

Skeletal System Ailments/Suggestions:

Arthritis: eat salmon, parsley, tumeric, apples, almonds & chicken cartilage, **drink lots** of water, avoid fluoride & calcium supplements
avoid: milk, green peppers, red meat, potatoes, eggplant & tomatoes
Back Pain: rub with eucalyptus oil, do a kidney cleanse, wear loose clothes & support shoes, eat almonds (*magnesium-rich*), papaya or pineapple (*enzymes*) & plain yogurt (*acidophilus*), see chiropractor
Knee/Wrist pain: eat sunflower seeds, drink & soak in raw vinegar
Osteoporosis: get sunshine (*without sunscreen*) 30 minutes a day, eat yogurt, honey, almonds, salmon, avoid carbonated drinks & fluoride
Rheumatoid Arthritis: do parasite cleanse & take GSE-grapefruit seed extract, eat pecans, bananas, avocados, wheat germ & fish oil
Slipped Disc: eat papaya, pineapple & oatmeal, drink lots of water

Teeth

Bleeding Gums (*vit. C deficiency*): rub with lemon-juice or citrus peels
Cavities: can recalcify if kept clean & not filled, Peelu gum, strawberries
Gingivitis: brush daily with a pinch of cayenne pepper (*wear chapstick*)
Teeth Grinding (*bruxism*): do a parasite cleanse, eat collards & salmon
Toothache: chomp down on a peeled clove of raw garlic (*burns a little*)

Respiratory System Ailments/Suggestions:

Allergies (*fungus*): oregano oil, noni juice, avoid grapefruit & sulfite triggers
Asthma (*selenium deficiency*): eat 3-5 Brazil nuts (*selenium rich*) a day, drink hot **organic** coffee with a straw; drink tangerine or onion juice
Fever: fevers kill viruses, just keep hydrated with water & lemon juice
Flu: eat **chicken soup** w/cayenne pepper & garlic, drink elderberry tea
Lung Infections: walnuts & ginger, asparagus, elderberries, horseradish, onions, drink grape or carrot juice, purple coneflower (*echinacea*) tea
Pneumonia: eat water cress, mustard seeds and drink turnip juice
Sinuses: salt-water nose drops, hot bath, massage with diluted aromatic oils (*eucalyptus, peppermint, camphor*), build up immune system
Strep Throat: eat garlic, cayenne pepper, honey & lemon, goldenseal, drink slippery elm bark tea, blackberry leaf tea, bran & honey tea, carrot or grapefruit juice, yarrow & sage tea, gargle with sugar or salt (*Pets and dishrags can be carriers of strep. Use disposable dishrags*)
Tuberculosis: drink turnip juice, nasturtium flower & leaf tea, anise

Glandular/Reproductive System Ailments/Suggestions:

Cancer: the following types of cancer are inhibited by these foods:
Bone cancer: tumeric, wild grapes, shark cartilage, parsley, red clover tea
Breast cancer: eastern cottonwood leaf tea, cauliflower, brazil nuts, beets apply castor oil-soaked cloth to breast, cover w/plastic and then a bra
Colon and Rectal cancer: peas/beans with grains, seeds or pits, avocados
Lung and Esophageal cancer: cabbage/broccoli (*cruciferous family*), almonds
Melanomas: ripe poke berry & root/goldenseal & lard salve, birch bark tea
Prostate: tomatoes (*lycopene rich*), saw palmetto berries, pumpkin seeds (*zinc*)
Stomach cancer: sip green tea or carrot juice, eat crushed dates and date pits (*other anti-tumor foods are: ginger, dill, rosemary, licorice, spirulina, figs, chlorophyll, blue-green algae, echinacea, seaweed, comfrey, rhubarb, flax seed taken with cottage cheese, magnolia bark tea, citrus fruit peel tea*)
Cramps: eat almonds or chocolate (*magnesium*) ginger, kelp, sage, rose petal or peppermint tea, eucalyptus oil rub, exercise, Epsom salt bath
Hypo(overactive) Thyroid: eat radishes & cabbage (& *avoid all aspirin*)
Hypo(low) Thyroid: eat radishes, seafood & take kelp (*avoid chlorine*)
Lupus: eliminate all grains (*gluten*) & dairy (*casein*) from your diet for 3 weeks
Nausea: drink ginger, raspberry, peach leaf or grapefruit peel tea
PMS: eat butternut squash & celery (*avoid coffee & pork*), take fish oil
Vaginal Infections: vaginally insert a peeled, pierced raw garlic clove

Circulatory/Lymphatic System Ailments/Suggestions:

Anemia: eat liver, beets, raisins, grapes, spinach, molasses, parsley
Angina: eat raw almonds & cashews (*magnesium rich*), vinegar/honey
Arteriosclerosis: eat bananas, sweet potatoes, tomatoes, pineapple, garlic
Bleeding: apply honey, sugar, tea tree oil, apple leaves, cayenne pepper
Blood vessel bursts: eat wild violets (*rutin*), buckwheat, greens, berries
Hepatitis: milk thistle tea, anise, tomatoes, macadamias, dandelion root
High cholesterol: eat oat bran, barley, grape, dill, artichokes, apples
High blood pressure: salmon, apples, avocados, eggplant, walnuts, almonds, bananas, grape seeds, citrus peel membrane (*bioflavonoids*)
Nosebleeds (*vit. C deficiency*): dab lemon juice in nose, pinch nose bone
Parasites (*blood borne*): grapefruit seed extract (*GSE*) or colloidal silver
Stroke: drink cayenne pepper in water to unblock circulation
Swollen lymph glands: marigold petal tea, hot lemon juice, cabbage

Muscular System Ailments/Suggestions:

Aches: epsom salts in bath, then rub w/peppermint or eucalyptus oils
Bruises: eat wild violets (*rutin rich*) & citrus, apply banana peel
Leg Cramps: eat almonds (*magnesium*), yogurt, collards (*calcium*), salmon & apricots, Epsom salts in bath, drink magnesium-rich water
Sprains: apply ice, then maybe a raw grated potato, eat greens, pineapple (*bromelain*), nuts (*magnesium*) & okra (*manganese*)

Nervous System Ailments/Suggestions:

Alzheimer's: rosemary oil, ginkgo biloba leaf, ginger, club moss tea
Bedwetting: drink corn silk tea, avoid dairy, rub olive oil on abdomen
Cerebral Palsy: try wheat germ oil, ginkgo biloba, sunflower seeds
Depression: head massage with lavender oil, **walk**, drink 1 tbsps molasses in hot water, **smell** fresh baked bread, get lots of sunshine!
Earache: eardrops-fresh garlic juice & olive oil, chew xylitol gum
Pilepsy: eat alfalfa sprouts, rub w/oregano oil & avoid vaccines
Eye strain: apply cool, wet (*but squeezed out*) tea bag to eyelids
Headaches: rub warm Listerine, rosemary or lavender oil on temples, massage feet in warm water, press finger between nose & lips & rub
Aspartame, Caffeine, MSG Headache: cayenne, tumeric, coriander seeds
Constipation Headache: eat peaches, asparagus, raw apple cider vinegar
Migraine Headache: drink 1/4 tsp baking soda in water at onset, coffee, echinacea or fennel tea, raw onion poultice, chew spruce needles
Sinus Headache: eat a baked onion, place a warm cloth on sinuses
Stress or PMS Headache: drink raspberry leaf, peppermint, or feverfew tea
Hyperactivity: avoid fluoride toothpaste, eat lots of raw veggies
MS/CFS/Lupus: eat buckwheat, raw vinegar, cod liver oil, spinach (*consider removing "silver" fillings – you may have mercury poisoning*)

Skin

Acne: take probiotics, mask with egg whites, then with wet oatmeal
Athletes Foot: soak in water with vinegar or a drop of cinnamon oil
Bedsore: apply grated raw potato or honey (*messy*), mild tea tree oil
Burns: apply cold water, vinegar, aloe vera, yogurt, okra or carrot juice, blackberry juice, honey, salted onion, emu or lavender oil
Fleas/Lice: tea tree (*melaleuca*) oil, petroleum jelly or vinegar wrap
Insect bites: apply vinegar, baking soda, cucumber slice, honey
Mosquito bites: apply lime juice or curry paste, use Listerine to repel
Poison Ivy: wash with soap, apply wet oatmeal, plantain, goldenseal
Rash: rub with papaya, barley flour, cornstarch or oatmeal paste, or dab with boysenberry or cucumber juice or dried chickweed powder
Ringworm: apply black walnut hull juice, vinegar or clove oil
Shingles: rub with almond oil, take megadoses of acidophilus
Snakebite: apply meat tenderizer, crushed plantain leaf or papaya
Stings: rub with meat tenderizer, baking soda, or warmed onion
Sunburn: prevent with a little brewer's yeast in water as sunscreen
Warts: apply pineapple or papaya peel, dandelion sap, potato juice

Digestive/Eliminative System Ailments/Suggestions:

Bad breath(*halitosis*): eat parsley, dill, fennel seeds, filberts, hazelnuts
Cold sores: swizzle berry juices, apply wet tea bag or ice, eat yogurt
Colic: sip raspberry leaf, dill, fennel or caraway seed teas, warm bath
Constipation: eat asparagus, apples, peaches, papaya, aloe vera, bran
Diabetes: eat cinnamon, berries, barley, onions (*chromium*), *avocado*, coriander, dill or grape seeds, black pepper (*vanadium-rich*), drink watermelon seed or pine bark tea (*avoid all high fructose corn syrup*)
Diarrhea: Bananas (*or Blackberries*) Rice Apples & (*burnt*) Toast
Gallstones: drink fresh squeezed apple juice (*sofiens stones*) for 2 days, then drink 1/4 cup olive oil in coke or juice (*to pass stones*)
Gangrene: eat cooked beets (*blood purifier*), apply red sumac sap
Gas: take digestive enzymes &/or charcoal tablets (*or burnt toast*)
Gout: eat cherries, strawberries, cranberries & drink peony root tea
Hemorrhoids: drink carrot juice, use a slice of raw potato as poultice
Infant Diarrhea: warm tapioca enema, sip carrot juice, peppermint
Kidney Stones: parsley tea, carrot juice, don't drink hard water
Liver trouble: drink milk thistle tea, tumeric, tomato juice, chicory
Parasites: garlic, pumpkin seeds, grapefruit seed extract (*GSE*)
Poisoning: burnt toast (*charcoal*), currants, persimmon & horehound
Stomachache: eat a raw potato, ginger tea, peppermints, a pinch of baking soda in water (*avoid sorbitol candy & Olestra frying oils*)
Ulcers: drink cabbage juice, goats milk and eat okra, licorice, honey
Urinary Infections: eat raw cranberries & insert a peeled, pierced garlic clove, as you would a tampon–this will also cure a sore throat (*you'll taste garlic!*)

The Laws of the Kingdom of God—demonstrated by your body

Skeletal Systems obey the Law of Faithfulness

The skeletal system, consisting of 206 bones, including the skull, is what keeps the body upright. It not only supports the weight of the entire body, but within its bones, it produces the lifeblood. Of utmost importance to the body is a steadfast posture.

In the Kingdom of God, there can be no wavering between faith and unbelief. Believers are called to stand firm, not swayed by emotion or doubt, but having the **posture of a made-up mind**. A good skeletal system demonstrates the importance of faithfulness.

subsystem: **Teeth obey the Law of Use**

The teeth are the hardest part of the body and yet can simply fall out from lack of use (**use it or lose it**).

In the Kingdom of God, that which is your greatest strength can be lost through negligence.

Muscular Systems obey the Law of Unity

The muscular system, consisting of 650 muscles and tendons, allows the body to move freely. The muscles work together, no one muscle moves alone, and they are always **pulling** and never **pushing** one another, to provide strength for the body.

In the Kingdom of God, the individual members must work together. From this unity comes the strength of the Kingdom.

Digestive Systems obey the Law of Greatness

The digestive (or gastro-intestinal) system consists of the alimentary canal, mouth, esophagus, stomach, intestines, gall bladder, liver and saliva. It is able to process an incredible variety of substances and convert them into usable energy for the body.

The Kingdom of God operates on the principle that God knows best. Therefore, whatever comes your way in life, whether sent from God or not, can be ultimately beneficial if you will **accept it and utilize it** to meet the needs of others.

subsystem: **Eliminative Systems obey the Law of Relinquishment**

While each of the other systems have eliminative mechanisms, the organs of elimination (the urinary system and bowels), provide an exit for things the body doesn't need. In the Kingdom of God, unproductive thoughts need to be **cast out** daily.

Respiratory Systems obey the Law of Reciprocity

The respiratory system includes the nose, windpipe and 2 lungs. It receives oxygen and dispenses carbon dioxide.

In the Kingdom of God, the amount **received** is in proportion to the amount **given**, just like taking a large or small breath of air.

Nervous Systems obey the Law of Authority

The nervous system, consisting of the brain and spinal cord and numerous nerve centers throughout the body, receives signals and transmits electrical impulses to the brain, which, in turn, respond with signals carried to each body part.

In the Kingdom of God, the **communication system is prayer to the Head**, God the Father, who networks His responses through delegated authorities. The Nervous System demonstrates how prayer works and may explain some ways it can be hindered.

subsystem: **Skin obeys the Law of Responsibility**

Skin **covers & protects** the body. In the Kingdom of God, "thick skinned" saints are responsible to & for each other.

Circulatory Systems obey the Law of Dominion

The circulatory (or cardio-vascular) system, consisting of the heart, blood, blood vessels, arteries and veins, transports blood through 60,000 miles of blood vessels, saturating & sustaining every part of the body with oxygen and nutrient-rich blood.

In the Kingdom of God, dominion is taken by **speaking the Word of God** (typified in the Old Testament by sprinkling blood). Jesus declared Himself to be the Word of God made flesh. As His **spoken Word** (blood) permeates the earth, it brings life.

subsystem: **Lymphatic Systems obey the Law of Perseverance**

Blood leaks out of the capillaries and is cleansed and returned to the bloodstream by the lymphatic system.

In the Kingdom of God, those who **persevere** through trial will find restoration.

Glandular Systems obey the Law of Change

The glandular system consists of 7 main glands: pineal, pituitary, hypothalamus, thyroid, adrenal, gonads and pancreas. They produce hormones that regulate changes in the body: growth, pain levels, energy levels and body temperatures. They are activated not only by sight, hearing, feeling, tasting and touching, but by the **thoughts** generated by those senses.

In the Kingdom of God, change is constant. The mind-set that allows for change and **adapts to it** will be a **catalyst for growth and provide balance and well-being** to the Body of Christ. By the same token, inability to change brings debilitation.

subsystem: **Reproductive Systems obey the Law of Miracles**

Male sex glands are activated by sight. Female sex glands are activated by spoken words. The purpose of both is procreation.

In the Kingdom of God, miracles are first **seen**, then **spoken forth**, then hoped for, **travailed** over and, finally, **birthed**.