplement industry as a multi-billion dollar behemoth.

But multiple medical studies have failed to find correlation between vitamin C and the prevention or cure of the common cold.

“In a July 2007 study, researchers wanted to discover whether taking 200 milligrams or more of vitamin C daily could reduce the frequency, duration, or severity of a cold. After reviewing 60 years of clinical research, they found that when taken after a cold starts, vitamin C supplements do not make a cold shorter or less severe. When taken daily, vitamin C very slightly shortened cold duration--by 8% in adults and by 14% in children.

...

“According to this research, the average adult who suffers with a cold for 12 days a year would still suffer for about 11 days a year if that person took a high dose of vitamin C every day during that year. For the average

child who suffers about 28 days of cold illness a year, taking daily high-dose vitamin C would still likely mean about 24 days of cold illness.

“When vitamin C was tested for treatment of colds in 7 separate studies, it was found to be no more effective than placebo at shortening the duration of cold symptoms” (“Vitamin C for the Common Cold,” WebMD).

It is important to recall that Pauling’s claim was that vitamin C would cure and eradicate the common cold, not that it might slightly moderate the symptoms.

Further, MedlinePlus says people with kidney disease should NOT take vitamin C supplements, and large doses of vitamin C are not recommended during pregnancy.

Pauling claimed that the the colds he had previously suffered several times a year “no longer occurred,” but this was a myth. Though he continued to experience cold symptoms, he attributed these to “allergies” (“The Vitamin Myth,” *The Atlantic*, Jul. 19, 2013). Quack, quack.

Pauling did not stop with vitamin C being a cure for the common cold. He went on to claim that it can cure 75% of cancer cases. Cancer patients began to demand high doses of vitamin C, citing the “Nobel Prize winner” as the authority.

Pauling predicted that vitamin C would usher in a new age of longevity. “[L]ife expectancy will be 100 to 110 years, and in the course of time, the maximum age might be 150 years.”

But extensive medical tests found no benefit from vitamin C for cancer patients. Charles Moertel of the Mayo Clinic, who performed two different tests, said, “We were unable to show a therapeutic benefit of high-dose vitamin C.”

Pauling absolutely refused to accept the results of the tests, but “subsequent studies have consistently shown that vitamin C doesn’t treat cancer” (Ibid., “The Vitamin Myth”).

Next, Pauling claimed that mega doses of vitamin C, vitamin A, vitamin E, plus selenium and beta-carotene, could



treat most diseases, including heart disease, mental illness, hepatitis, polio, tuberculosis, mumps, measles, chickenpox, meningitis, arthritis, diabetes, strokes, tetanus, typhoid, leprosy, rabies, heat prostration, altitude sickness, radiation poisoning, warts, shingles, glaucoma, kidney failure, influenza, bladder ailments, stress, snakebites, AIDS. even aging.

The secret, Pauling claimed, was the property of *antioxidants*, which has since become a byword in the vitamin/supplement industry. Antioxidants are produced by the body to counteract the negative effects of free radicals that are a byproduct of oxidation (the process whereby the mitochondria within cells convert food to energy). Antioxidants are found in fruits and vegetables (specifically, selenium, beta-carotene, and vitamins A, C, and E), and studies have shown that people who eat more of these have a lower incidence of cancer and heart disease and live longer. It is really just a matter of a common-sense balanced diet and avoidance of unhealthy “junk food” consisting of *massive amounts* of fats, carbohydrates, sugar, and salt.

The proponents of megadoses of vitamins reason that since the natural supply of antioxidants in fruits and vegetables has proven to be effectual for good health, *supplemental antioxidants should be even more effective.*

That does sound reasonable on its face. In fact, though, *dozens of scientific studies have shown that megadoses of vitamins have the potential to be detrimental to good health.*

This actually makes good sense to me, since *megadoses of vitamins are not natural!* It makes sense to me that in God’s good plan, man’s needs are satisfied through the normal intake of a simple healthy diet.

Multiple, extensive studies have shown that those taking vitamins and supplements, particularly in mega doses, were “more likely to die from lung cancer or heart disease than those who didn’t take them.”

This was the conclusion of a 1994 study of 29,000 Finnish men, a 1996 study by the Fred Hutchinson Cancer Research Center of 18,000 people, a 2004 study by the University of Copenhagen of 170,000 people, a 2005 study by Johns Hopkins School of Medicine of 136,000 people, a 2007 study by the National Cancer Institute of 11,000 men, a 2011 study by the University of Minnesota of 39,000 older women, and a 2011 study by the Cleveland Clinic of 36,000 men. In the latter study, those who took vitamin E had a 17 percent greater risk of prostate cancer.

These were large studies all reached the same conclusion.

“We could not find evidence that antioxidant supplements can prevent gastrointestinal cancers; on the contrary, *they seem to increase overall mortality*” (University of Copenhagen, 2004).

A 2005 study examined 9,000 people who took high-dose vitamin E to prevent cancer. The study, published in the *Journal of the American Medical Association*, found that those who took the supplement were “more likely to develop heart failure than those who didn’t.”

The National Cancer Institute study found that those who took multivitamins were twice as likely to die from advanced prostate cancer.

The University of Minnesota study found that those who took multivitamins and supplements “died at rates higher than those who didn’t.”

A 2008 review of all existing studies involving more than 230,000 people “found that vitamins increased the risk of cancer and heart disease.”

“How could this be? Given that free radicals clearly damage cells--and given that people who eat diets rich in substances that neutralize free radicals are healthier--why did studies of supplemental antioxidants show they were harmful? The most likely explanation is that free radicals aren’t as evil as advertised. Although it’s clear that free

radicals can damage DNA and disrupt cell membranes, that's not always a bad thing. People need free radicals to kill bacteria and eliminate new cancer cells. But when people take large doses of antioxidants, the balance between free radical production and destruction might tip too much in one direction, causing an unnatural state in which the immune system is less able to kill harmful invaders. Researchers have called this 'the antioxidant paradox.' Whatever the reason, the data are clear: high doses of vitamins and supplements increase the risk of heart disease and cancer; for this reason, not a single national or international organization responsible for the public's health recommends them" ("The Vitamin Myth," *The Atlantic*, Jul. 19, 2013).

It is instructive to learn that the multiplication of the scientific evidence against the use of megavitamin consumption has not harmed vitamin sales.

In 2017, the nutritional supplement industry in the United States grossed an estimated \$36 billion, a massive 63% increase over the \$23.8 billion grossed in 2007 ([www.statista.com](http://www.statista.com)).

Joseph Fortunato, chief executive of General Nutrition Centers, said, "The thing to do with [these reports] is just ride them out. We see no impact on our business."

One reason that scientific evidence has no affect on the vitamin business is that the population is rapidly aging (the Boomer generation) and senior citizens are searching for cures and elixirs to stave off the effects of old age.

Linus Pauling was raised Lutheran, but he died an atheist.

Pauling's wife died in 1981 of stomach cancer, and he died in 1994 of prostate cancer.

# Popularity of New Age Health Care

According to an article in the *U.S. News & World Report* for January 21, 2008, alternative medicine has gone “mainstream.”

A special edition of *Newsweek* in 2016 entitled *Spiritual Living* described the rapid popularization of such things as Reiki, crystal therapy, essential oils, holistic foods, angel numbers, tarot cards, psychic awakenings, meditative pilgrimages, and dream interpretation.

The Maha Rose Center for Healing in Manhattan illustrates the growth of these practices. In 2010 it was a small urban ashram “offering Reiki and acupuncture sessions to a few friends of the founders.” But with each passing year “it was like something was shifting in the culture.” They describe it as “a spiritual awakening.” In just five years, Maha Rose’s client base grew to hundreds who come for “acupuncture, breath work, tarot-card readings, flower-essence therapy, and workshops like ‘Full Moon Circle’ and ‘Healing the Wild Soul’ (“Why Reiki, Crystals, and Flower Essences Are Going Mainstream,” *Vanity Fair*, Sep. 24, 2015).

In 1992, only 2% of U.S. medical schools offered courses in alternative medicines, but by 2004, that figure had risen to 67% (“More Medical Schools Teaching Spirituality in Medicine,” Lighthouse Trails newsletter, March 4, 2008).

The famous Mayo Clinic has a section at its web site on “complementary and alternative medicine,” dealing with touch therapy, yoga, tai chi, acupuncture, cupping, biofeedback, and hypnosis.

A friend who read a pre-publication edition of this book observed, “If you go into any health food store it is like going into a New Age chapel.”

The New Age has indeed invaded the field of health care. The following information from *The Eagle Forum* report for April-May 1989 is typical of a widespread phenomenon that has only grown more popular since then. I first became aware of this in the 1980s when a friend's daughter took nurses' training in Virginia and was surprised to be confronted with New Age doctrine and practice:

"In 1970 a standing-room-only program was held at the De Anza College in Cupertino, CA, underwritten by Lockheed Aircraft. There, a group of scientists and physicians, influenced by Edgar Cayce teachings, gathered to share their interests in SPIRITUAL/MEDICINE ALTERNATIVES TO HEALTH. Six months later, similar programs and attendees converged at UCLA and Stanford. There the emphasis was the role of the 'mind' in disease. 'New' therapies were introduced: meditation, visualization, biofeedback, acupuncture, hypnosis, psychic healing, and folk healing. Within a few years more meetings were held on the campuses of most major universities in the country. These included Yale, Harvard, New York U, New York Institute of Technology, and the Universities of California, Massachusetts, Michigan, Miami and Illinois. Programs exploring the convergence of the occult and health were funded by the Rockefeller, Ford and Kellogg foundations. ...

"THERAPEUTIC TOUCH (TT) is one of the occult techniques being used on patients in hospitals. This term coined by Delores Krieger, R.N. refers to an occult philosophy and procedure which is supposed to transfer healing energy from one's hands to the patient to promote normal healings more quickly. It uses a special technique to 'unruffle' the 'energy field' of the congested area of the 'aura' in the patient. This supposedly causes a relaxation response and then the body will heal itself. This is also referred to as Touch Healing. This concept follows ancient religions, as Janet Mentgen said, and

associates with the Hindu concept of chakras and the energy force which is also referred to as 'light.' She also mentioned shamans, witchdoctors, medicine men and psychic healers as using TT. One problem with TT appears to be getting it scientifically proven. Since that's not possible, TT falls into the category of the 'miraculous' and 'spiritual healing' or 'energy medicine.' It's of course 'a new field.' This 'new frontier of medicine' is also now called the field of PSYCHONEUROIMMUNOLOGY.

"Mentgen was named the 1988 nurse of the year at the AMERICAN HOLISTIC NURSES ASSOCIATION in Melrose, Florida. There, nurses were taught about their force fields, gathered around crackling bonfires and did Sufi dancing. Drs. Brad and Leslie Rachman, chiropractors, led the nurses in Hindu chants and dances. And Dr. Eleanor Schuster led the group in a smudging ceremony and invocation (smudge is an unregulated hallucinogenic drug common to occultists). To the cadence of drums, they danced what they called their 'power animal,' and were led through guided imagery and meditation.

"AHNA offers 'full spectrum nursing' for the 'nurse of the future' and is snagging otherwise solid nurses into the esoteric view of healing. AHNA held another conference in Estes Park last June, where Barbara Marx Hubbard spoke on transcendental nursing and the Goddess Earth. And Dr. Melody Olson taught a workshop on out-of-body experiences (OBEs). She said in ancient Tibet there was always a person at the death bed to serve as a guide through the death process.

"Another, RAM DASS, a questionable survivor of over 2000 acid trips, communicates with spirits of the dead and teaches at such places as John Denver's Choices for the Future Symposiums. He has opened Dying Centers around the country to help the terminally ill to 'cross over.' A spirit guide named Emmanuel, his drugs, books

of the dead and some macabre experiences have taught him death is just another vehicle for 'awakening.' Dass believes death is absolutely safe, like taking off a tight shoe, and is simply a soul about to drop a body. He faults society for teaching people to fear death, trying to keep the body alive, in ICUs. He feels death can become an adventure. He's been accused of running a death cult and by his own admission, likes to sit at someone's death bed meditating and resonating on the dying body, and thinks he receives power from the death throes.

"Dr. BERNIE SIEGEL has become the most recent darling of New Age medicine. In his book, *Love, Medicine and Miracles*, Siegel promotes occult practices mixed with health care. He uses guided imagery, visualization, meditation and Silva Mind Control as vehicles for self-healing. Occult healing has spread so very rapidly throughout medical society. Mental health institutes are key to metaphysical experimentation, since the intangible area of the mind is fertile ground for these concepts. At Menninger's in Topeka, patients are introduced to the new consciousness of the west, psychic phenomenon, parapsychology, telepathy, faith healing, Ram Dass, the universal oneness concept, biofeedback (the yoga of the west), the Theosophical Society, Mayan gods, the sufi way and more. Patients are taught out-of-body experiences and watch 'Films for a New Age.' Hurting people are given bogus hope and a complete indoctrination into witchcraft beliefs.

"These are but a few accounts of occult medicine being practiced in our civilized society. However, there is good news! There are still conscientious doctors and nurses in the health care field who do feel the necessity of practicing scientific medicine. They are not among those sitting around meditating on the insides of their skulls. We need to seek them out for medical advice, as well as educate them on the deception coming into their vocation" (*The Eagle Forum*, April-May 1989).

Randall Baer, a former New Age medical practitioner, warns:

“The area of holistic health is one of the most subtle and sophisticated areas of the murky merging of the esoteric and the mundane, the metaphysical with the mainstream, the pseudo-scientific with the scientific, the non-New Age with the New Age” (*Inside the New Age Nightmare*, 1989, p. 22).



# Misconceptions about Alternative Health Care

Let's consider some of the many misconceptions that people have about holistic or alternative health practices.

## **Alternative Medicine Is Merely a Common Sense, Unified System of Health Care**

A popular misconception about alternative health care is that it is merely a common sense, unified system of health care.

In fact, the field of holistic health is far more than this, as we will see. Michael Harner, who is a New Age practitioner, unwittingly gives a loud warning to Bible believers about the danger of these things:

“The burgeoning field of holistic medicine shows a tremendous amount of experimentation involving the reinvention of many techniques long practiced by shamans such as visualization, altered state of consciousness, aspects of psychoanalysis, hypnotherapy, meditation, positive attitudes, stress reduction, and mental and emotional expression of personal will for help and healing. In a sense, SHAMANISM IS BEING REINVENTED IN THE WEST precisely because it's needed” (*A Guide to Power and Healing: The Way of the Shaman*, 1980, p. xiii).

Harner thinks it is a wonderful thing that shamanism is being entering the Western medical field, but the Bible believer knows that it is a frightful sign of the end times and a great danger to people's spiritual well-being.

## **Alternative Medicine Is Merely the Wise Use of Natural Healing Properties**

Another misconception is that alternative health care is merely the wise use of the natural healing properties found in nature and in the body itself.

It is true, of course, that the divinely-designed human body has amazing powers of healing, and God, in His bountiful grace, has placed a great many things in the world for man's benefit. But we will see that this is far from the whole issue when it comes to the field of holistic health.

Another misconception is that since diet is an important part of overall health, diet must be the whole answer to health.

It is true, of course, that some diets are healthier than others. That is not rocket science. There are established connections between certain diseases, such as diabetes and heart trouble, and diet. It is also true that nutrition can heal certain problems. But it is also true that there is a limit to what diet can do. This is the type of bait and switch technique that alternative medical practitioners are so adept at using. They get you to agree that diet is important and that a change in diet can cure some sicknesses, then they try to convince you that if you simply find the right diet you will be perfectly healthy and that diet is the key to healing every sickness.

### **You Can “Eat the Fish and Spit out the Bones”**

Another misconception is that we can “eat the fish and spit out the bones.”

In other words, even if there are wrong elements within the field of alternative health care, the individual can choose that which is good and helpful and avoid the error.

For the following two simple reasons, though, we reject this philosophy.

First, when dealing with the occult we are dealing with the devil, and he is clever and powerful. This is why the Bible exhorts us to stay away from every occultic thing. Eve was not tainted by sin and was in a perfect environment, yet she was deceived by the devil's wiles. "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour" (1 Peter 5:8).

Second, this philosophy assumes that the average Christian is capable of exercising the keen spiritual discernment necessary to detect subtle error, and this simply is not the case. It is more likely that the average believer today is carnal, biblically ignorant, and grossly lacking in the level of education necessary for such a task. And I am referring to the average member of the typical Bible-believing church.

Randall Baer, a former naturopathic doctor, says: "I see this field as being a mixture of positive and negative. Three ingredients of wholesome and six ingredients of New Age. Nine ingredients of healthy and twenty of the New Age. In this tricky, subtle, holistic health field, discernment is at a premium" (*Inside the New Age Nightmare*, p. 154).

But such discernment is far beyond the average Christian today.

### **Since the Alternative Health Care Physician Seems to Care for Me, He Is "Safe"**

Another misconception is that since the alternative medical practitioner seems to care for me, he will not lead me astray.

One thing that attracts many to these practitioners is their seeming care. Whereas some traditional doctors are too rushed to show a great deal of personal concern for their patients, alternative health care practitioners typically are more personable and seek to develop a relationship with their patients.

It would be wonderful if every health care professional were kind and personable, but in a fallen world that is not going to be the case. And a caring attitude does not outweigh a bogus or occultic practice. The witch of Endor was very caring toward Saul, encouraging him and feeding him, but she was still a witch and therefore an abomination before God and a danger to God's people (1 Samuel 28:20-25; Deuteronomy 18:10-12)!

### **It Can't Hurt**

A similar misconception is that alternative health care practices "can't hurt."

In fact, though, they can hurt. The National Council Against Health Fraud warns that "quacks rob us of our money, our dignity, our health, and our lives" ("Understanding and Combating Health Fraud and Quackery," Multnomah County Medical Society, Portland, Oregon, 1985).

In *The Hidden Agenda: A Critical View of Alternative Medical Therapies*, Dr. David Sneed lists eight possible dangers of alternative health care: failure to diagnose, failure to treat, emotional harm, wasted money, physical threats, toxic effects, diverted resources, and loss of reality.

Dr. Sneed gives many examples of these dangers. One woman was told to apply a castor oil pack to her abdomen for her abdominal pain, but it turned out that she had appendicitis and needed surgery (p. 5). A cancer patient spent \$40,000 and the last month of her life on alternative procedures in Mexico. Her husband said, "Sure, I'm resentful. She chose to spend her last month down there instead of with her family. The [medical] doctors told us right out they couldn't cure her, but they may have been able to prolong her life. They certainly could have increased the quality of her last days" (p. 28). Another cancer patient was treated with alternative therapy for 14 months, "long enough

for her breast cancer to spread so widely it required massive medical surgery, chemotherapy, and radiation” (p. 23). One little girl’s nervous system was permanently damaged and an infant died after their parents gave them high doses of vitamin A and potassium as recommended by Adelle Davis in *Let’s Have Healthy Children* (p. 65). An estimated 50,000 to 75,000 Americans took Laetrile treatments for cancer, but it turned out to be bogus and many died from the toxicity of the treatment itself. “Dr. William Nolen, surgeon ... tells of a thirty-five-year-old mother of three he diagnosed with early, treatable cancer of the uterus. He recommended surgery or radiation, but instead, she chose to go to Mexico and spend \$3,000 on Laetrile treatment. When she returned to him six months later, the cancer had spread to her pelvis, bladder, and rectum. She died one month later” (pp. 32, 33). Another woman, who was diagnosed with colitis and gall-bladder disease, pursued an alternative remedy of coffee enemas and became so depleted of essential electrolytes that she suffered a seizure, was rushed to the hospital in a coma, and died (p. 96).

### **It Is God’s Will That We Be Healthy**

Another misconception is that it is God’s will that we be healthy, and if we follow the proper natural plan, we will not be sick.

For instance, the *Be in Health* seminar promoted by Henry Wright claims: “We are dedicated to the eradication and prevention of all spiritual, psychological, and biological disease. ... Pleasant Valley Research and Publishing provide materials designed to promote Wholeness in mankind.”

One doesn’t have to be a great Bible scholar to refute this.

**While it is true that diet and lifestyle affect health and a wise diet might result in fewer health problems, there is no diet or lifestyle that can guarantee good health, and any such promise is a chief mark of quackery.**

Consider two fundamental Bible truths on this issue:

First, God didn't always heal sick believers even in the early churches. Paul had a sickness that God refused to remove (2 Co. 12:7-10). Paul's conclusion to this matter was the opposite of those who claim God's will is total health. He said: "Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong" (2 Co. 12:10). The word "infirmities" is the Greek word "astheneia," which is elsewhere translated "disease" (Acts 28:9) and "sickness" (Joh. 11:4).

Timothy was physically weak and often sick (1 Ti. 5:23).

Trophimus, Paul's co-worker, was left behind in Miletum because he was sick and God did not heal him (2 Ti. 4:20).

Second, the Bible plainly states that all weakness and sickness and trouble in this life ultimately stems from the Fall. It goes back to our sin. We live in a world that groans under a curse and even those that are born again are subject to that curse (Ro. 8:22-23). We live in a body of death (Ro. 7:24).

The New Testament faith does not teach us to expect total health and total deliverance in this present world; it teaches us to live by hope, and hope that is seen is not hope. Consider the following important passage in Romans 8:18-25:

"For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. For the earnest expectation of the creature waiteth for the manifestation of the sons of God. For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope, Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. For we know that THE WHOLE CREATION GROANETH AND TRAVAILETH IN PAIN TOGETHER UNTIL NOW. AND NOT ONLY THEY, BUT OURSELVES ALSO,

WHICH HAVE THE FIRSTFRUITS OF THE SPIRIT, EVEN WE OURSELVES GROAN WITHIN OURSELVES, WAITING FOR THE ADOPTION, to wit, the redemption of our body. For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for? But if we hope for that we see not, then do we with patience wait for it.”

### **The Body Is Capable of Healing Itself**

A similar misconception is the idea that the body is capable of healing itself of any problem or disease if it is provided with the right diet and environment.

This is a dangerous half-truth. Whereas God has given the body amazing healing powers, there is a dramatic limit to what it can do. And, as we have seen, we live in a fallen, cursed world, and there is no divine promise of perfect health.

### **The Bible Lays out the Ideal Diet**

Another misconception is that the Bible lays out the ideal healthy diet.

George Malkmus has his “Hallelujah Diet.” Don Colbert has the “What Would Jesus Eat” diet. Jordan Rubin has “The Maker’s Diet.” They all claim to be Bible-based. Rubin says that “God gave me this health message” (“New Diet Plans Take Cue from the Bible,” *USA Today*, June 10, 2004).

In fact, there is no Bible diet plan for today. From Adam to Noah, men apparently were vegetarians (avoiding only meat), stemming from God’s command in Genesis 1:29-30. After the flood, men were instructed to eat meat as well as vegetables (Genesis 9:3). Under the Law of Moses, the nation Israel continued to eat meat, but some animals were designated clean and others unclean. The Lord Jesus Christ is a Jew and lived under the law and therefore followed the Mosaic dietary system. He wasn’t a vegetarian. He ate fish

(Lk. 24:42-43) and He ate lamb, which was required during the Passover (Exodus 12:6-8).

When the church age began, the former restrictions were done away.

**There are only three teachings about diet in the New Testament.**

First, Peter was taught that the Old Testament dietary restrictions are no longer in effect for the New Testament believer (Acts 10:9-16). The truth of this was emphasized in that the vision and the command to rise, kill, and eat was repeated three times. This passage single-handedly refutes the following claims: that the Mosaic dietary restrictions are in force in the New Testament churches, that the Mosaic dietary restrictions were for health purposes (if that were true, God would have kept them in force), that eating meat is unhealthy, that vegetarianism is a superior program, and that it is cruel to kill animals.

Second, we are taught that in the New Testament dispensation diet is entirely a matter of personal liberty (Romans 14:1-6) and we are not to judge others in such matters (Romans 14:13).

Third, we have a warning about those who teach against eating meat (1 Timothy 4:1-6) and we are told that to require a vegetarian diet is a doctrine of devils.

To go beyond the Bible's clear teaching in this matter and to create dietary programs that purport to have a Scriptural basis and to have divine approval and universal properties is heresy.

The New Testament plainly states that "every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer" (1 Timothy 4:4-5).

Thus, according to Scripture, diet is a personal and individual matter. Each person is different, with his own metabolism, taste, culture, lifestyle, health, and occupation;



and diet must be determined on this basis and not on some plan purporting to be from the Bible.

I am not saying that all diets are equally healthy; I am merely saying that there is no one diet that is required by the Bible.

### **Sincerity Sanctifies Alternative Medicine**

Another misconception is that if an alternative health practice is used sincerely by a believer “from a Christian perspective,” it is O.K.

If this were true, the Bible would not contain so many warnings to separate from error (e.g., Deuteronomy 18:9-12; 1 Corinthians 10:21; 2 Corinthians 6:14-17; 1 John 5:21). Occultic practices are occultic practices, regardless of who uses them or how sincerely they are used!

### **Testimonies Provide Evidence of Genuineness**

Another misconception is that if a product or treatment plan is accompanied by glowing testimonies, it must be good.

**The alternative health care field is driven by testimonies,** and they can be very impressive, particularly when an individual is frustrated by a persistent problem or desperate to be healed of a disease and is grasping at any straw. But wise saints recognize that we live in a fallen world among deceitful creatures and are careful not to be tricked. “The simple believeth every word: but the prudent man looketh well to his going” (Proverbs 14:15).

The book *Dubious Cancer Treatment* by Stephen Barrett and Barrie Cassileth lays out four common-sense conditions that must be met before a testimony can be valid.

First, the patient must actually have the disease. As with charismatic “healings,” it is not uncommon for people in the alternative health care field to testify that they have been healed of a certain disease that was never properly diagnosed.

For example, George Malkmus, founder of the Hallelujah Diet, claims that diet healed his colon cancer, but he was never diagnosed with colon cancer.

Second, the claimed cure must result from the therapy. Other factors could have been at work. Several years ago I saw an advertisement for a tonic product that guaranteed weight loss. The patient was instructed to take the tonic in the evening and not to eat anything within a few hours of going to bed. The fact is that the resultant weight loss could be achieved from the prescribed fasting without the assistance of the accompanying tonic!

Consider the following testimony about supposed results achieved through homeopathy, which shows the unreliability of testimonials and the necessity of proper clinical trials:

“[A]s a clinician almost 30 years ago, I was impressed with the results achieved by homeopathy. Many of my patients seemed to improve dramatically after receiving homeopathic treatment. How was this possible? In order to understand this apparent contradiction, we have to take a step back and consider the complexities of the therapeutic response. Whenever a patient or a group of patients receive a medical treatment and subsequently experience improvements, we automatically assume that the improvement was caused by the intervention. This logical fallacy can be very misleading and has hindered progress in medicine for hundreds of years. Of course, it could be the treatment – but there are many other possibilities as well.

“For instance, the condition could have improved on its own. Or the encounter between the therapist and the patient could have been therapeutic without any meaningful contribution from the treatment itself. Or the patient could have had high expectations in the treatment that prompted a powerful placebo response. Or the patient self-administered some other treatments concomitantly that caused the improvements. In other

words, it is not the effect of the remedy *per se*, but the non-specific effect of the context in which it is given that benefits the patient.

“Because of these complexities, we must conduct clinical trials that differentiate between the specific and non-specific effects of a treatment. In such studies, one group of patients receives the experimental treatment (e.g. a homeopathic therapy) and another group receives a placebo. If well designed, these studies expose the experimental group to the specific effect plus all the non-specific effects of an intervention, while the control group is exposed to precisely the same range and amount of non-specific effects but not to the specific effect of the treatment that is being tested. In this situation, any difference in outcome between the groups must be caused by the specific effects” (Dr. Edzard Ernst, “Why I changed my mind about homeopathy,” *The Guardian*, Apr. 3, 2012).

Third, the disease must be actually cured rather than in remission or some such thing. There are diseases that have remission cycles, with or without treatment.

Fourth, the patient must be alive! Many of Pentecostal healer William Branham’s patients died after being proclaimed healed, and the same thing has happened to many of those who have been “healed” through alternative health care. (See the book *The Pentecostal-Charismatic Movements* for documentation, available from Way of Life Literature, [www.wayoflife.org](http://www.wayoflife.org).) For example, Stanislaw Burzynski offered a cure for cancer called “antineoplastons,” that was supposed to “normalize” cancer cells. In 1988, Sally Jesse Raphael featured on her television show four patients of Burzynski that had supposedly been healed. Four years later, *Inside Edition* reported that two of the four had died and a third had a recurrence of the cancer. Further, another woman testified “that her husband and five others from the same city had sought treatment after learning about Burzynski from a

television broadcast--and that all had died of their disease” (Stephen Barrett, *Questionable Cancer Therapies*).

Consider the Luigi Di Bella cancer therapy, which consists of a cocktail of vitamins and supplements. He claimed that thousands were cured; some testimonials were produced; but a government clinical trial in Lombardy, Italy, of 386 patients found that the following:

“No patient showed complete remission. Three patients showed partial remission: 1 of the 32 patients with non-Hodgkin's lymphoma; 1 of the 33 patients with breast cancer; and 1 of the 29 patients with pancreatic cancer. At the second examination, 12% (47) of the patients had stable disease; 52% (199) progressed; and 25% (97) died” (“Italian Study Group for the Di Bella Multitherapy Trials: results of phase II,” *British Medical Journal*, 318:224-228, 1999).

### **If It Helps One Person It Can Help All**

Another misconception is that if an alternative health practice helps one person it can help all.

It is important to understand that even if a certain treatment is effective for one person does not mean it is effective across the board. A certain vitamin or supplement might help one person, but that does not mean that it will help others.

### **If It Is Natural It Must Be Good**

Another misconception is that if it is natural it must be good.

But in fact, many natural things are dangerous. Most poisons are perfectly natural!

## Only “Natural” Is Right

A similar misconception is that only things that are “natural” in the field of diet and health care are proper.

In the eyes of those who hold this doctrine, herbs and other “natural” products are considered useful and safe, whereas “man-made” medicines such as antibiotics, inoculations, and man-made vitamins are considered improper and dangerous. The fact is that God gave man the wisdom and the authority to subdue the earth and have dominion over it (Genesis 1:28). Every good gift is from above (James 1:17). Though we recognize that doctors aren’t gods and they are imperfect and make mistakes, it is foolish and unscriptural to reject the benefits of modern medicine. There are doubtless dangers in the field of modern medicine, but there are also many dangers in the field of alternative or natural health care!

Personally, I thank the Lord for every advance in medicine. I thank the Lord for antibiotics, anesthesia, inoculations, modern surgery, dialysis, advanced pain killers, you name it! Modern medicine has greatly increased the length and quality of human life. If you don’t believe it, spend a few years in the remote villages of South Asia or central Africa.

Dr. David Sneed says:

“The fact is, nature is ‘fallen,’ according to the Bible. Expelled from Paradise, man has had to learn to wrest from nature good farming land, tolerable living conditions--and disease-fighting drugs. A gracious God has given us both the raw material and the ability to develop such technologies as medical science. Why deny ourselves such gifts, in a misguided attempt to return to a naïve concept of nature?” (*The Hidden Agenda*, p. 112).

# When Is Alternative Medicine Wrong?

It is not wrong, of course, to want to live in a healthy manner, and we know that many “natural” or “alternative” remedies are effective and legitimate for certain problems, but when a practice enters into the realm of the occult, it is forbidden by God’s Word.

“There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the LORD; and because of these abominations the LORD thy God doth drive them out from before thee” (De. 18:10-12).

“Thus saith the LORD, Learn not the way of the heathen, and be not dismayed at the signs of heaven; for the heathen are dismayed at them” (Jer. 10:2).

“And have no fellowship with the unfruitful works of darkness, but rather reprove them” (Eph. 5:11).

“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, And will be a Father unto you, and ye shall be my sons

and daughters, saith the Lord Almighty” (2 Co. 6:14-18).

“What say I then? that the idol is any thing, or that which is offered in sacrifice to idols is any thing? 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. 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” (1 Co. 10:19-21).

“Little children, keep yourselves from idols. Amen” (1 Jo. 5:21).

Consider some examples of philosophies and practices that contain very dangerous spiritual elements that can usually be traced to idolatrous eastern religions.

### **Life Force Energy**

A prominent occultic philosophy that has infiltrated the western medical field is the idea that there is a metaphysical life force energy that flows through and/or around the body and affects the health. This is foundational to eastern mysticism, which aims to manipulate the flow or balance of life energy to restore and maintain health. Hindus call it *prana*; Chinese call it *chi* or *qi* (pronounced chee); Japanese call it *ki*. Terms with similar meaning are *kia*, *huna*, *mana*, *innate*, *ordic*, and *orgone*.

It is purely occultic, with no biological basis or biblical support, and it lies at the heart of yoga, eastern massage, Reiki, feng shui, tai chi, qi gong, acupuncture, acupressure, polarity therapy, magnetic therapy, biofeedback, reflexology, iridology, Ayurveda, homeopathy, and the martial arts.

Consider what the *Harper's Encyclopedia of Mystical & Paranormal Experience* says about the field of “bodywork” (e.g., acupuncture, chiropractic, polarity

therapy, reflexology, Reiki, rolfing, therapeutic touch, touch for health).

“Bodywork therapies assume the existence of A UNIVERSAL LIFE FORCE that affects health, which can be stimulated by the therapy. ... Bodywork therapy involves a high level of intuitive awareness on the part of the therapist; PSYCHIC ABILITIES SOMETIMES DEVELOP over the course of time. Patients sometimes report experiences such as past-life recall and clairvoyance.”

The wise Bible believer does not need any further warning. If these practices are founded on the assumption of a “universal life force” and sometimes result in “past-life recall and clairvoyance,” they are obviously demonic and should be avoided like the plague.

*The Encyclopedia of New Age Beliefs* offers the following warning:

“We believe that any system which claims to regulate or manipulate ‘invisible energies’ is, at least potentially, an introduction to occult energies and should be avoided.

## Humors

Another example of an occultic philosophy that has invaded the field of medicine is the idea of humors. It is based on the ancient Greek cosmology that there are four elements--fire, air, water, and earth--and these have four corresponding humors in the body: choler (yellow bile), blood, phlegm, and melancholy (black bile). An imbalance of the humors supposedly results in sickness, and humor practitioners prescribe remedies to control and balance the humors, but it is pure *hocus-pocus*!



## Visualization

Visualization is a foundational New Age technique that is used widely in holistic health care. For example, the Taoist Water Method uses visualization to “dissolve energy blockages.” It is described as follows:

“Lift your hands above your head ... begin slowly moving your hands down your body. As you sense or feel a blockage, stiffness, or pain, visualize it as hard and cold ice. Allow it to turn from stiff ice to fluid water as the cleansing line touches it. Then allow the water to vaporize and lift out of your body and out of your outer energy. With your exhale, send it far away from your being. ... Continue down your body, doing this wherever you feel blockage or pain” (John Talbot, *Come to the Quiet*, p. 221).

This is occultic *hocus-pocus*, and any benefit derived from it is either psychological or demonic. Visualization is the doctrine of the power of mind over matter, and it is nowhere supported by Scripture.

## Hypnosis

Another occult practice that has invaded the health care field is hypnosis.

This is “an induced altered state of consciousness in which the subject becomes passive and is responsive to suggestion” (*Harper’s Encyclopedia of Mystical and Paranormal Experience*).

The term hypnosis comes from *hypnos*, the Greek god of sleep, and was coined by James Braid, a 19th-century British mesmerist.

Once confined to the most extreme segments of quackery, hypnosis has entered the mainstream of modern medicine. Donald Connery, in *Exploring Hypnosis*, says, “There is greater interest in and employment of medical hypnosis than

ever before in history.” The American Medical Association approved the use of hypnosis in 1958. Courses on hypnosis are taught in many medical schools and an estimated 20,000 medical and psychological specialists use it (“Hypnosis,” *The Encyclopedia of New Age Beliefs*).

Hypnosis is used in pain relief, anesthesiology, drug and alcohol abuse treatment, weight control, birth control, sleep therapy, physical healing, psychological healing, self improvement, human potential, regression therapy (healing the present through recovering the past), and other ways.

When used in the field of modern health care, the idea is that the practice of hypnotism itself is innocent and useful and can be divorced from its occultic associations, but this is impossible. Consider its roots:

Hypnotism arose from the field of occultism and remains intimately associated with it. *The Encyclopedia of Occultism and Parapsychology* says: “Hypnotism is no longer classed with the occult sciences. ... Nevertheless its history is inextricably interwoven with occultism, and even today much hypnotic phenomena is classed as ‘spiritualistic.’”

*The Encyclopedia of New Age Beliefs* observes: “Historically, hypnotism is typically associated with the occultist or psychic, the one who exercises power over things or persons, such as the shaman, magician, witch doctor, medium, witch, guru, or yogi.”

In the 18th century, Emanuel Swedenborg (1688-1772) communicated with spirits while in a trance state induced by breath control. It was called somnambulance. In 1788, a Swedenborgian society in Stockholm reported to a sister society in France a number of cases in which somnambulists had transmitted messages from the spirit world (Slater Brown, *The Heyday of Spiritualism*).

Anton Mesmer (1734-1815), an astrologer and occultist, proposed a healing technique through hypnosis and the flow of “animal magnetism” from the practitioner to the patient.

He held the occultic view that there are thousands of channels in the human body through which an invisible life force flows and that illness is caused by blockages. The practitioner of animal magnetism could allegedly cure sicknesses by overcoming the obstacles and restoring the “flow.” The term “to mesmerize” is based on Mesmer’s hypnotic practices, and the field of modern hypnotism stemmed from his techniques.

Mesmerization or hypnosis produced two occultic movements in the 19th century.

One of these was **NEW THOUGHT OR MIND SCIENCE**. Phineas Quimby (1802-66), a student of Mesmer, called his “mind healing” theories the Science of Health. He was hypnotist who claimed that disease is caused by false belief. He believed that Jesus healed by His understanding of “the science of health.”

Quimby had a powerful influence on Mary Baker Eddy, founder of Christian Science, who was one of his patients. Her primary book was *Science and Health with Key to the Scriptures* (1875). She taught that disease does not exist except in the mind. Christian Science is more akin to Hinduism and Buddhism than to Biblical Christianity. It teaches a pantheistic view that “God is All-in-all ... God is Mind, and God is infinite; hence all is Mind.” Healing is achieved by aligning one’s thinking with this “reality” so as to overcome the “false reality” of disease.

The other occultic movement produced by hypnotism was **SPIRITISM** or communion with spirits of the dead. This is necromancy or consulting with familiar spirits, and it is entirely forbidden by God (De. 18:10-14).

A Mesmer student, Andrew Jackson Davis, published a book in 1847 which was dictated to him by spirits while he was in a mesmeric trance. *The Encyclopedia of Psychic Science* says, “The conquest by spiritualism soon began and the

leading Mesmerists were absorbed into the rank of the spiritualists.”

The spiritist revival in Brazil also began with hypnosis. French educator Leon-Denizarth-Hippolyte Rivail was led through hypnosis to communication with spirits. His spirit guide instructed him to take the name Allan Kardec, and under this name he wrote the very influential *The Book of the Spirits* (1857).

John Ankerberg observes: “Mesmerism, then, paved the way for occult revival. And there is an ominous parallel today in the great upsurge of interest in hypnotism as both an occult method and a medical-diagnostic tool. ... **Whatever their differences, one fact is admitted by all. The phenomenon of mesmerism is today known as hypnotism**” (*The Encyclopedia of New Age Beliefs*).

The danger of hypnotism is evident from the fact that it can produce a wide variety of occult phenomena, including past life experiences, multiple personalities, speaking in unknown languages, automatic writing, clairvoyance, telepathy, seizures, spirit possession, astral projection, and psychic diagnosis (*The Encyclopedia of New Age Beliefs*).

One famous example of multiple personalities that developed through hypnosis is Susan Houdelette. She was a normal woman who sought the help of a therapist to quit smoking, but when placed under hypnosis she developed 239 different personalities!

There is an entire field of repressed memory syndrome whereby supposed hidden memories are recovered through hypnosis and other techniques. What has often been recovered, though, are fantasies that become reality to the patients.

“... there are thousands of victims today who, because of hypnotic regression, only think that they were subject to sexual or satanic abuse as children. This has resulted in great tragedies, including ruined families (where parents

were the alleged abusers or Satanists) and patients who committed suicide. Because thousands of families have been torn apart by things like this, a national organization has been formed specifically to draw attention to the problem and to help victims of what is termed the ‘false memory syndrome’” (*The Encyclopedia of New Age Beliefs*).

Many support hypnotic therapy because “it works,” but just because something “works” does not mean that it is right. There are satanic powers. The magicians in Egypt were able to perform amazing feats and could even duplicate some of the divine miracles, such as turning a rod into a serpent (Exodus 7:10-12, 19-22; 8:5-7).

Further, it must be understood that hypnotic healing often results in “symptom substitution,” whereby victory in one area results in defeat in another. One woman who lost her fear of spiders developed a strong addiction to alcohol. Another who found relief from the pain of gall-stones began to suffer from terrible outbursts of rage.

Dr. Kurt Koch, a Christian expert in occultic phenomena, warned:

“I could quote many examples like this involving so-called harmless hypnotists. ... The unfortunate thing is that occult hypnosis is often used as a means of obtaining healing. The apparent success of the hypnosis, however, is accompanied without fail with all sorts of mental and emotional disturbances” (*Demonology Past and Present*, 1973, p. 128).

This is a very loud warning to those who have ears to hear.

Even though hypnotism has been “secularized” and brought into the fields of health care and education, it is still intimately associated with the occult.

It is one of the most prominent techniques in the New Ager’s toolbox. It is used as the door to astral planes, as the

key to uncovering UFO abductions, and as a wonder tool to help people develop psychic powers.

Simeon Edmunds, author of *The Book of Hypnosis*, says the first step in the development of psychic power is to enter the deepest possible level of hypnosis. In *Hypnotism and the Supernormal*, Edmunds says that “many of the most famous spiritualistic mediums began their psychic careers as hypnotic subjects, and hypnosis has been used with marked success in the development of a number of others.”

Hypnosis is used by channelers to prepare themselves for communication with spirits. For example, Esther Hicks, the channeler of an entity called Abraham, makes contact with her spirits through self-induced hypnotic trance. Various channeled spirits have actually recommended the practice of hypnosis.

Hypnosis is used to recover the events of alleged past lives. As a member of the Self-Realization Fellowship Society before I was converted to Jesus Christ, I was taught a method of hypnosis or guided imagery which was supposed to allow me to investigate my past lives. Some who have used this technique have actually seen places in their “imagination” that they have never visited only to discover these actual places later while traveling.

This is a fearful demonic deception, because the Bible says man lives on this earth once and then faces judgment. “And as it is appointed unto men once to die, but after this the judgment” (Heb. 9:27).

There is no transmigration of the soul through various life experiences. Reincarnation is a lie of the devil, and those who experience past lives are experiencing a strong delusion.

Yet hypnosis persistently results in the delusion of past life recovery. One large study of 6,000 hypnotized subjects found that 20% reported “earlier lives” (Deidre and Martin Bobgan, *Hypnosis and the Christian*, p. 23). And this is true even when it is used by therapists who don’t believe in reincarnation.

For example, psychologist Diana Denholm first used hypnosis to help people stop smoking and lose weight and other such things, but when some of her patients experienced “past lives” she became convinced of its reality. She now uses “regression therapy” regularly (Raymond Moody, *Coming Back: A Psychiatrist Explores Past-Life Journeys*, pp. 12-13).

Psychiatrist Brian Weiss, author of *Many Lives, Many Masters*, is another example. He became a staunch believer in reincarnation when one of his female patients, while under hypnosis, described past lives. He has assisted more than 4,000 patients to dredge up alleged past life experiences.

The fact that hypnosis is so intimately associated with the occult and communication with spirit realms forbidden in Scripture is a loud warning to those who have ears to hear.

“There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the LORD: and because of these abominations the LORD thy God doth drive them out from before thee” (De. 18:10-12).

The wise Christian will stay far away from anything savoring of the occult! Playing with such things is like playing with a poisonous serpent.

The Bible repeatedly exhorts the believer to be sober.

“Therefore let us not sleep, as *do* others; but let us watch and **BE SOBER**” (1 Th. 5:6).

“That the aged men **BE SOBER**, grave, temperate, sound in faith, in charity, in patience” (Tit. 2:2).

“That they may teach the young women to **BE SOBER**, to love their husbands, to love their children” (Tit. 2:4).

“Young men likewise exhort to **BE SOBER MINDED**” (Tit. 2:6).

“Wherefore gird up the loins of your mind, **BE SOBER**, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ” (1 Pe. 1:13).

“But the end of all things is at hand: **BE YE THEREFORE SOBER**, and watch unto prayer” (1 Pe. 4:7).

“**BE SOBER**, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour” (1 Pet. 5:8).

To be sober means to be in control of one’s mind, to be spiritually and mentally alert. It means to be vigilant, to be on guard against danger. It is the opposite of allowing oneself to be put into *any kind of trance*. Unless the believer remains sober and vigilant, he is in danger of being deceived.

Thus, even a “mild” level of hypnotism can be spiritually dangerous.

The Bible warns that demons transform themselves into angels of light (2 Co. 11:13-15), and they are ready to deceive those who go beyond the bounds of biblical protection. The devil is very active. He “walketh about, seeking whom he may devour” (1 Pe. 5:8).

The fact that hypnosis is used today by some Christian psychologists and doctors, does not justify it. We live in an apostate age of illicit ecumenism, syncretism, and interfaith dialogue, an age in which multitudes of professing Christians have turned their ears from the truth and have turned to fables (2 Timothy 4:3-4). Instead of standing on the Bible alone as the sole authority for faith and practice (though they might give lip service to this principle), professing Christians are delving into forbidden realms and mixing truth with lies. The white of truth and the black of error have become the gray of end-time compromise, and “Christian psychology” is a major element of the compromise.



## **Meditation**

Another New Age technique that has invaded the field of health care is meditation.

Meditation is the practice of relaxing and entering into a transcendental state of consciousness. It involves putting oneself into a hypnotic or an “altered” state of consciousness through repeating a mantra or focusing the mind on a single picture or mental image, etc.

Meditation is an integral part of Hinduism, Buddhism, Sufism, and pagan spirit worship. I was taught meditation techniques as a member of the Self-Realization Fellowship Society before I was converted to Jesus Christ. They describe meditation as “the science of uniting the individual soul with the Cosmic Spirit.”

Meditation is used everywhere in the New Age. Alice Bailey, founder of the Lucifer Trust, taught that meditation is one of the most important means of recognizing one’s own divinity and tapping into the wisdom of the universe. She organized meditation groups to meet on the full moon “to create lines of spiritual force” to prepare for the coming of the New Age christ (Robert Eelwood, *Alternative Altars: Unconventional and Eastern Spirituality in America*, p. 134).

New Age channelers use meditation to align themselves with their spirits. David Spangler, who channeled a spirit called “John,” said:

“In order to accomplish it, I must enter into meditation and align with my own Higher Self, my inner spirit, for it is with that level that John can communicate most effectively” (*Conversations with John*, 1980, p. 1).

Meditation is the first step of the Silva Mind Control Method. The student is taught that after entering a meditative state (which is called “reaching your level”) he can perform various occultic things such as out-of-body travel.

New Age gurus promote meditation.

John Gray recommends meditation as one of his “nine steps for creating the miraculous.”

John Canfield recommends meditation as the way to hear the voice of God.

Cheryl Richardson describes meditation as “spending time with yourself just turning your vision inward.” She suggests that the practitioner relax and do the following:

“Imagine that you are inhabiting yourself ... imagine someplace where you feel comforted ... Just relax into this place ... As you rest in this place, just ponder the question: Why am I here? ... You may see an image or hear a word. Just sit with this question: Why am I here? What are you called to do? What’s calling you in your life. Simply notice anything that comes to mind, and enjoy this time with yourself.”

Oprah Winfrey calls it “centering up for myself” and believes that it connects her to her spirit guides.

Shakti Gawain says:

“Almost any form of meditation will eventually take you to an experience of yourself as source, or your higher self. ... you may even experience a lot of energy flowing through you or a warm radiant glow in your body. These are signs that you are beginning to channel the energy of your higher self” (*Creative Visualization*, 2002, back cover).

New Agers believe that meditation has the power to create a new world. The Harmonic Convergence and Global Peace Meditation Days are predicated upon this concept. Each Meditation Day features, among other things, a sustained period of meditation focusing on peace and harmony.

Since the 1980s, the New Age practice of meditation has been infiltrating the field of health care in America. In 1987, *USA Today* reported:

**“Once a practice that appealed mostly to mystics and occult followers, meditation now is reaching the**

**USA's mainstream.** ... The medical establishment now recognizes the value of meditation and other mind-over-body states in dealing with stress-related illness" (*USA Today*, Sunday supplement, July 24-26, 1987).

Ray Yungen observes that those who practice meditation for health can get more than they bargain for:

"As one meditation teacher explains, 'It is more than a stress reducer. It is the vehicle all religions use to impart the esoteric knowledge of their own mystical tradition.' Thus, **many people have unwittingly become New Agers by simply seeking to improve their physical and mental health through meditation.** ... [Joan] Borysenko, a medical doctor, revealed: 'I originally took up secular meditation for its medical benefits and in time discovered its deeper psychological and spiritual benefits'" (*A Time of Departing*, p. 99).

As we have seen, the Bible's exhortations for the believer to be "sober" (e.g., 1 Thessalonians 5:6; 1 Peter 5:8) forbid any practice whereby the individual ceases to be *fully* in control of his or her mind.

To be sober in a biblical sense means to be spiritually and mentally alert. It means to be on guard against danger. It is the opposite of being in an altered state of consciousness.

## **Dream Analysis**

Another New Age technique that is spreading within the field of health care is dream analysis. The idea typically is that one's dreams are a form of revelation from the realm of the "unconscious" and that the individual can learn to interpret them and thus be guided by them.

Cross Country Education has provided training in dream analysis to more than one million health care professionals since 1995 (<http://www.seminarinformation.com/qqbuen/>).

The Discovery Channel's online Health Center features six steps to decoding dreams from Marcia Emery's book *The Intuitive Healer: Accessing Your Inner Physician*.

WebMD and EmaxHealth, general purpose medical health web sites, feature sections on dream interpretation.

The *Aisling Dream Interpretation* course claims that "dreams always advise us of the best course of action to improving health" and they "open your eyes to the presence of angels in your life."

It is true that God sometimes gave revelation by dreams in Bible times, but He also made the meaning clear in such cases. For example, the dream given to Nebuchadnezzar was interpreted by Daniel (Daniel 2). The Bible does not teach God's people to expect revelation by dreams and does not instruct in the interpretation of dreams.

The current focus on dream interpretation came from the influential psychiatrist Carl Jung. He believed that dreams "serve to guide the waking self to achieve wholeness," but he was a deceived man who communicated with demonic spirit guides all his life.

In fact, dream interpretation is pure guesswork. For example, at the Edgar Cayce web site we find the following dream and its analysis:

"I am from Scotland. I dreamt that I had a couple of worms attached to me. One was on my arm. They seemed to originate from tiny insects (maybe ants). Someone said I had to get rid of them as they would attach to my face and I felt a little anxious about that. My husband pulled them off and said not to worry, as they were easy to get rid of."

"Dear Dreamer, bugs or insects can often be symbolic of something bothering or 'bugging' the dreamer. The fact that they originated from tiny insects suggests that you may have allowed tiny worries to grow into bigger issues and problems. Your husband telling you not to worry could be literal in terms of his approach to something

you are concerned about. I think the dream is related to your worrying about your new job and is simply showing you that it is not as big of a problem as you are making it into.”

The “interpretation” is nothing but a silly wild guess.

Those who seek wisdom through dream interpretation are in great danger of being deluded. We don’t need dream revelation. We have the complete revelation of God in the completed canon of Scripture which is able to make us “*perfect, thoroughly furnished unto all good works*” (2 Timothy 3:16-17).

# Popular Alternative Practices

## Reiki

A study on alternative medicine in the January 2008 report in *U.S. News & World Report* focused on the rapid growth of Reiki (pronounced ray-key). The report says the number of Reiki practitioners worldwide is in the millions, with half a million in the United States and over a million in Germany.

According to the American Hospital Association, 15% of hospitals were using Reiki in 2007.

A report in *The Washington Post* for May 16, 2014, was entitled “Reiki Goes Mainstream.”

In 2016, *Newsweek* magazine reported that “Reiki classes are cropping up all across the country, with courses offered everywhere from Tallahassee, Florida, to Seattle, Washington” (“The Healing Power of Reiki,” *Newsweek*, Feb. 28, 2016).

The practice has been praised by Oprah and Dr. Oz.

Lighthouse Trails observes:

“If *US News & World Report* is correct in their assessment that Reiki, Yoga, and other types of healing practices are now mainstream, then Reiki is here to stay. One can only wonder if Reiki is going to become as popular in Christian circles as Yoga now has. If it does, then as with contemplative spirituality, the spiritual lives of countless people will be jeopardized and the Gospel of Jesus Christ seriously compromised.”

Reiki is an occultic practice that allegedly channels “universal healing energy” for human benefit such as relaxation and physical healing.

The word “reiki” is Japanese for “spiritually guided life force energy.” *Rei* means “a higher power’s wisdom” and *Ki*

is “life force energy.” As we saw in the chapter “When Is Alternative Medicine Wrong,” it is also spelled *chi* and *qi*.

It was developed in Japan in the early 20th century by Mikao Usui. During a 21 day program of fasting, meditation, chanting, and other pagan contemplative practices he allegedly experienced “the great Reiki energy entering” into him and found that he could use the energy to heal others. It came in the form of a light that moved toward him and entered the middle of his forehead (Mohan Makkar, *The New Reiki Magic*, p. 5). Usui allegedly began to heal with his touch and to initiate others into the “energy.” Reiki was established in Hawaii in the 1930s and from there spread to North America. The American International Reiki Association was formed in 1982.

The International Center for Reiki Training says:

“Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. ... Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect.”

That sounds harmless enough, doesn't it?

But it is purely occultic and therefore spiritually dangerous and forbidden to the child of God.

William Rand, founder of Holy Fire Reiki, says, “As long as the person wants to receive the attunement and wants the ability, it comes right in. The energy respects free will—if the person doesn't want it, it's not going to force itself on them. ... When I learned Reiki, I realized there was no limit to the quality of the energy and that it could be further refined and upgraded. ... What we're understanding is that WE'LL CONTINUE TO BE INTRODUCED TO HIGHER AND MORE EFFECTIVE LEVELS OF THE ENERGY so that it will be easier for people to heal and receive benefits from it as

time goes by.” (“The Healing Power of Reiki,” *Newsweek*, Feb. 28, 2016).

This is a loud warning that those who delve into Reiki are dealing with demons. According to the Bible, there is no such thing as an intelligent “life force energy” that is not either human, angel (good or fallen), or God.

Reiki is transferred or initiated by the laying on of hands. The Reiki manual is subtitled “The Healing Touch.” The Reiki practitioner places his hands on the same spot of the body for three minutes at a time, and the energy is supposed to be mystically drawn out by the recipient. Horan says, “... if I lay my hands on you to do a treatment, your body will naturally draw the appropriate amounts of energy it needs, and to the proper places” (*Abundance Through Reiki*, p. 20).

Reiki has three levels or degrees of initiation, the third level being the master level. The degrees are called “attunements” whereby the student is brought into harmony with the Reiki energy and taught how to channel it. The initiations are thought to create channels for the flow of Reiki.

Reiki is largely Hindu in its philosophy. It is described as “an energy incomprehensible to the intellect which flows through everything, transforming all realms of life ... Reiki is oneness” (Paula Horan, *Abundance Through Reiki*, p. 10).

Reiki is founded on the Hindu concept that God is everything and man is part of God. One Reiki Master says that “Reiki will eventually guide you to the experience that you yourself are Reiki or Universal Life Force Energy. ... you and I are that same Universal Life Force Energy” (*Abundance Through Reiki*, pp. 9, 23).

Reiki is thought to open the chakras of the “astral body,” which is a Hindu doctrine. The astral body is supposed to be an energy body that is associated with the physical body, and the chakras are energy channels that can be manipulated.



Paula Horan said that her Reiki teacher gave her a new name, *Laxmi*, the Hindu goddess of wealth and good fortune. He said to her, "I am giving you the name Laxmi, because in this lifetime, you will fulfill all of your desires" (*Abundance Through Reiki*, p. 152).

The recipients of Reiki describe it as a powerful sense of warmth and security, "a wonderful glowing radiance that flows through and around you."

It is not only supposed to provide healing but also to initiate the recipient into higher levels of spiritual transformation. The International Reiki Center says that "many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it." This is the mystical approach that bypasses thinking with an experiential connection with a "higher power."

Reiki involves not only "life energy" but also spirit guides. The International Reiki Center web site says:

"Occasionally witnessing miracles. Feeling the wonder of God's love pass through you and into another. SENSING THE PRESENCE OF SPIRITUAL BEINGS, feeling their touch, knowing they work with you. Being raised into ever greater levels of joy and peace by simply placing your hands on another. Watching your life grow and develop as your continual immersion in Reiki transforms your attitudes, values and beliefs. Sensing that because of your commitment to help others, BEINGS OF LIGHT ARE FOCUSING THEIR LOVE AND HEALING ON YOU AND CAREFULLY GUIDING YOU ON YOUR SPIRITUAL PATH. This is the promise of a developing Reiki practice. ... THERE ARE HIGHER SOURCES OF HELP YOU CAN CALL ON. ANGELS, BEINGS OF LIGHT AND REIKI SPIRIT GUIDES as well as your own enlightened self are available to help you. ... There must be congruence, an alignment within you in order for the Higher Power in the form of Reiki to flow through you in a powerful way

and in order for THE ANGELS, REIKI SPIRIT GUIDES AND OTHER SPIRITUAL BEINGS TO WORK WITH YOU.”

The Reiki practitioner is taught to get in tune with these spirit guides, to pray to them, and to yield to their control.

“Try the following prayer: ‘Guide me and heal me so that I can be of greater service to others.’ By sincerely saying a prayer such as this each day, your heart will open and a path will be created to receive the help of higher spiritual beings. They will guide you in your Reiki practice and in the development of your life purpose.”

Reiki is said to open up “psychic communication centers”:

“During the Reiki attunement process, the avenue that is opened within the body to allow Reiki to flow through also opens up the psychic communication centers. This is why MANY REIKI PRACTITIONERS REPORT HAVING VERBALIZED CHANNELED COMMUNICATIONS WITH THE SPIRIT WORLD” (Phylameana Desy, *The Everything Reiki Book*, 2004, p. 144).

A form of Reiki called “Kundalini Reiki” is increasing in popularity in America.

“You can use the energies on yourself, others, animals, objects, qualities, karma, etc. You can use the system in person or by distance ... Most people who use Kundalini Reiki notice that over time their intuition increases AND SOMETIMES NEW SPIRITUAL GIFTS COME ONLINE” (“10 Reasons Why Kundalini Reiki Is So Popular,” Aug 31 2017 Blissfullight.com).

For a warning about the danger of Kundalini, see the following report on Ayurveda.

The *Reiki Journal* suggests that message therapy is an excellent tool for spreading Reiki.

Following is a concluding warning about Reiki:

“My mom is into the New Age movement and has had Reiki done on her for years; recently she started practicing Reiki. She does it on friends and family members (I am the only Christian in the family). I live with back pain, and she has wanted to do it on me. I have always said no, but after researching Reiki I finally decided to tell her that my beliefs conflict with Reiki and that the ‘energy’ is actually demonic (that was a difficult conversation). ... she regularly meditates and talks to ‘her angel,’ whom she credits with anything good happening. She is getting deeper into this. My mother says she prays to ‘Jesus’ before doing Reiki. ... She does not believe in the Bible or most of it anyway, nor Jesus’ deity, but rather [that] He came to point the way to God. ... Obviously this is a false Jesus. ... one of her angels is ‘like a best friend’ and has a name” (“My Mother Is Doing Reiki,” *Lighthouse Trails*, Feb. 9, 2016).

## Ayurveda

Ayurveda is a Hindu occultic folk healing system that claims to be four to five thousand years old. It is used by millions of people in India, Nepal, Sri Lanka, Singapore, Fiji, and elsewhere in the East and has been growing rapidly in the West since the 1970s.

New Age teacher Deepak Chopra has helped popularize Ayurveda. After meeting Maharishi Mahesh Yogi (the Transcendental Meditation guru), Chopra founded the American Association for Ayurvedic Medicine in 1985 and later became the director of the Maharishi Ayurveda Health Center for Stress Management.

Chopra’s 1989 book *Quantum Healing* promoted Hindu concepts, and his book *Perfect Health* (1991) was “the first widely read book on Ayurveda” (*Wikipedia*). His 1993 book *Ageless Body, Timeless Mind*, which quotes “ancient Indian rishis” and claims that man does not have to experience

aging, went into the stratosphere of book sales after it was recommended by Oprah Winfrey. In one day 130,000 copies flew off the shelves.

Chopra says that Ayurveda not only holds the key to personal healing but to planetary rejuvenation, as well:

“Ayurveda is the science of life and it has a very basic, simple kind of approach, which is that we are part of the universe and the universe is intelligent and the human body is part of the cosmic body, and the human mind is part of the cosmic mind, and the atom and the universe are exactly the same thing but with different form, and the more we are in touch with this deeper reality, from where everything comes, the more we will be able to heal ourselves and at the same time heal our planet” (interview with Veronica Hay, *InTouch* magazine, <http://www.intouchmag.com/chopra.html>).

In India, Ayurveda is a recognized medical health system governed under the Central Council of Indian Medicine. Practitioners undergo five and a half years of training to earn the Bachelor of Ayurvedic Medicine and Surgery, and higher degrees are available.

*Ayurveda* means knowledge of life, and it is said to be “a science of life that deals with the problems of longevity, and suggests a safe, gentle, and effective way to rid diseases afflicting our health” (Swami Sada Shiva Tirtha, *The Ayurveda Encyclopedia*, 2006, p. xix).

It claims to have been handed down from Brahma to other gods and obtained through meditation by an ancient Hindu sage named Bharadvaja and then passed along to other gurus (*The Ayurveda Encyclopedia*, p. xxiii).

“It is said that they received their training of Ayurveda through direct cognition during meditation. That is, the knowledge of the use of the various methods of healing, prevention, longevity, and surgery came through Divine revelation” (*Ayurveda Encyclopedia*, p. 3).

It is one of the Hindu Vedic religious systems and is intimately associated with yoga. It was once a part of *Jyotish veda*, which refers to astrology. *Jyoti* means light.

Ayurveda is based on the concept that all existence is part of God and man is divine and can achieve union with God through meditation and other practices. The objective of Ayurveda is to bring man into a divine wholeness in all areas of his life, physical, life purpose, relationships, and spirituality.

“According to Vedic philosophy life is Divine and the goal of life is to realize our inner Divine nature. AYURVEDICALLY SPEAKING THE MORE A PERSON REALIZES THEIR DIVINE NATURE THE HEALTHIER THEY ARE. Thus it is the responsibility of the Ayurvedic doctor to inspire or help awaken the patient to their own inner Divine nature. ... When patients are taught they have this Divinity within themselves, they feel a connection to life and God (however each patient defines God). ... Having someone recognize one’s inner Divinity and self-healing abilities develops confidence. Experiencing positive results from self-healing and spiritual development further generates confidence, health, mental peace, and Divinity” (*Ayurveda Encyclopedia*, pp. 8, 11).

According to Ayurveda, life is composed of **five essential elements**: ether, air, fire, water, and earth. These are not elements in the chemical sense but are “states of matter” (*Aghora II: Kundalini*, p. 31).

The supposed five elements combine to form three types of human constitutions called **doshas**: *Vayu* (or *Vata*), *Pitta*, and *Kapha*. *Vayu* is a combination of ether and air. *Pitta* combines fire and water. *Kapha* combines water and earth. Each *dosha* is thought to control a part of the body’s function. *Vayu* controls movement and basic body processes such as breathing and circulation; *Pitta*, hormones and the digestive system; *Kapha*, strength, immunity, and growth.

An imbalanced *dosha* is believed to interrupt the natural flow of *prana*, or vital energy. This is the same as *chi*.

In a nutshell, the practice of Ayurveda is composed of identifying the patient's *dosha*, determining how it is out of balance, and bringing it into harmony through various tools such as diet, massage, enema, yoga, oil therapy, the worship of idols, etc.

Each type of *dosha* individual is thought to have certain personality traits when they are in proper balance. Healthy *Vayu* types, for example, are adaptable and cheerful, but if they have excess *Vayu* they will possibly be very thin, have dry skin or bone problems, talk fast, become easily tired, forgetful, worried, fearful, or nervous (p. 18). Balanced *Kapha* types are loyal and calm, but when *Kapha* is excessive they tend toward being overweight, having bronchitis, being lethargic, too attached, and sentimental.

It is obvious that to ascribe such a wide range of problems to an unbalanced "dosha," which is mythical and cannot be detected, leaves the field wide open to runaway quackery.

Cancer in the blood is supposed to indicate excess *Pitta*; Osteoporosis, too much *Vayu* in the bones. Muscular Dystrophy is a *Kapha* problem (p. 20).

Types of disorder pertaining to the *dosha* are thought to evidence in the stool. Hard stools indicate a *Vayu* disorder "from the dryness caused by gas." Soft or liquid stools reflect a *Pitta* excess heat. Moderate stools indicate *Kapha* (*Ayurveda Encyclopedia*, p. 19).

In fact, having lived in Asia for decades, I would say that liquid stools indicate something more along the lines of an intestinal bug!

The Ayurvedic doctor must also learn to handle **ojas** or **life sap**. You have to be really careful with this stuff, because it "pervades every part of the body" (p. 21). *Ojas* is depleted by excessive sex, drugs, talking, loud music, insufficient rest, and high technology. Signs of depleted *ojas* are "fear, worry,

sensory organ pain, poor complexion, cheerlessness, roughness, emaciation, immune system disorders, and easily contracting diseases.”

Ayurveda teaches that as the body has its three *doshas*, the mind has three *gunas*. These are *sattwa*, *rajas*, and *tamas*. The Ayurvedic doctor tries to determine what type of mind the patient has, which is not a simple thing since an individual might have a combination of *gunas* for a total of 20.

The Ayurvedic doctor wants to get everything working harmoniously, the *gunas* aligned for mental health and the *doshas* and *ojas* flowing nicely for physical well-being.

This is just the very beginning of the mysteries of Ayurveda. A skilled practitioner must learn how to deal with the five different divisions of each of the *doshas*, the seven *dhatu*s, the three *malas*, the seven *chakras*, and the 72,000 *nadis*, and that is just for starters.

**Ayurvedic remedies** include herbology, nutrition, enema, sun bathing, exercise, bloodletting, fasting, exposure to wind, baths, inducing sweating, inducing vomiting, snuff therapy, inhaling powder or smoke, exercise, massage, oil therapy, herb plasters, relaxation, sleep, yoga, mantras, acupuncture, surgery, aromatherapy, sound therapy, color, gem and ash therapy, astrology, psychology, architectural harmony, yagya (ceremonies soliciting the aid of Hindu gods), ethics, and spiritual counseling.

There is a lengthy chapter in *The Ayurveda Encyclopedia* on **YOGA**.

Yoga means *union* and it is the practice of meditation with the objective of manipulating the *chakras* in order to achieve union between the individual and God or the higher Self.

The Hindu *chakras* are occultic channels of psychic energy and consciousness in the “astral body” or “subtle body.” They are “perceptible only to the enlightened mind.” There are supposed to be seven *chakras*, running from the base of the

spine to the top of the head. They are the *Muladhara* (at the base of the spine, the place of kundalini), the *Svadhishthana* (in the pubic area), the *Manipura* (at the naval), the *Anahata* (near the heart), the *Vishuddha* (in the throat), the *Ajna* (in the center of the forehead, the Third Eye), and the *Sahasrara* (at the top of the head).

The *chakras* are symbolized in Hindu art by the lotus blossom, each *chakra* having a different number of petals. The *Sahasrara*, being the place of perfect enlightenment and union with God, is depicted as the “thousand-petaled lotus.”

The *chakras* are supposed to be connected by *sushumna*, “a spiritual tube within the spine.”

The *prana*, or life force or life energy or life breath, flows through the *nadis*, which are the ethereal nerves of the astral body. There are thought to be from 72,000 to 350,000 *nadis* channels. The *nadis* supposedly meet and connect with one another in the *chakras*.

Yoga seeks to direct the *prana* through the channels of the *nadis* up through the *sushumna* to the *sahasrara* and thus achieve self-realization or union with the divine.

Consider some statements from *The Ayurveda Encyclopedia* about yoga:

“Spiritually, yoga means the union of the red spirit force at the base of the spine with the white spirit force at the crown of the head; the union of the sun-spirit at the navel with the moon-spirit at the head; and the union of the small self with the Divine eternal Self” (pp. 297, 298). [What is called “white spirit” and “red spirit” here is called Shiva and Shakti in other Hindu writings.]

“The first five chakras have nadis that extend to the various organs or sense and action. The sixth chakra relates to higher mental or spiritual activity. Beyond the sixth chakra one enters the realm of the ‘non-describable’ and begins to merely ‘be’ in the state of unbounded eternity or Brahman. This is the goal of life--Brahman or Self-Realization. ... So we see that



prana cleanses the nadis, and in turn the chakras. As they are cleansed, one's spiritual life-force is allowed to flow higher, developing or utilizing the benefits of the higher chakras. As one is able to live with their higher chakras opened, life becomes more peaceful, graceful, and Divine" (*Ayurveda Encyclopedia*, p. 328).

*The Ayurveda Encyclopedia* explains that one can encounter internal voices through yogic mediation, and the practitioner is instructed to listen to the voices and follow their counsel.

"Just as with all spiritual experiences that are out of the norm of supposed societal acceptance, the hearing of inner sounds or voices (nada) has generally been associated with mental illness. Spiritual counseling reassures a person that their experiences and feelings are spiritual--not abnormal. Understanding nada helps persons feel comfortable when hearing any inner sounds. ... If a sound is heard, listen to it. If many sounds exist, listen to those in the right ear. The first sound heard is to be followed. Then, the next sound heard is also to be followed" (p. 343).

I have never read a more effective formula for demon possession!

**KUNDALINI** is mentioned many times in *The Ayurveda Encyclopedia* in connection with yoga. Consider this statement:

"Like a double-tongued snake, kundalini (the essential life force) has two mouths: internal and external. One mouth is stuck in the internal sushumna (a spiritual tube, running up the spine) that leads to Self-Realization. The other mouth is open to the external passage. ... When through the grace of a Guru, the kundalini is awakened, it may appear as a flash of lightning. Once awakened, the kundalini gradually rises up the sushumna. It cleanses karmic sludge out of the spine and the chakras, just as a hot iron rod cleanses the

dirt from a hookah pipe tube. Persons may have experienced quivering, shaking movements of the body, or suspension of breath during meditation. This is the experience of the kundalini shakti cleansing the inner tube and chakras” (*Ayurveda Encyclopedia*, p. 362).

Kundalini is a Hindu concept that there is powerful form of psychic energy at the base of the spine that can be “awakened.” It is described as a coiled serpent and is called “serpent power” and is depicted in Hindu art as a hooded cobra. It is supposed to be located in the first of the seven “chakras” or power centers in the body. If the kundalini is awakened through such things as yogic mediation, tantric practices (e.g., fire worship, goddess worship, and tantric rites), intensive chanting and dancing, and the laying on of hands, it can be encouraged to move up the spinal column, piercing the chakras, eventually reaching the seventh *chakra* at the top of the head, resulting in spiritual insight and power through “union with the Divine.”

Kundalini is called the female Shakti, which is considered the ego or self identity, and the objective of the practice is to unite it with the god Shiva and thus unite the individual into the whole of the divine which is considered the real Self. “The purpose of Kundalini Yoga is to reunite Shiva and Shakti, to create the eternal form of Shiva, Sadashiva” (Robert Svoboda, *Aghora II: Kundalini*, p. 69).

Kundalini is often worshipped in the form of a goddess. She is called “the Great Mother Goddess Kundalini” (*Aghora II*, p. 13). Hindu guru Vimalananda encountered Kundalini as a goddess of crematory fire and death. “When Kundalini awakened for him, she took the form of the Tantric goddess Smashan Tara, the goddess of the burning grounds who enables one to cross over from the reality of life to the reality of death” (p. 21).

Kundalini is occultic. Biblically speaking, it is pure devil worship, because the serpent is Satan and the worship of anything other than the one true and living God is idolatry

and thus devil worship (Deuteronomy 32:17; 1 Corinthians 10:20).

It is not surprising that Kundalini has resulted in many demonic manifestations and its own practitioners issue many warnings about its danger.

*The Ayurveda Encyclopedia* says, “Those who awaken their kundalini without a guru can lose their direction in life ... they can become confused or mentally imbalanced ... more harm than good can arise” (p. 336).

Kundalini practitioner R. Venu Gopalan says that “wrong awakening” of Kundalini is “a very dangerous situation” that can “really hamper a person’s life” and “can cause havoc” (*Soul Searchers: The Hidden Mysteries of Kundalini*, p. 269). He says, “Sadhaka who tries to awaken the Kundalini in haste can cause himself some irreparable damage including psychic difficulties” (p. 262). He says that it can even cause “cancer or other dreaded diseases” (p. 263).

The book *Aghora II: Kundalini* warns many times that “indiscriminate awakening of the Kundalini is very dangerous” (p. 61). It says, “Once aroused and unboxed Kundalini is not ‘derousable’; the genie will not fit back into the bottle. ‘After the awakening the devotee lives always at the mercy of Kundalini,’ says Pandit Gopi Krishna ... Those who ride Kundalini without knowing their destination risk losing their way” (p. 20). Kundalini practitioner Krishna had terrifying experiences and a near death crisis. In fact, the book says “some die of shock when Kundalini is awakened, and others become severely ill” (p. 61).

Kundalini is likened to a toddler grasping a live wire (p. 58). It is said to create sensations of heat and cold, tingling, electric current, inner sounds, inner voices, compulsive movements, loss of memory, a sense of an inner eye, drowsiness, and pain.

The Inner Explorations web site tells of a man who, while dabbling in the activation of kundalini, experienced touches

by invisible hands and animals that would attach themselves to him or bite him or lick his face (<http://www.innerexplorations.com/ewtext/ke.htm>).

Philip St. Romain, a Roman Catholic substance abuse counselor and contemplative retreat master, wrote the book *Kundalini Energy and Christian Spirituality* (1990). He believes that Catholic contemplative practices put one in touch with kundalini, which is “a natural evolutionary energy inherent in every human being.” He began to have strange experiences through centering prayer, which involves emptying the mind and centering down into oneself. He said that after he had “centered down” into silence that gold lights would appear and swirl in his mind, forming themselves into captivating patterns. “Wise sayings” popped into his mind as if he were “receiving messages from another.” He felt prickly sensations that would continue for days.

If you play with fire, don't be surprised if you get burned. The Bible warns the believer to be sober and vigilant (1 Peter 5:8), which means to be in control of one's mind at all times, to be spiritually alert and on guard against spiritual deception. This is impossible if one tries to empty his mind and meditate on his inner being. Furthermore, the Bible says that “the heart is deceitful above all things and desperately wicked” (Jer. 17:9), and if we look far enough into ourselves we will find darkness and not light. The Bible says that Christ lives in the believer, but it never instructs us to pray to him inside of ourselves or to search for Him there.

To participate in practices that are contrary to God's Word, is called presumption, and God does not bless those who do such things. “And no marvel; for Satan himself is transformed into an angel of light” (2 Co. 11:14).

Returning to Ayurveda, it is important to understand that its **Color Therapy and Gem Therapy** are associated with astrology.

“In the Vedic texts on astrology (Jyotish) and architecture (Vastu Shastra), the colors are another name for different deities. ...

“Jyotish is the Vedic astrological system of which Ayurveda was once a part. This astrological system notes that gems are related to the various planets and produce a balancing effect to counter specific diseases. ... The color or vibration of the gems affects the human body. ... In the Ayurvedic tradition these stones are used to balance the three doshas and to heal specific diseases” (*The Ayurveda Encyclopedia*, pp. 372, 375).

**Oil therapy** is also an integral part of Ayurveda. Consider some quotes from Ayurvedic web sites:

“Ayurveda is the science of life which was first understood by the Vedic *Rishis* - or Seers - of ancient India at least 4000 years ago. ... **Many essential oils can benefit more than one Dosha**, particularly when combined in a synergistic blend, making them a pleasurable, effective, economical and useful addition to our lives.”

“With the goal of Ayurveda being balance and harmony with nature within and without, **essential oils hold the power to balance vata, pitta and kapha with ease and joy**. I share essential oils in my practice for women with effective results—for example, clary sage to reduce hot flashes, sweet orange for anxiety, ylang ylang for libido, vetiver for overactive children, peppermint for mental clarity, mahanarayan oil mixed with lavender for joint pain, holy basil for respiratory issues and many more.”

“When inhaled, **essential oils primarily work on the subdosha of vata called prana vata**. Imagine prana vata as the vital energy that draws air into your body. ... Prana vata doesn't just refer to oxygen, however. It also is about maintaining mental calm and tranquility.”

“Using aromatics for meditation practices and spiritual experience has been done for thousands of years.

**Maharishi Ayurveda has several oils well suited for this purpose**, such as frankincense, patchouli, sandalwood, and myrrh. Diffuse the oils in the meditation environment or put a drop in your hands, rub the hands together, and inhale the aroma.”

“Basically, the essential oil of a plant is the ‘Agni’ or fire of the plant. ... **According to Ayurvedic pharmacology the pure fire element extract of a plant is very potent.** This very potency is what makes it both dangerous and therapeutically efficient.”

These are demonic philosophies and practices that God’s people should avoid like the plague.

It is very clear that we are not dealing here with something biblical or with innocent “science”!

In the section on **Vedic Astrology**, *The Ayurveda Encyclopedia* says:

“Jyotish means inner light. THIS SCIENCE HELPS REVEAL ONE’S INNER DIVINE LIGHT. Ayurveda and Jyotish were once a part of the same science, but later developed into two separate forms of healing. ... By looking at the planets, the 12 houses and their relationship in the astrology chart, one can determine health tendencies, planetary causes of disease, dharma, necessities for spiritual relationships, and tools for one’s spiritual path” (*The Ayurveda Encyclopedia*, p. 655).

*The Ayurveda Encyclopedia* also recommends **Architectural Harmony** as part of the whole life balance of health.

“The focus of this book has been on healing prevention, and rejuvenation through Ayurvedic balance. This balance is achieved by living in accordance with nature’s laws. ... The Vedic science of architecture, Vastu Shastra, integrates the sciences of Ayurveda and Jyotish by providing the link between humans and the astrological influences. Vastu considers the magnetic

fields of the earth, the influences of the planets and other heavenly bodies essential elements when designing commercial or residential buildings, temples, and even towns, villages, and cities. IT IS BELIEVED THAT ARCHITECTURAL STRUCTURES ARE ALIVE, influenced by natural laws, just as the health of humans is influenced by nature. ...

“For example, in Hindu religion, the deity of the sun is said to ride on a chariot pulled by seven horses or deities. They are called the seven rays of the sun. It is important to have these rays enter eastern windows for health reasons. ... Yet these seven deities also happen to be called the seven visible colors of the spectrum ...

“Since the focus of Ayurveda is holistic (i.e., all-inclusive), it is useful to consider harmonizing or balancing the external influences involving architectural structures. ...

“Persons living or working in a Vastu-built structure experience the enhancement of health, general well being, and prosperity” (*The Ayurveda Encyclopedia*, pp. 658, 659).

**Ayurvedic Music Therapy**, too, is associated with mystical union with God.

“From the earliest days in India, music was another form of attaining spiritual union ... The musical path towards Self-Realization was one lacking intellectual analysis or discussion. Merely by playing music, one would gradually merge with the eternal Divinity” (*The Ayurveda Encyclopedia*, p. 367).

*The Ayurveda Encyclopedia* reports that musicians in the West are blending classical Indian music (which is associated with seeking union with God) with jazz and other sounds to create New Age music.

**Healing Mantras** also play a role in Ayurveda. They are said to “help balance *prana*, *tejas*, and *ojas*” and “strengthen

the five elements” (*The Ayurveda Encyclopedia*, pp. 362, 364). Both the doctor and the patient use mantras during an Ayurvedic session, since “they empower all actions on a subtle level, infusing the cosmic life force into the healing process” (p. 363).

It is claimed that “Ayurvedic physicians can recognize an illness in the making before it creates more serious imbalance in the body” (p. 6).

If this were true, their patients would never get sick, never have a disease, and never die because they would always be able to catch the problem before it even had a physical manifestation.

My friends, beware. Ayurveda is pagan from beginning to end! There is no effective way to separate any true medical benefit it might offer from the idolatrous religious package. **The best thing for the believer to do is leave Ayurveda completely alone.**

## Homeopathy

We received the following communication a few years ago:

“We were introduced to homeopathy recently by some folks in our church. We go to an independent fundamental Baptist church and some of the ladies in the church introduced my wife to this approach to medicine. It sounded too good to be true. My wife and I went to a meeting recently when the person presented homeopathy. She didn’t go into the occult side of things but did mention a couple times about an ‘energy.’ We were then approached by a brother in our church who said they heard that the idea of homeopathy was spreading quickly through the church ladies and warned me against this approach to medicine. He gave me an article to read from Logos Resource which blasted homeopathy as occultic. Other articles, written by evangelicals, said it was a good approach to medicine and wasn’t occultic. So we are a little confused.”



Homeopathy is a popular alternative health therapy in many parts of the world. In India there are 300,000 full-time homeopaths and 40 homeopathic schools. In England, homeopathy is the third most popular alternative therapy (“Homeopathy: A Therapy Too Far?” *Nucleus*, Christian Medical Fellowship, Winter 2002) and has been used by the royal family since Queen Adelaide (c. 1849), wife of William IV. Today, Queen Elizabeth and Charles are strong advocates. There are homeopathic hospitals in London, Bristol, Liverpool, Glasgow, and Tunbridge Wells.

Like many other alternative health care practices, homeopathy is associated with occultic principles. Homeopathy claims not only to be able to provide physical healing but also to “transform and improve a person’s emotional and mental state” (Dana Ullman, *Homeopathy A-Z*, p. 5).

As we will see, homeopathy is the treatment of illnesses with occultic water.

(The terms “homeopathy” and “naturopathy” are sometimes used interchangeably, but we are using them according to their official meanings.)

Homeopaths usually criticize the practice of traditional medicine and the use of pharmaceutical drugs. Dana Ullman, for example, accuses doctors of medical child abuse for prescribing modern drugs to children (Elaine Lewis, “An Interview with Dana Ullman: Treating Children with Homeopathic Medicines,” April 2005, <http://www.hpthy.com/interviews/danaullman2.asp>).

While it is true that modern medicine is fallible and can be wrongly used and abused, it is also true that it has provided mankind with wonderful remedies that did not exist even a few decades ago. The invention of vaccines and antibiotics alone has resulted in a tremendous increase in the quality of life in modern society. Through the practice of modern medicine, people routinely survive diseases and wounds that

would have killed them 50 years ago. Without antibiotics, my wife would have died in our first childbirth.

The negative attitude toward modern medicine that runs rampant throughout the “holistic” health care field is unreasonable and dangerous.

Homeopathy was developed in the 18th century by Samuel Hahnemann (1755-1843). His book *Organon of the Art of Healing* remains the foundational text in the field. At the 1960 Montreux International Congress on Homeopathy, the 160th anniversary of the *Organon* was celebrated. The congress said, “The *Organon* is for the homeopath what the Bible is for the Christian.”

David L. Brown observes that Hahnemann was “drawn like a magnet to occult ideas” (“New Age Medicine: Homeopathy,” Logos Resource Pages). He rejected the Christ of the Bible, identified with Eastern religions, and took Confucius as his model. One biographer says, “The reverence for Eastern thought was not just Hahnemann’s personal hobby, but rather the fundamental philosophy behind the preparation of homeopathic remedies” (Samuel Pfeifer, *Healing at Any Price*, 1988, p. 68). He was a follower of Emanuel Swedenborg, who taught his followers to enter an alternative state of consciousness in order to commune with spirits. Hahnemann called the occultic practices of Franz Mesmer “a marvelous, priceless gift of God” by which “the vital energy of the healthy mesmerizer endowed with this power [can be brought] into another person dynamically” (*Organon of Medicine*, 6th edition, pp. 309, 311). Hahnemann held to the panentheist view that God is in all things.

At the heart of homeopathy is the Hindu concept that there is a vital force or life energy that permeates all things (Keith Souter, *Homeopathy: Heart and Soul*, p. 19). Homeopathic remedies are thought to “act upon the Vital Force to restore balance within the body.”

David Brown says: "If you know New Age and occult philosophy you will recognize that what is in focus here is pantheism, that is, the belief that divinity or life force is inseparable from and immanent in everything. Leading homeopath Herbert Robert put it this way, relating homeopathy's vital force to a pantheistic deity in his *Art of Cure by Homeopathy*. He said the 'vital force' of homeopathy was part of 'the moving Energy, the activating Power of the universe,' as being 'passed on in all forms and degrees of living creatures,' and as permeating the universe. Daisie and Michael Radner see the connection between homeopathy and occult energy fields. 'Like Chinese medicine, homeopathy posits an energy field or vital force. Disease is a disorder of the body's energy field, and the way to cure it is to manipulate that field. The energy field of the medicine stimulates that body's own fluid to induce healing.'"

**Homeopathic remedies are so highly diluted that they are nothing more than water.** The dilutions are done according to the "Centesimal scale" of 1:100. 1C (or CH1) refers to one part of an original tincture of some substance mixed in 100 parts of water. One part of that super diluted mixture becomes the next "tincture." At 3C "the mother tincture will be diluted to one in a million" and at 6C "the dilution will be one in a billion" (*Homeopathy: Heart and Soul*, p. 23). Homeopathic doctor Keith Souter admits that a 12C solution is "unlikely to have even a single molecule of the original compound left." Yet he recommends 30C or 200C potencies (p. 26)!

Dr. H.J. Bopp of Switzerland, who has studied homeopathy carefully, says: "Any patient receiving a homeopathic treatment at CH30 should be under no illusions as to its composition. There is no longer any of the named material substance in his pill or liquid whatsoever."

So wherein is the power? It lies in the alleged occultic nature of the homeopathic dilutions.

Homeopathic practice claims that the diluted solution is effective because it has undergone a process known as *dynamization* or *potentialization*, which makes it possible to contact and retain A HIDDEN POWER IN THE LIQUID. Keith Souter calls potentialization “one of the bedrocks of homeopathy” (p. 19). Hahnemann “believed that spiritual reality was more important than material reality” and “came to regard THE ‘SPIRITUAL ESSENCE’ of a drug as more important than its physical substance” (*The Hidden Agenda*, p. 99).

Hahnemann “insisted that not only the diluted medicine but the actual process of diluting a medicine--the shaking and mixing--imparted healing power to the substance. ... The vial containing the medicine had to be struck against a leather pad a number of times, so that the drug could be ‘DYNAMIZED’ and ‘ACT SPIRITUALLY upon the vital forces’ of the body” (*The Hidden Agenda*, pp. 100, 102).

Homeopathic practitioner Andrew Weil says:

“Homeopaths use remedies containing no drug materials, yet they believe in the existence and therapeutic power of some other aspect of the drug--of its idea, if you will, or ITS GHOST OR SPIRIT. Truly HOMEOPATHY IS SPIRITUAL MEDICINE consistent with its founder’s views on the relative importance of spiritual verses material reality” (*Health and Healing*, 1988, p. 37).

The book *The Science and the Art of Homeopathy* by J.T. Kent says: “In the universe, everything has its own atmosphere. Each human being also possesses his atmosphere or his aura ... it occupies a very important place in homeopathic studies” (p. 108). Kent says the homoeopath must learn to see “with the eyes of the spirit” (p. 120).

The *Swiss Journal of Homeopathy* says that the homeopathic cure has an occultic mind of its own. It “knows just where to locate the originating cause of the disorder and

the method of getting to it” and “neither the patient nor the doctor has as much wisdom or knowledge” (No. 2, 1961, p. 56).

This is exactly what is said for Reiki “energy.”

Many homeopaths use radionic pendulums (to detect and analyze human “energy fields” and to occultically “douse” for answers to questions) and astrology in their diagnosis. They also communicate with spiritualists in their search for cures.

Dr. H.J. Bopp of Switzerland, author of *Homeopathy Examined* (translated from French by Marvyn Kilgore, 1984), interviewed a woman who prior to her conversion to Jesus Christ had worked in a homeopathic laboratory of high standing in France. She said that when she was interviewed for the job she was asked for her astrological sign and queried as to whether she was a medium. When she passed the interview and was hired, she learned the secret of the inner working of the laboratory, that they researched new treatments by questioning spirits during séances! This woman renounced homeopathy after she was converted.

Clinical trials have demonstrated that homeopathic remedies are generally ineffective.

“About 200 clinical studies of homeopathic remedies are available to date. With that sort of number, one cannot be surprised that the results are not entirely uniform. It would be easy to cherry pick and select those findings that one happens to like (and some homeopaths do exactly that). Yet, if we want to know the truth, we need to consider the totality of this evidence and weigh it according to its scientific rigour. This approach is called a systematic review. Over a dozen systematic reviews of homeopathy have been published. **Almost uniformly, they come to the conclusion that homeopathic remedies are not different from placebo**” (Dr. Edzard Ernst, “Why I changed my mind about homeopathy,” *The Guardian*, Apr. 3, 2012).

What about the reported homeopathic healings?

Some could be due to associated factors and treatments other than homeopathic.

The healings could also be psychosomatic, which is probably what is happening in the majority of cases.

Dr. G. Kuschinsky, who wrote a basic course in pharmacology in German, said, “Homeopathic substances may be admitted in the realm of suggestion, seeing that they possess neither main nor secondary effect.”

Dr. Edzard Ernst says,

“I always knew that the homeopathic principles fly in the face of science. Yet I did see positive results and thought maybe there was some fundamental phenomenon to discover. What I did discover was perhaps not fundamental but nevertheless important: patients can experience significant improvement from non-specific effects. This is why they get better after seeing a homeopath—but this has nothing to do with the homeopathic sugar pills. ...

“Experience is real, of course, but it does not establish causality. If observational data show improvements while clinical trials tell us that homeopathic remedies are placebos, the conclusion that fits all of these facts comfortably is straightforward: patients get better, not because of the homeopathic remedy but because of a placebo-effect and the lengthy consultation with a compassionate clinician. This conclusion is not just logical, it is also supported by data. Homeopaths from Southampton recently demonstrated that the consultation not the remedy is the element that improves clinical outcomes of patients after seeing a homeopath” (“Why I changed my mind about homeopathy,” *The Guardian*, Apr. 3, 2012).

Some homeopathic healings could even be demonic.

Dr. Bopp concludes with this warning:

“It would be naive to expect a clear response, a telling disclosure from doctors or chemists who give

homeopathic treatment. There are to be sure some honourable and conscientious ones seeking to utilize a homeopathy detached from its obscure practices. Yet THE OCCULT INFLUENCE, BY NATURE HIDDEN, DISGUISED, OFTEN DISSIMULATED BEHIND A PARASCIENTIFIC THEORY, DOES NOT DISAPPEAR AND DOES NOT HAPPEN TO BE RENDERED HARMLESS BY THE MERE FACT OF A SUPERFICIAL APPROACH CONTENTING ITSELF SIMPLY WITH DENYING ITS EXISTENCE.

“HOMEOPATHY IS DANGEROUS! It is quite contrary to the teaching of the Word of God. It willingly favours healing through substances made dynamic, that is to say, charged with occult forces. Homeopathic treatment is the fruit of a philosophy and religion that are at the same time Hinduistic, pantheistic and esoteric.

“The occult influence in homeopathy is transmitted to the individual, bringing him consciously or unconsciously under demonic influence. ... It is significant frequently to find nervous depression in families using homeopathic treatments” (*Homeopathy Examined*, translated from French by Marvyn Kilgore, 1984).

We would also warn that some homeopathic remedies contain potentially poisonous ingredients.

In 2016, an FDA lab found that some homeopathic infant teething tablets contain high levels of the poisonous plant belladonna. They have caused seizures and deaths (“FDA issues rules to crack down on homeopathic,” UPI, Dec. 19, 2017).

Zicam was forced to stop selling three homeopathic zinc nasal products after 130 users reported losing their sense of smell (*Ibid.*).

The FDA has issued warnings about homeopathic asthma products that contain potentially toxic ingredients such as strychnine

## Reflexology

Reflexology, which is also called *zone therapy*, is the technique of “applying pressure to specific reflex points to stimulate the body’s own healing powers.” It is based on the concept that different parts of the foot correspond to and are somehow connected to various parts of the body. By massaging the foot (or hand) the practitioner can allegedly detect problems and help maintain physical and psychological health.

It is a very popular practice, with millions of people using it each year.

While some reflexologists are basically foot massagers and only claim to stimulate relaxation and reduce stress, most go far beyond this. *TreatYourFeet.com* says reflexology “creates a physiological change in the body by naturally improving your circulation” and claims that it is “an effective technique for regaining better health.” The book *Feet Don’t Lie* says that “feet are a reflection of inner health,” promises that the client will “live a healthier, happier life,” and even claims that the feet can predict the future--“where you are going is recorded in your soles.” *Body Reflexology* even claims to be able to reverse the aging process.

Many reflexologists work on the occultic principle that the body has an energy field that can be manipulated. They call it “life force.” William Fitzgerald, who invented modern reflexology in 1913, called it “bioelectric energy.” He believed that ten vertical zones of this energy called meridians run through the body, and by rubbing one part of the foot the practitioner can supposedly manipulate the organs and bones and tissues in that particular zone. Mildred Carter says, “By massaging reflexes ... you send a healing force to all parts of the body by opening up closed electrical lines that have shut off the universal life force” (*Body Reflexology: Healing at Your Fingertips*, p. 7). She also says that reflexology is “the healing miracle of the new age we are entering” (p. 8).



Many reflexologists use the New Age technique of visualization. *The Holistic Health Handbook* instructs the practitioner to “visualize yourself as being a channel for healing energy that flows through your hands” (p. 184). Eunice Ingham, a disciple of Fitzgerald, describes reflexology as “opening the blocked meridians and channeling the healing power through visualization” (*Stories the Feet Have Told Thru Reflexology*, p. 29).

It is obvious that reflexology is based on occultic principles and should be avoided by God’s people.

## **Iridology**

Iridology is the practice of examining the iris of the eye to diagnose an individual’s state of health, both psychological and physical. Similar to reflexology, iridology claims that each part of the iris represents a corresponding area in the body.

Iridologists commonly diagnose “imbalances” which they treat with vitamins, minerals, and herbal supplements (“Iridology: What Can the Eyes Really Tell,” [http://your-doctor.com/patient\\_info/alternative\\_remedies/various\\_therapy/fraud\\_topics/bogus\\_tests\\_tx/iridology.html](http://your-doctor.com/patient_info/alternative_remedies/various_therapy/fraud_topics/bogus_tests_tx/iridology.html)).

In controlled experiments, iridologists have performed statistically no better than chance in determining the presence of disease (Stephen Barrett, “Iridology Is Nonsense,” <http://www.quackwatch.org/01QuackeryRelatedTopics/iridology.html>).

## **Oil Therapy**

The very concept of oil therapy is a major part of Hindu Ayurvedic and other types of Eastern medical practices.

Consider some quotes from Ayurvedic web sites:

“Ayurveda is the science of life which was first understood by the Vedic *Rishis* - or Seers - of ancient India at least 4000 years ago. ... The knowledge was recorded in Sanskrit as poetic verse, and first describes the creation of the universe which began with the sound *Om*. Energy and Matter came into being, and from them arose the Five Great Elements of Ether, Air, Fire, Water and Earth. This is the guiding philosophy of Ayurveda - Sankhya - behind which there is considered a state of pure existence or awareness, beyond time or space, without beginning or end. ... **Many essential oils can benefit more than one Dosha**, particularly when combined in a synergistic blend, making them a pleasurable, effective, economical and useful addition to our lives.”

“With the goal of Ayurveda being balance and harmony with nature within and without, **essential oils hold the power to balance vata, pitta and kapha with ease and joy**. I share essential oils in my practice for women with effective results—for example, clary sage to reduce hot flashes, sweet orange for anxiety, ylang ylang for libido, vetiver for overactive children, peppermint for mental clarity, maharayan oil mixed with lavender for joint pain, holy basil for respiratory issues and many more.”

“When inhaled, **essential oils primarily work on the subdosha of vata called prana vata**. Imagine prana vata as the vital energy that draws air into your body. ... Prana vata doesn't just refer to oxygen, however. It also is about maintaining mental calm and tranquility.”

“**Using aromatics for meditation practices and spiritual experience has been done for thousands of years. Maharishi Ayurveda has several oils well suited for this purpose**, such as frankincense, patchouli, sandalwood, and myrrh. Diffuse the oils in the meditation environment or put a drop in your hands, rub the hands together, and inhale the aroma.”

**“Basically, the essential oil of a plant is the ‘Agni’ or fire of the plant. ... According to Ayurvedic pharmacology the pure fire element extract of a plant is very potent.** This very potency is what makes it both dangerous and therapeutically efficient.”

These are demonic philosophies and practices that God’s people should avoid like the plague.

“There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the LORD: and because of these abominations the LORD thy God doth drive them out from before thee” (De. 18:10-12).

“Thus saith the LORD, Learn not the way of the heathen, and be not dismayed at the signs of heaven; for the heathen are dismayed at them” (Jer. 10:2).

“And have no fellowship with the unfruitful works of darkness, but rather reprove them” (Eph. 5:11).

“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty” (2 Co. 6:14-18).

“What say I then? that the idol is any thing, or that which is offered in sacrifice to idols is any thing? 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. 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" (1 Co. 10:19-21).

Following is a Christian woman's experiences in an independent Baptist Church:

"This church introduced some things that I had never heard of before: Detox foot baths, iridology and natural paths. And Essential Oils. What is ailing you? 'I have an oil for that!' was always the response.

"And that was okay with me. I had never heard of them! And there are oils in the Bible! Sign me up... again, I'm natural! I bought two oils and used them a couple times. I'm sensitive to smells so I'm not fond of smelling them often.

"I noticed on the emails I would get for oils that a lot of the sales pitches were for 'spiritual' cures. Happiness, love, hope, depression, charisma, etc. I was concerned.

"And then I went to church one day and our deacon's wife, was telling me about her natural doctor's appointment. As serious as can be, she explains to me how her naturopath practitioner told her she could tell 'she had deep hurts in her life' and if she rubbed a combination of oils over her heart everyday it would heal it. A deacon's wife in a independent, fundamental, baptist church!

"I stood there shocked and at this point had to question what exactly the beliefs behind essential oils were. I started researching and was shocked at all I found. And when I research, I don't look up 'essential oils new age.' I just google 'essential oil uses,' because I want to see what people selling and using them say about them. The claims, the way they work, the beliefs in the power of them is ALL new age. There is zero science behind any

of it. It roots its belief in new age/meridians/qi/chi/Chinese medicine, and Christians are refusing to even look it up and search it out.

“Shortly after this I had a Christian friend from an independent, fundamental Baptist church come to my home for a party, and chit chat led to learning that she loves essential oils. She swore that wearing one of the oils brought her more tips as a waitress. THIS is witchcraft!”

God made oils, and they have many good and helpful uses, but we have seen that there is a close connection between oil therapy and Eastern occultic practice, and the wise child of God will avoid all such things. God’s people must avoid every whiff of New Age paganism! It is better to err on the side of safety in anything that is questionable.

There is no panacea for all of life’s troubles and health problems. We age, get sick, and die because of sin, ultimately, not because of lack of oils, herbs, vitamins, or supplements.

Diet is important, and diet can affect one’s health, but there is no diet and no supplement and no program that can legitimately promise health or longevity.

## **Acupuncture**

Acupuncture is the placement of needles at various points in the body to block pain and bring healing.

It is used to treat pain, emotional disorders, digestive complaints, and neurological conditions (such as migraine or stroke), respiratory conditions, fatigue, and addictions, and other things.

Acupuncture has exploded in popularity in America since the visit of President Richard Nixon to China in 1972. A journalist accompanying Nixon had a positive experience with acupuncture while undergoing an emergency appendectomy and wrote about it for the *New York Times*.

Today, more than 10 million acupuncture treatments are administered annually (“Acupuncture: Past, Present, and Future,” *Global Advances in Health and Medicine*, July 2014, US National Library of Medicine). Eighteen of America’s top hospitals are using acupuncture, including the Mayo Clinic and Duke University Medical Center.

It is based on the Eastern philosophy that there are pathways in the body that facilitate the flow of occultic energy called chi or qi (pronounced *chee*). A disharmonious flow causes physical and psychological ailments and the flow can be manipulated and harmonized through various practices, such as yoga, acupuncture, qigong, and Reiki. The energy flows through the body along pathways called meridians. There are fourteen primary channels that are (allegedly) manipulated with acupuncture (Jeffrey Singer, “Acupuncture: A Brief Introduction,” <http://www.acupuncture.com/education/theory/acuintro.htm>).

The acupuncture points are supposed locations where the meridians come to the surface of the skin. There are said to be between 360 and 2,000 of them.

Acupuncture is also based on the occultic concepts of yin and yang, which are the two opposite forces of the Qi energy. If the yin and yang are out of balance, ill health results, and they must be brought into balance through the various occultic techniques.

Acupuncture diagnosis is often done by examining the tongue and teeth, listening to the breath, smelling body odor, inquiring about fever, perspiration, appetite, defecation and urination, pain and sleep, and feeling the body for “palpation” in the mystical “ashi” points.

Other forms of acupuncture are ELECTRO-ACUPUNCTURE (the use of weak electrical impulses to stimulate the needles), AURICULOTHERAPY or AURICULAR ACUPUNCTURE (performing acupuncture on the ear), ACUPRESSURE (applying pressure to the

meridian energy points), MOXIBUSTION (applying heat to acupuncture points), and CUPPING (stimulating the points by suction).

Though some modern practitioners in the West are trying to divorce acupuncture from its occultic origins, it is not possible. It is occultic and mystical at its very core. Felix Mann, first president of the British Medical Acupuncture Society, admitted, “The traditional acupuncture points are no more real than the black spots a drunkard sees in front of his eyes” (*Acupuncture: The Ancient Chinese Art of Healing*, p. 14).

Harriet Hall, a family doctor who analyzed the research into acupuncture, concluded: “Acupuncture studies have shown that it makes no difference where you put the needles. Or whether you use needles or just pretend to use needles (as long as the subject believes you used them). Many acupuncture researchers are doing what I call Tooth Fairy science: measuring how much money is left under the pillow without bothering to ask if the Tooth Fairy is real” (Stephen Barrett, “Be Wary of Acupuncture, Qigong, and ‘Chinese Medicine,’” <http://www.quackwatch.org/01QuackeryRelatedTopics/acu.html>).

A 2013 study confirmed this. Published in the journal *Cancer*, the study followed a group of 47 women being treated with aromatase inhibitors, a breast cancer medication that can cause hot flashes, night sweats, joint and muscle pain. Half of the women received traditional acupuncture, while the other half received “sham acupuncture,” referring to the placing of needles at random places and not actually inserted. There was no significant difference between the two groups, all of the patients reporting improvement of side effects (“New Study Exposes Acupuncture as Pseudoscience,” *Business Insider*, Dec. 26, 2013).

## Chiropractic

Chiropractic is hugely popular. According to the American Chiropractic Association, there were 95,000 licensed practitioners in the United States in 2016, an increase of 10,000 since 2004, and an estimated 27 million people are treated annually.

Most patients who visit for the first time do so for lower back pain, neck pain, and headaches.

But chiropractic offers a range of interventions that promise “integrative wellness.”

It is typical for chiropractors to claim that spinal adjustments are effective for many dozens of conditions and diseases. A 2008 survey of chiropractic web sites in Australia, Canada, New Zealand, the UK, and the US, found that 38% claimed that chiropractic spinal adjustment treatment was appropriate for asthma, colic, and ear infection (Preston H. Long, *Chiropractic Abuse: A Chiropractor’s Lament*).

Chiropractic was developed in the late 19th century by Daniel D. Palmer (1845-1913), an occultist who attended spiritualist meetings. Chiropractic was an outgrowth of his “magnetic healing” or practice of hypnotism. The first chiropractic school, founded in 1895 in Davenport, Iowa, was a part of Palmer’s magnetic healing infirmary. His most famous “adjustment” was when he manipulated the spine of a deaf janitor whose hearing was thereby restored. In 1898, Palmer opened the Palmer School & Infirmary of Chiropractic.

At a coroner’s inquiry in 1905, Palmer refused to take the oath “so help me God,” protesting, “I don’t want any help from God” (“Osteopathy and Chiropractice,” Nov. 11, 2004, <http://quackfiles.blogspot.com/2004/11/osteopathy-and-chiropractic-little.html>).

Palmer believed “that the body had an ample supply of natural healing power transmitted through the nervous system. If a single organ was sick, it must not be receiving its



normal nerve supply. That led to the premise of spinal misalignment, or subluxation, and from there to a procedure for adjusting the vertebrae” (“The Roots Chiropractic,” [therootschiro.com](http://therootschiro.com)).

A foundational doctrine of classic chiropractic is “vertebral subluxation.” This refers to “a myriad of signs and symptoms thought to occur as a result of a misaligned or dysfunctional spinal segment” (*Wikipedia*). It is *not* something that can be seen or measured, which is in contrast to the medical definition of spinal subluxation as “a gross misalignment of a joint that can be objectively measured.”

“The chiropractic vertebral subluxation complex has been a source of controversy and confusion since its inception in 1895 with critics both inside and outside the profession due to ITS METAPHYSICAL ORIGINS and claims of far reaching effects” (*Wikipedia*).

Daniel Palmer’s son, Bartlett Joshua (1882-1961), took over the chiropractic business in 1902 and was responsible for popularizing it as an acceptable medical practice. He published *The Science of Chiropractic* (1906) and *The Chiropractor’s Adjustor* (1910).

Like his father, Bartlett was involved in the occult. He, too, believed that subluxations are the cause of most diseases (“Chiropractic,” *Citizendium*).

Bartlett believed that he had received the theory of chiropractic from God. He wrote:

“I have received chiropractic from the other world, similar as did Mrs. Eddy [founder of the cult of Christian Science]. ... we must have a religious head, one who is the founder, as did Christ, Mohamed, Jo. Smith, Mrs. Eddy, Martin Luther and other who have founded religions. I am the fountain head. I am the founder of chiropractic in its science, in its art, in its philosophy and in its religious phase. Now, if chiropractors desire to claim me as their head, their leader, the way is clear.

My writings have been gradually steering in that direction until now it is time to assume that we have the same right to as has Christian scientists. ... If you will watch my book closely as you read, you will find it has a religion contained in it, altho I do not so name it” (Letter from D.D. Bartlett to P.W. Johnson, May 4, 1911, [http://www.chiro.org/Plus/History/Persons/PalmerDD/PalmerDD%27s\\_Religion-of-Chiro.pdf](http://www.chiro.org/Plus/History/Persons/PalmerDD/PalmerDD%27s_Religion-of-Chiro.pdf)).

The following braggadocios description of the practice of chiropractic that Bartlett gave in 1910 is pure quackery:

“The amount of nerve tension determines health or disease. In health there is normal tension, known as tone, the normal activity, strength and excitability of the various organs and functions as observed in a state of health. The kind of disease depends upon what nerves are too tense or too slack. Functions performed in a normal manner and amount result in health. Diseases are conditions resulting from either an excess or deficiency of functioning. The dualistic system -- spirit and body -- united by intellectual life -- the soul -- is the basis of this science of biology, and nerve tension is the basis of functional activity in health and disease. Spirit soul and body compose the being, the source of mentality. Innate and Educated, two. mentalities, look after the welfare of the body physically and its surrounding environments. Chiropractors correct abnormalities of the intellect as well as those of the body.

“These discoveries and their development into a well-defined science are worth more to the student, practitioner and those desiring health, than all the therapeutical methods combined. I am the originator, the Fountain Head of the essential principle that disease is the result of too much or not enough functioning. I created the art of adjusting vertebrae, using the spinous and transverse processes as levers, and named the mental act of accumulating knowledge, the cumulative

function, corresponding to the physical vegetative function -- growth of intellectual and physical -- together, with the science, art and philosophy -- Chiropractic” (Palmer, *The Chiropractor's Adjuster*, 1910).

Bartlett, who rejected the teaching of the Bible, believed, with his father Daniel, that an intelligent natural healing energy called *Innate* flows through the body and is connected to the “Universal Intelligence” or “Great Spirit” that permeates the universe. This is based on the pagan doctrine of pantheism that God is in everything. Palmer’s *Innate* is comparable to the Taoist *chi*. He believed that *Innate* flows through the nervous system and can be blocked. Chiropractic, which means “done by hand,” manipulates or adjusts the spine to remove the blockages and enable the body to maintain its own healing ability. Palmer said, “We did not diagnose, treat, or cure disease. We analyzed, adjusted cause, and *Innate* in patient cured” (Joseph Keating, *Notes on B.J. Palmer and the Palmer School*).

Bartlett wrote:

“The fundamental cause of all disease lies between the *Innate Intelligence* and the body; in the interference to the normal and natural quantity efferent flow between *Innate Intelligence* and the body; in the interference to the normal and natural quantity afferent flow from body to *Innate Intelligence*. This interference between can make either sick” (Palmer, *The Science of Chiropractic its Principles and Philosophies*, vol. 22, 1949).

Bartlett believed that the relief of subluxations was a cure for 95 percent all disease (*The Chiropractor's Adjuster*, 1910).

Bartlett was opposed to vaccination and rejected the germ doctrine of infectious disease, which is foundational to modern medicine and which has been so beneficial to

mankind. This foolish attitude has continued to be held by a many people associated with chiropractic.

“When the polio epidemic was at its peak in the mid-1950s and the Salk vaccine was being promoted for immunization against poliomyelitis, the National Chiropractic Association campaigned against polio vaccination and recommended chiropractic adjustments for preventing and treating the disease. ... Leaning on the theory that correcting ‘vertebral subluxations’ will cure and prevent disease by removing ‘nerve interference’ and boosting the body’s immune system, many chiropractors still oppose vaccination, fluoridation, and other mandatory public health measures. Despite the historical success of vaccination, neither of the two major chiropractic associations supports mandatory vaccination. ... Although fewer chiropractors openly oppose vaccination today, the number who do is significant” (Samuel Homola, *How Chiropractic Subluxation Theory Threatens Public Health*, <http://www.chirobase.org/01General/risk.html>).

Chiropractic has branched into many highly questionable and occultic practices in recent decades. Chiropractors have given us Applied Kinesiology (George Goodheart), Iridology (Bernard Jensen), Neuro Emotional Technique (Scott Walker), Touch for Health (John Thie), and Behavioral Kinesiology (John Diamond).

Chiropractors offer “pendulum divination,” “biological terrain assessment,” “herbal crystallization analysis,” and many other quack procedures.

Too typical is a woman who visited a chiropractor for a pain in her lower back and ended up with an extended “wellness” exam costing hundreds of dollars (“Chiropractic Care Grows,” *The New York Times*, Oct. 5, 2015).

Consider a pastor’s wife’s testimony about chiropractic:

“About 7 years ago we were attending a church (we were there for 10 years) and chiropractic became very

popular. A lady in the church worked at a chiropractic office that was also a popular with other church goers.

“I have my share of health issues (like anyone) and was suggested to go visit him. I did and was told by the "doctor" that Nutritional Response Testing was the way to go to see what was going on. I went ahead with that knowing NOTHING about it... no preconceived notions... and thinking it was completely normal and scientific. While getting it done, when the first supplement was placed in my hand, he pressed my arm down and it fell weak. I said to him, ‘Ummm do that again!’ and he did. It was the most bizarre, crazy feeling I had ever felt. My strong arm going weak and then strong as he put supplements in my hand, and pressed on parts of my body and the response in my arm was shocking to me. He was not pushing my arm any harder, any lighter. My arm was responding to something. I am a christian lady, 100 percent against this new age/occult/Chinese eastern mysticism (now — I didn't know about it then) but SOMETHING was going on.

“When I left I called my dad and told him about it. I remember his response ‘Ummm Daughter, thats not right.’ I blew him off. I am more natural minded and this was just how our bodies work, right?

“I had never been to a chiropractor before, but I noticed every time I would leave the chiropractor from an adjustment I would have a migraine for the rest of the day. Bar none, every single time. I told him my concern and he said it had nothing to do with chiropractic. But it was EVERY. SINGLE. TIME. And I do not get migraines.

“So I found a chiropractor closer to my home. I thought maybe it was just his roughness. This is where it really got interesting. I explained my migraine issue to the new lady chiropractor and she said that was fine, she had another way to adjust me that was gentler.

“My sister came with me to my first (of 2) appointments.

“She adjusted me standing up with a mallet (which is apparently used in even mainstream chiropractic). But there was something she did before she gently tapped my spine a couple times that I could not see. It felt like she was flapping her hands next to my head. Her thumbs on my head and hands flapping. Then a few taps. And it was the most amazing adjustment I have EVER had. I could move, my back was so relaxed and no migraine! Wow, this is amazing! I thought, of course!

“Next time I went back (two days later), I asked her what she did before she adjusted me. She said and I quote, ‘Oh, I just asked your body where it needs to be adjusted and it tells me through energy lines in your body.’

“Cue warning bells! She told me she learned the technique from the man who invented it and told me his name. At the time I didn't think it was important to remember but I wish I did! I googled him and found his Facebook page where his followers were ADJUSTING PEOPLE REMOTELY FROM ONLINE!!!!!! Like, talking to people online, and adjusting them without seeing or touching them. I was reading and was like ‘LORD! Help!’ I didn't have any experience in New Age, but I knew THAT was wrong, and did not go back. I don't know what in the world the power was behind it, but I knew it was dark, and I knew as a Christian it was NOT what I was to participate in.

“Shortly after, our Pastor at the time became aware of all the chiropractics and nutritional response testing and was alarmed (as he should have been) about it. He did a in-depth teaching on it and I completely agreed with him and realized that it wasn't right (without still fully understanding the spiritual implications).”

The *Encyclopedia of New Age Beliefs* describes why it is such a short step from chiropractic to all sorts of occultic mysticism:

“It is important to understand the logical connection between chiropractic, the potential for dabbling in the psychic world, and muscle testing. Classic chiropractic theory easily lends itself to the acceptance of a psychic realm as related to health. ... That Goodheart might have used psychic means to develop his system of applied kinesiology would not be surprising. Furthermore, although elements of the chiropractic profession are scientifically oriented and practiced responsibly, chiropractic itself often rejects the safeguards of the scientific method; historically, it has opposed medical science and rejected any findings disproving its theories. Chiropractic, for example, was founded upon a false theory of subluxations being the cause of all disease, and its early concept of the ‘Innate’ is difficult to distinguish from psychic energy in general.”

Some chiropractors themselves warn about this New Age infiltration. Writing for the Institute for Chiropractic Ethics Phillip Lawrence wrote:

“In my 20 years of practice I have painfully observed my beloved profession heading steadily toward eastern mysticism, new age, and occult philosophies and practices. I feel saddened and angered that our grand and distinguished science of healing is rapidly becoming bastardized with these quasi-science modalities. When patients tell me they’ve been to other chiropractors that have read their auras, told them to sit under pyramids, advised them to have psychic readings, or have said that their problems are the result of bad karma, I feel both disgust and anger at the sheer buffoonery of such advice. ... Crystals! Acupuncture! Yoga! Damp spleens! Visualization techniques! What’s next? A séance communicating with D.D. Palmer? The reason the medical profession has such esteem in patients’ minds is

that at least they draw the line somewhere. Where is our line?” ([http://www.chiroethics.com/archives/what\\_is\\_next.html](http://www.chiroethics.com/archives/what_is_next.html)).

There is no evidence for the theory of subluxations, and chiropractic diagnosis and remedy are infamously subjective and contradictory.

“One committee against health fraud sent a healthy four-year-old girl to five different chiropractors for a physical checkup. One claimed the child’s shoulder blades were ‘out of place’ and that she had ‘pinched nerves to her stomach and gallbladder.’ Another said that the child’s pelvis was ‘twisted.’ A third said that one hip was ‘elevated’ above the other and that spinal misalignments might cause her headaches, digestive problems, nervousness, and other disorders in the future. Another predicted that if her ‘shorter left leg’ were not treated she would have a problem in childbirth. The fifth found hip and neck problems and adjusted them without bothering to ask permission” (Ankerberg and Weldon, *Can You Trust Your Doctor*, p. 234).

For more examples of this see “Undercover Investigations of Chiropractors” by Stephen Barrett (<http://www.quackwatch.org/01QuackeryRelatedTopics/chiroinv.html>).

The problem of chiropractic dependency is great. I have personally known of many people who visit their chiropractor regularly for adjustments. Dr. Andrew Weil says:

“Chiropractors are quite successful in making patients dependent on them. I have never heard of a patient being told he or she has a normal spine on a first visit to one of these practitioners. There are always subluxations. Most patients are told they must come in for regular manipulation to make the adjustment ‘hold.’ The tendency of chiropractors [is] to seduce patients



into long and costly therapy” (*Can You Trust Your Doctor*, p. 235).

There are various types of chiropractors today. An article on “Chiropractic” in the *Citizendium* divides them into four categories:

*TRADITIONAL STRAIGHTS* deal with subluxation and “innate intelligence” and promote a broad skepticism toward childhood vaccination, pharmacology, and medical care.

*OBJECTIVE STRAIGHTS* also focus on correcting subluxations, but they encourage their patients to consult medical physicians when necessary.

*MIXERS* use more diverse diagnostic and treatment approaches, including naturopathic remedies and physical therapy devices.

*REFORM* chiropractors integrate their practice into contemporary medicine and do not subscribe to the Palmer philosophy or the subluxation theory.

Though the field of chiropractic is riddled with quackery and occultism, not all chiropractors are involved in these things. A minority merely use physical adjustments and massage to remedy neuromusculoskeletal ailments rather than dealing at an occultic “innate” or “subluxation” level, and they do not condemn modern medicine.

## **Macrobiotics**

Macrobiotics is a largely vegetarian diet (some fish is allowed) that incorporates occultic principles of eastern mysticism. Its practitioners admit that it is not just a diet but “a philosophy of dynamic living.”

The wise Bible-believer will want to know exactly what that philosophy is and whether it is in accordance with God’s Word.

The term “macrobiotic” means “big life” or “the way of longevity.”

It was brought to Europe in the early 20th century by George Ohsawa, a Japanese philosopher, and to America in the 1950s by students of Ohsawa, the most prominent of whom was Michio Kushi.

Many of the first customers and owners of alternative food stores were students of macrobiotics (“Health Food: Macrobiotic Brown Rice,” Natural Museum of American History, <http://americanhistory.si.edu/collections/object.cfm?key=35&objkey=97>).

The diet itself focuses on eating whole cereal grains, such as brown rice, as staples (50-60%), supplemented with vegetables (25-30%), beans and legumes (5-10%), and miso soup (5%). It avoids the use of highly processed or refined foods (“Macrobiotic Diet,” *Wikipedia*).

As we have noted, it is not merely a dietary plan, though. Its “core teaching” is “that God, nature, the Universe and all aspects of creation are simply, One” (Verne Varona, “A Guide to the Macrobiotic Principles,” <http://www.macrobiotics.co.uk/articles/principles.htm>).

“Briefly put, it’s an idiosyncratic version of the ancient concept of yin and yang. According to oriental philosophy yin and yang are opposing yet complimentary forces which are presumed to exist throughout all elements of the universe. It’s necessary to maintain a balance and harmony between yin and yang ... Everything is assigned yin and yang qualities. In dietary counseling and practice, these designations are used to explain how a supposed imbalance in the diet results in a health disorder. The imbalance isn’t explained nutritionally, understand. It is explained philosophically” (*The Hidden Agenda*, p. 107).

For example, the macrobiotic diet typically avoids tomatoes, eggplant, peppers, potatoes, spinach, beets, avocados, sugar, coffee, honey, chocolate, commercial milk,

cheese, hot spices, fruit, cream, yogurt--*because these are allegedly "extreme yin."* On the other hand, poultry, meat, eggs, and other things are avoided *because they are "extreme yang."*

In the Old Testament, God's people freely ate fruit, milk, and honey (Numbers 13:23-27), caring not a whit about their supposed "yin" qualities. God Himself described the Promised Land as a land "flowing with milk and honey" (Exodus 3:8).

There is no support for the yin/yang concept in Scripture. It is a lie of the devil and brings people into an occultic bondage. Macrobiotics is intimately associated with earth worship, self-worship, pantheism, monism (all is one), reincarnation, and many other gross and very dangerous spiritual errors.

The macrobiotic practitioner finds himself caught up in a whirlpool of legalism in regard to eating. He is told not only what to eat and what not to eat, but also when to eat it (e.g., wild plants and fresh greens in spring and round vegetables and root vegetables in winter), how many times a day to eat it, how to cook it (e.g., over a flame rather than by electricity or microwave, using only cast iron, stainless steel or clay cookware), and how to prepare it according to the time of year (e.g., steaming in spring and summer). Composition of dishes and choices of foods are adjusted according to season, climate, sex, age, and many other things. The conscientious macrobiotic practitioner is even instructed as to how he must eat his food (chewing each bite from 50 to 100 times).

Macrobiotics doesn't stop there. It instructs the practitioner to take short baths or showers with warm or cool water, to wear only cotton clothing, to avoid metallic jewelry, to use products made only from natural ingredients, to avoid computer use, etc. etc.

Macrobiotic practitioners on the Internet claim to be free, but it is a very strange sort of freedom!

Mishio Kushi, a leading macrobiotics practitioner, says:

“We lead our life in a simple modest way, eating macrobiotically and develop a spirit of gratitude to everyone and everything. This way, it becomes easy to attain the order of the infinite universe which is our life itself--eternal and everlasting” (Kushi Institute literature and promotional materials, quoted from *The Hidden Agenda*, p. 108).

This is obviously a pagan philosophy that is contrary to Scripture. Observe that he is thankful to “everything” but not to the Almighty Creator God, and he believes that everlasting life is gained by a macrobiotics lifestyle rather than through faith in Jesus Christ. This is a false gospel, and the child of God should have nothing to do with it.

Macrobiotic counselors diagnose their patients through iridology and other bogus methods.

Dr. David Sneed describes a woman named Bonlyn Walls who began delving into macrobiotics after visits to a New Age food store. She says, “For one thing, I was looking for a low-sugar diet. And I liked vegetables and fruits and whole grain foods” (*The Hidden Agenda*, p. 103). There is nothing wrong with these foods, of course, but the problem is that she was gradually drawn into occultic idolatry. She says:

“Looking back, that diet became an idol to me. I ate macrobiotically to save myself from disease and an uncaring environment, to avoid modern fast-paced consciousness, and from a deeply spiritual connection to the earth, to my food, and to my own existence” (p. 104).

By God’s grace she came to understand the error of macrobiotics and turned away from it. In retrospect she says, “That diet was a very real snare to me.”

Sneed describes another woman who went “completely nutty” over macrobiotics, not allowing anyone to come near her while she was eating, throwing away all clothing made of

non-cotton fibers, walking on stones, not answering the phone. “She had shut herself off from the real world, in a little room of anger and fear and magical thinking” (p. 31).

The *Journal of the American Medical Association* and the AMA Council on Foods and Nutrition have issued warnings that strict followers of macrobiotics are in “great danger” of malnutrition (*Wikipedia*). “Scientific studies in the United States and Europe have shown that a strict traditional macrobiotic diet can lead to a variety of nutritional deficiencies, especially in protein, amino acids, calcium, iron, zinc, and ascorbic acid. These deficiencies can result in drastic weight loss, anemia, scurvy, and hypocalcemia. In children, a strict macrobiotic diet can cause stunted growth, protein and calorie malnutrition, and bone age retardation” (*Alternative Medicine Encyclopedia*).

1 Timothy 4:4 says, “For every creature of God is good, and nothing to be refused, if it be received with thanksgiving.”

## Naturopathy

Naturopathy in the United States was developed by Benedict Lust, who founded the American School of Naturopathy in 1902. It is built on the following three basic principles:

“(1) The body has a natural drive to maintain equilibrium--symptoms of disease are only indications that the body is striving to heal itself. (2) The root of all disease is the accumulation of waste products and toxins due to poor life-style habits. (3) The body contains both the wisdom and the power to heal itself--provided one does what enhances rather than what interferes with this power” (*The Hidden Agenda*, p. 109).

All three of these principles are half truths, and half truths can be whole lies. While it is true that the body has a natural drive to maintain equilibrium, it is not true that all symptoms

of disease are indicative of the body trying to heal itself. While the accumulation of wastes and toxins due to poor life-style habits is the root of *some* disease, it is definitely not the root of all disease. And to say that the body has “the wisdom and the power to heal itself” is only partially true, because there are dramatic limits to the body’s healing power, regardless of what diet you eat or how you live, and the body is fallen because of sin and no longer the pristine thing that was originally created by God.

Dr. David Sneed says:

“A naturopath believes in a world of physical toxins in which most people are poisoning themselves through what they eat. Foods filled with additives, high in sugar, and low in fiber are the culprits, they say. Now, as a physician, I’m certainly interested in seeing a person achieve a low fat, high fiber diet. ... What is not proven is the importance naturopaths place on various toxins, both those which occur naturally within the body and those that come from such external sources as pesticides and chemicals” (*The Hidden Agenda*, p. 109).

Homeopathy, acupuncture, and “oriental medicine” are among the set of core subjects taught at naturopathic schools. Oriental medicine refers to the belief in the occultic *chi* (pronounced *chee*) energy that allegedly flows through the meridians of the body and the balancing of yin and yang.

Many naturopaths are involved with other New Age practices such as mind control, reflexology, biofeedback, meditation, and yoga, and are “reluctant to support vaccination treatments, even for the routine prevention of such things as measles, mumps, polio, tetanus, diphtheria and pertussus” (*The Hidden Agenda*, p. 111).

## Rolfing

The official name for this procedure is Structural Integration, and an estimated one million people have received the treatment.

The brand name Rolfing comes from its inventor, Ida Rolf (1896-1979). She was a student of osteopathy, homeopathy, chiropractic, and yoga.

Rolfing is a type of deep massage therapy that is advertised as a treatment to ease pain and chronic stress and improve performance in professional and daily activities. At its heart, though, is the belief in an occultic energy field.

Rolf described the practice as an attempt to “realign the random body into an orderly, balanced ENERGY SYSTEM that can operate in the field of gravity” (*Positive Living and Health*, 1990, p. 325).

Rolfing “can reinforce the body’s ENERGY FIELD” (Rolf Institute, Boulder, Colorado, 1971). This refers to the eastern occultic energy field.

Dr. David Sneed says that Rolf “reported changes in her subjects’ ‘energy bodies,’ which were confirmed by an ‘aura reader’” (*The Hidden Agenda*, p. 85).

Rolfing also holds to the unproven idea of muscular “armoring,” which is said to consist of esoteric barriers that are built up against one’s physical and psychic wounds in life (p. 86). Rolfing supposedly releases memories and emotions and melts the “armoring.”

Choosing a Rolfing practitioner is likened to choosing beef stew made by various chiefs. “Some I’m drawn to and would like to make or taste. Others, not my thing. This is how you should select a Rolfing practitioner” (“What Is Rolfing?” Michael Vilain: Certified Advanced Rolfer).

## Applied Kinesiology

Applied Kinesiology (AK) is the “alternative medical” practice of using manual muscle-strength testing to diagnose physical health. (It should not be confused with “kinesiology” or biomechanics, which is the scientific study of human movement.) It is based on the premise that every illness is accompanied by a weakness in a corresponding muscle.

It was invented in 1964 by chiropractor George Goodheart (d. 2008) and **is one of the most popular chiropractic techniques in the United States, with 43% of chiropractors employing it in 1998.**

“Goodheart combined the occultic philosophy of early chiropractic theory concerning the body’s supposed Innate Intelligence with ancient Eastern practices designed to regulate supposed mystical life energies within the body. ... Applied kinesiology is thus a blending of the theory and/or practice of chiropractic and ancient Chinese Taoism. ... various occultic and spiritistic books ... employ [muscle testing] toward that end ... That applied kinesiology is used in occult practice is not surprising given the fact that Goodheart himself is a psychic who developed his system by psychic methods” (John Ankerberg and John Weldon, *Can You Trust Your Doctor?*, p. 167).

Goodheart associated Applied Kinesiology with the flow of chi energy along the occultic meridians. The AK book *Infections: A Lifetime of Health for Your Child* suggests that the Applied Kinesiology practitioner can find the reason for infection by evaluating and correcting “the energy patterns within the body.”

The most common Applied Kinesiology test is the Delta, whereby the patient resists as the practitioner exerts downward force on the arm (“Applied Kinesiology,” *Wikipedia*). Other tests include assessing the patient’s gait



and pressing “trigger points” to analyze supposed muscle weaknesses.

The “tests” are entirely subjective and their interpretation depends solely upon the particular practitioner. There are no absolute standards that can be applied.

The practice involves New Age *hocus-pocus* and visualization. In “therapy localization,” for example, the practitioner places a hand over an area suspected to be in need of therapeutic attention and “the fingertip is hypothesized to focus the mind on the relevant area,” which allegedly results in a change in muscle response (*Wikipedia*).

“The hand is thought to become a sort of psychic ‘conduit,’ able to locate the point of impaired function, allowing the practitioner to successfully ‘treat’ the symptom. Some practitioners claim that they use their hands to ‘sense’ various energy imbalances in different organs, much in the manner used by practitioners of psychic healing” (*The Encyclopedia of New Age Belief*).

AK is also used to test the emotional responses to situations by performing muscle testing while the patient visualizes various situations ([http://www.cancer.org/docroot/ETO/content/ETO\\_5\\_3X\\_Applied\\_Kinesiology.asp](http://www.cancer.org/docroot/ETO/content/ETO_5_3X_Applied_Kinesiology.asp)).

Nutritional deficiencies are detected by placing various items on the patient’s tongue or placing the items in his hand or touching them to various parts of the body, and then re-testing for muscle strength. “If the muscle tests ‘stronger,’ the substance supposedly can remedy problems in the corresponding body parts. Testing is also claimed to indicate which nutrients are deficient. If a weak muscle becomes stronger after a nutrient (or a food high in the nutrient) is chewed, that supposedly indicates ‘a deficiency normally associated with that muscle’” (Stephen Barrett, “Applied Kinesiology,” <http://www.quackwatch.org/01QuackeryRelatedTopics/Tests/ak.html>).

Applied Kinesiology even claims to be able to detect problems before they arise, which leads to a regime of preventive checkups. “In this case patients are encouraged to have a general diagnostic checkup, even when they feel fine. ... Proper treatment is then applied before the underlying ‘problem’ has a chance to manifest outward illness” (*The Encyclopedia of New Age Beliefs*).

Once diagnosis is made, the prescription typically involves massage, chiropractic “adjustments,” and overpriced vitamins, supplements, and homeopathic remedies.

Research has proven Applied Kinesiology to be bogus.

“A few researchers have investigated kinesiology muscle-testing procedures in controlled clinical studies. The results showed that applied kinesiology was not an accurate diagnostic tool, and that muscle response was not any more useful than random guessing. In fact, one study found that experienced kinesiologists made very different assessments regarding nutrient status for the same patients” ([http://www.cancer.org/docroot/ETO/content/ETO\\_5\\_3X\\_Applied\\_Kinesiology.asp](http://www.cancer.org/docroot/ETO/content/ETO_5_3X_Applied_Kinesiology.asp)).

## **Neuro-Emotional Techniques**

Neuro-Emotional Techniques (NET) was developed in the 1980s by Scott Walker, a chiropractor. It is adapted from Applied Kinesiology and is based on the same pagan principle that the body’s occultic energy or chi must be kept in balance.

NET focuses on the emotions. It claims that negative emotions can create “locks” and imbalances in the nervous system called a Neuro-Emotional Complex (NEC). The NEC can also, allegedly, manifest as a spinal subluxation or an imbalance in an acupuncture meridian. This, in turn, causes ill health.

NET claims that the locks and imbalances can be tested through muscle testing, body reflex points, and semantic reactions.

The patient is instructed to think of an issue that is upsetting and is then tested.

The diagnosis and prescription are purely subjective, of course.

NET is said to be able to diagnose problems and feelings, access the subconscious, discover early traumas, and act as a biofeedback loop, to teach people what they are feeling ([http://healing.about.com/od/net/a/net\\_jgazley\\_2.htm](http://healing.about.com/od/net/a/net_jgazley_2.htm)).

## **Touch for Health**

Touch for Health was developed by chiropractor John Thie. It is a form of Applied Kinesiology but it moves even more deeply into the realm of the psychic.

Thie claims that the life energy can be regulated and manipulated by mental power alone. This is the New Age practice of visualization. “In fact, you do not even have to make contact with the body. You can simply follow the meridians in your mind’s eye, through concentration, and produce much the same effect” (*The Encyclopedia of New Age Beliefs*).

Thie believes that “we are all one with the universe” (“Touch for Health: An Interview with John Thie,” *Science of Mind*,” Sept. 1977).

## **Behavioral Kinesiology**

Behavioral Kinesiology, which was developed by a chiropractor named John Diamond, takes Applied Kinesiology to its highest occultic level.

Diamond says that “Life Energy” is the “source of our physical and mental well-being” and is the same as the Chinese chi. The thymus gland, which is a lymphoid gland

located beneath the breastbone at heart level, is said to be the “seat of the Life Energy” and “monitors and regulates energy flow in the meridian system.”

According to BK, muscle testing can be used for basically anything in one’s life, testing what type of music to listen to, what color to paint one’s house, what foods to eat, and which vitamins to take.

BK claims that life energy is depleted by such things as shaking one’s head, frowning, looking at a depiction of a cross, synthetic or refined foods, sunglasses, the musical note C, hats, cold showers, microwaves, perfume, even artificial light. “According to BK ... most things in our modern technological world are conspiring against us, depleting our ‘life energy’” (*The Encyclopedia of New Age Belief*). Further, people with depleted energy can deplete others by being in their presence or even by appearing on television!

If BK is true, it would mean that the individual should spend much of his life testing things in order to be sure that his life energy is in proper order and scrupulously avoiding any and everything that might be destructive to his energy field. I wonder now many people have become paranoid psychotics through such a philosophy!

### **Concluding Warning**

We are forbidden to adopt the ways of the heathen (Jeremiah 10:2). “Alternative” medical practices that are associated with idolatry and pagan darkness are demonic, and the Bible forbids us to participate with such things (1 Corinthians 10:19-21). The Word of God warns, “And have no fellowship with the unfruitful works of darkness, but rather reprove them” (Ephesians 5:11).

As for diet, there is no biblical diet that is required for God’s people today as there was under the law of Moses. Paul warned that vegetarianism as a legalistic practice is a doctrine of devils, and he taught that all things are good to eat if

received with thanksgiving (1 Ti. 4:1-5). For the Christian, diet is a matter of health and personal preference, not a matter of Bible doctrine.

We should beware of an overemphasis on diet. It can become idolatrous. The Bible teaches us to put our focus on the spiritual rather than the physical. “For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come” (1 Ti. 4:8).

We don’t live in paradise. We live in a cursed world and a body of death (Ro. 8:22-23; 7:24). Life is short at best, and no matter what kind of diet you adopt you will have plenty of problems and sicknesses and will eventually die.

The Bible says we should die to self and live for Christ and for His gospel’s sake (Mark 8:35). Christ’s Great Commission instructs us to go into all the world and preach the gospel (Mt. 28:18-20; Mk. 16:15; Acts 1:8). This should be our focus as we live as pilgrims in this world.

# Young Living Essential Oils

Young Living Essential Oils (YLEO) is a multi-level marketing company founded in 1992 or 1993 in Utah by Donald Gary Young and his third wife, Mary Billeter Young. They are charismatic and successful marketers of their products.

Eva Briggs, M.D., exposed many problems with Young Living Essential Oils in her report “The Real Story of Gary Young and Young Living Essential Oils,” May 31, 2013, which is available at [http://www.jonnsaromatherapy.com/pdf/Briggs\\_Real\\_Story\\_of\\_Gary\\_Young\\_2013.pdf](http://www.jonnsaromatherapy.com/pdf/Briggs_Real_Story_of_Gary_Young_2013.pdf)

Young claims to have earned a doctorate in naturopathy, but his “degree” was purchased from a diploma mill called Bernadean University, and he has never been licensed to practice naturopathy. A degree from Bernadean is not recognized by the Council on Naturopathic Medical Education, which is recognized as a crediting agency with the Department of Education.

While living in Spokane, Washington, in the early 1980s, Young caused the death of his baby (by his first wife) by leaving it under water for an hour after birth in a whirlpool as an experiment.

Young also had a clinic in Rosarita Beach, Mexico, that used laetrile to treat cancer. Laetrile is made from apricot pits. An estimated 50,000 to 75,000 Americans took laetrile treatments for cancer, but it turned out to be bogus and many died from the toxicity of the treatment itself.

Young was arrested in Spokane, Washington, in 1983 for practicing medicine without a license. He pled guilty to the unlawful practice of medicine and was sentenced to a year of probation (“The Truth about Gary Young,” Jul. 13, 2014, [www.linkedin.com/pulse/20140713001220-36302273-the-truth-about-gary-young-young-living-essential-oils](http://www.linkedin.com/pulse/20140713001220-36302273-the-truth-about-gary-young-young-living-essential-oils)).

Young was arrested in California in 1988 for “a variety of charges related to the sale of ineffective and worthless medical treatments.”

Young was arrested in 1993 for threatening several family members with an axe. Two days before the assault, he had been ousted from Young Living, Inc. “for fraudulent misrepresentation of himself as a doctor, misuse of company funds to support his personal endeavors, erratic behavior during meetings, and other problems.” “Court and police records from Spokane, Washington, show that two days later, September 29, 1993, Young returned to the company headquarters with an axe. He attempted to force entry into the company office, removing the doors hinge pins, battering at the door with the axe, threatening and terrorizing company employees and his wife. He had to be removed by the police” (Eva Briggs, M.D., “Total Wacko at Total Health Expo in Toronto,” *Canadian Quackery Watch*).

Sherman Johnson, an M.D. who headed up the Young Life Research Clinic of Natural Medicine, pled guilty to manslaughter after injecting his patient, a longtime girlfriend, with a lethal dose of narcotics and falsifying her death certificate.

At a Total Health Expo in Toronto on March 20, 2004, Young spoke on “Hormones and Rejuvenation.” He showed a photo of Shirali Mislimov, who was reported in *National Geographic Magazine* (January 1973) to be 168 years old. Young claimed to have personally interviewed and photographed Mislimov, but that is impossible. Young also claimed that the Hunza people of China commonly live to more than 100 years old, but this has been debunked by further study. These bogus claims were used to promote Young’s “Berry Young Juice” made from Chinese wolfberry and other ingredients, supposedly based on an ancient Chinese formula that was personally revealed to Young by a “renowned Chinese scientist” named Dr. Songquo Zhao. There is no reference to this man apart from Young’s

promotional material (Eva Briggs, M.D., “Total Wacko at Total Health Expo in Toronto,” *Canadian Quackery Watch*).

Young believes that he gets formulas and information about essential oils via “downloads from God” and that essential oils are the “closest thing you get to God’s love in a bottle” (“The Real Story on Young Living,” [bestcheapestessentialoils.com](http://bestcheapestessentialoils.com)).

Young Living Essential Oils claims that its oils are all natural, but chemist Dr. Robert Pappas proved that the jasmine and birch oils contain synthetics. While working for the Lebermuth Company, he was approached by a YLEO representative who asked him to test the company’s jasmine oil. “Dr. Pappas said that he discovered conclusively that the oil had very high percentages of chemical known as DPG (dipropylene glycol), which was being sold as a ‘pure’ jasmine oil” (“Damning Evidence that Young Living and DoTERRA’s Essential Oils Are Adulterated,” *Utah Stories*, Aug. 15, 2014).

## Marks of Quackery

Young Living Essentials Oils has nearly all of the marks of quackery that we give in this book.

Consider some of these:

### **A quack diet is based on bogus “science.”**

While quacks discredit “traditional medicine,” their remedies are usually based on bogus science. This is true of Young Essential Oils. Young’s lecture “The Missing Link,” which was long used to train distributors, is filled with bogus science, as exposed by Eva Briggs, M.D., in “The Real Story of Gary Young and Young Living Essential Oils,” May 31, 2013, which is available at

[http://www.jonnсарomatherapy.com/pdf/Briggs\\_Real\\_Story\\_of\\_Gary\\_Young\\_2013.pdf](http://www.jonnсарomatherapy.com/pdf/Briggs_Real_Story_of_Gary_Young_2013.pdf)



For example, Young claims that oils “transport nutrients” and play the same function in plants as blood does in humans, which is false and ridiculous.

Of Young’s “The Missing Link,” Robert P. Adams of Baylor University called it “pure garbage.” Rodney Croteau of Washington State University said Young’s writings “are among the most unscientific and intellectually unsound that I have ever read.” Dr. Eva Briggs says his writings “reveal a complete and utter lack of knowledge about even basic science.”

**A quack diet promises near perfect health and longevity and makes high-sounding claims.**

When asked by the *Daily Herald* of Provo, Utah, what essential oils are good for, Mary Young replied, “They do everything under the sun” (“Oil of Success Brings Healthy \$230 Million a Year to Lehi Company,” *Daily Herald*, Provo, Utah, May 5, 2013).

That’s a pretty big claim!

Until a warning was issued by the U.S. Food and Drug Administration in September 2014, Young Living Essential Oils distributors made many wild-eyed claims about the health benefits and healing properties of the products, including the claim that they could help in the cure of autism, cancer, multiple sclerosis, Parkinson’s, diabetes, heart disease, dementia, and Ebola. Since such claims would cause the oils to be listed as drugs and thus subject to testing, Young Living has toned down or removed the claims (“FDA warns three companies against marketing their products as Ebola treatments or cures,” *The Washington Post*, Sept. 24, 2014; “Honey Boo Boo, Snake Oil, and Ebola,” *The Daily Beast*, Dec. 5, 2014).

One of the ads for Young Living Essential Oils on theoildropper.com proclaimed, “Viruses (including Ebola) are no match for Young Living Essential Oils.” It said that YLEO *Thieves* oil “can even fight against airborne carried

germs. ... This blend helped protect people against the Black Plague endemic in France.” The ad is no longer online.

Ads for Young Living Essential Oils at [essentialsurvival.org](http://essentialsurvival.org) claimed that YLEO’s *Thieves* oil “has been shown in university studies to obliterate bacteria and viruses, as well as mold.” And YLEO’s Frankincense oil was said to “have an anti-tumor effect on the following types of cancer cells, causing them to implode: Prostate cancer cells . . . Colon cancer cells . . . Cervical cancer cells . . . Bladder cancer cells . . . Leukemia cells . . . Melanoma and fibrosarcoma cells . . . Brain tumor cells.”

Ads on Pinterest.com claimed that Young Living Essential Oils were good for arteriosclerosis, hypertension, cancer, insomnia, heart disease, and Alzheimer’s.

Today, the Young Living Essential Oils catalog only goes so far to make the following claims that are vague enough to be meaningless when put to any scientific test, but which still hold out the promise of health and healing, both physical and spiritual, to those who use them:

- relaxing
- invigorating
- energizing
- empowering
- uplifting
- soothing
- “can maintain overall vitality”
- “encourages peaceful and spiritual feelings”
- “brings a deeper sense of spirituality”
- “enhances spiritual journey and meditation experience”
- “contributes to overall wellness”
- “supports a healthy immune response”
- “promotes a more radiant, younger-looking appearance”
- “supports joints and tissue health”
- “balances the body’s overall enzyme activity”
- “supports the body’s systems”
- “supports core intestinal health”

- “provides optimal antioxidant protection”
- “supports overall wellness”
- “supports cognitive alertness and fitness”
- “supports a unique normal brain function”
- “boosts feelings of masculinity and confidence”
- “supports health weight-management goals”
- “created to enhance the frequency of harmonic magnetic energy field that surrounds us”
- “energizes your life force”
- “designed to enhance the process of dreaming and visualization”

The promotion of energy fields, life forces, dreaming, meditation, spirituality, and visualization takes Young Living Essential Oils directly into the realm of New Age occultism.

#### **A quack diet is based on testimonials.**

In the case of Young Living Essential Oils, the company is founded on Young’s own testimony of healing from a logging accident. He implies that he was healed by his oils, but there is no evidence to back up the claim. He has never documented either his injury or his cure.

#### **A quack diet is tied to a money-making scheme.**

Young Living Essential Oils is a money-making enterprise which has made Donald Gary Young wealthy. YLEO owns six farms and seven distilleries worldwide. By 2013, Young Living Essential Oils had 785 employees, with offices in Utah, Japan, Ecuador, Peru, and Australia, and was making \$230 million a year (“Oil of Success Brings Healthy \$230 Million a Year to Lehi Company,” *Daily Herald*, Provo, Utah, May 5, 2013).

There is nothing inherently wrong with building a successful business and making money, but when one’s income is tied to one’s testimony about a certain product, it must be carefully tested.

**A quack tends to discredit “standard medicine.”**

This theme runs through many of the testimonies pertaining to Young Living Essential Oils. At the Total Health Expo in Toronto in March 2004, Gary Young claimed that scientists and doctors are “all participants in a giant conspiracy” and they suppress genuine discoveries in order to obtain grant money.

In true quack form, Young says, in essence, “You can’t trust ‘big medicine,’ but you can trust me.

**A quack diet plan promotes “all natural” as opposed to “synthetic.”**

Young Living Essential Oils makes a big issue of the alleged fact that its oils are all natural, though this has been disproven in scientific tests.

**A quack diet plan claims to be based on the Bible.**

Many promoters of essential oils try to find a biblical basis. For example, one wrote, “I am a Christian too, a strong one, and have done a lot of research on the biblical basis of using oils for healthcare. I started using them on my children and can’t believe the amazing results. Check my oil website. ... Look at these verses: Ezekiel 47:12; Ge. 37:25; Matt 2:11; Numbers 16 (Aaron stops a plague with frankincense and myrrh!); Exodus 12:22; 29:7; Leviticus 2:1-2, Mark 14:3, and my favorite James 5:14-15. From a healthcare standpoint, the oils will change your life. From a spiritual standpoint, you may change other’s lives” (from <http://jontioils.com/wordpress/wake-up-people-2/>).

The biblical ignorance reflected in this statement is frightful. Most of the Bible references have nothing to do with the use of oils for healing or healthcare. In Numbers 16, Aaron didn’t stop the plague with frankincense and myrrh. The power of God stopped it. The incense was used to make an atonement (Num. 16:46). It was a spiritual issue, not a physical one. The Tabernacle incense signified Christ’s

intercession for man's sin. As for James 5:14-15, the healing is not through oil but through prayer. We believe in anointing with oil, but it is symbolic of the healing ministry of the Holy Spirit. The oil is used as an "anointing," not for a healing balm. James plainly says it is "the prayer of faith" that saves the sick.

## **Oil Therapy and the New Age**

The very concept of oil therapy is a major part of Hindu Ayurvedic and other types of Eastern medical practices.

Consider some quotes from Ayurvedic web sites:

"Ayurveda is the science of life which was first understood by the Vedic *Rishis* - or Seers - of ancient India at least 4000 years ago. ... The knowledge was recorded in Sanskrit as poetic verse, and first describes the creation of the universe which began with the sound *Om*. Energy and Matter came into being, and from them arose the Five Great Elements of Ether, Air, Fire, Water and Earth. This is the guiding philosophy of Ayurveda - Sankhya - behind which there is considered a state of pure existence or awareness, beyond time or space, without beginning or end. ... **Many essential oils can benefit more than one Dosha**, particularly when combined in a synergistic blend, making them a pleasurable, effective, economical and useful addition to our lives."

"With the goal of Ayurveda being balance and harmony with nature within and without, **essential oils hold the power to balance vata, pitta and kapha with ease and joy**. I share essential oils in my practice for women with effective results—for example, clary sage to reduce hot flashes, sweet orange for anxiety, ylang ylang for libido, vetiver for overactive children, peppermint for mental clarity, maharayan oil mixed with lavender for joint pain, holy basil for respiratory issues and many more."

“When inhaled, **essential oils primarily work on the subdosha of vata called prana vata.** Imagine prana vata as the vital energy that draws air into your body. ... Prana vata doesn't just refer to oxygen, however. It also is about maintaining mental calm and tranquility.”

“**Using aromatics for meditation practices and spiritual experience has been done for thousands of years. Maharishi Ayurveda has several oils well suited for this purpose,** such as frankincense, patchouli, sandalwood, and myrrh. Diffuse the oils in the meditation environment or put a drop in your hands, rub the hands together, and inhale the aroma.”

“**Basically, the essential oil of a plant is the ‘Agni’ or fire of the plant. ... According to Ayurvedic pharmacology the pure fire element extract of a plant is very potent.** This very potency is what makes it both dangerous and therapeutically efficient.”

These are demonic philosophies and practices that God's people should avoid like the plague.

“There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the LORD: and because of these abominations the LORD thy God doth drive them out from before thee” (De. 18:10-12).

“Thus saith the LORD, Learn not the way of the heathen, and be not dismayed at the signs of heaven; for the heathen are dismayed at them” (Jer. 10:2).

“And have no fellowship with the unfruitful works of darkness, but rather reprove them” (Eph. 5:11).

“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with

darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty” (2 Co. 6:14-18).

“What say I then? that the idol is any thing, or that which is offered in sacrifice to idols is any thing? 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. 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” (1 Co. 10:19-21).

Following is a Christian woman's experience in an independent Baptist Church:

“This church introduced some things that I had never heard of before: Detox foot baths, iridology and natural paths. And Essential Oils. What is ailing you? ‘I have an oil for that!’ Was always the response.

“And that was okay with me. I had never heard of them! And there are oils in the Bible! Sign me up... again, I'm natural! I bought two oils and used them a couple times. I'm sensitive to smells so I'm not fond of smelling them often.

“I noticed on the emails I would get for oils that a lot of the sales pitches were for ‘spiritual’ cures. Happiness, love, hope, depression, charisma, etc. I was concerned.

“And then I went to church one day and our deacon's wife, was telling me about her natural doctors appointment. As serious as can be, she explains to me

how her naturopath practitioner told her she could tell 'she had deep hurts in her life' and if she rubbed a combination of oils over her heart everyday it would heal it. A deacon's wife in a independent, fundamental, baptist church!

"I stood there shocked and at this point had to question what exactly the beliefs behind essential oils were. I started researching and was shocked at all I found. And when I research, I don't look up 'essential oils new age.' I just google 'essential oil uses' because I want to see what people selling and using them say about them. The claims, the way they work, the beliefs in the power of them is ALL new age. There is zero science behind any of it. It roots its belief in new age/meridians/qi/chi/ Chinese medicine and Christians are refusing to even look it up and search it out.

"Shortly after this I had a Christian friend from an independent, fundamental, baptist church come to my home for a party, and chit chat led to learning that she loves essential oils. She swore that wearing one of the oils brought her more tips as a waitress. THIS is witchcraft!"

God made oils, and they have many good and helpful uses, but we have seen that there is a close connection between oil therapy and Eastern occultic practice, and the wise child of God will avoid all such things. God's people must avoid every whiff of New Age idolatry! It is better to err on the side of safety in anything that is questionable.

There is no panacea for all of life's troubles and health problems. We age, get sick, and die because of sin, ultimately, not because of lack of oils, herbs, vitamins, or supplements.

Diet is important, and diet can affect one's health, but there is no diet and no supplement and no regimen that can legitimately promise health or longevity.



“For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord” (Romans 6:23).

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