

Health Matters

2 Chronicles 16:12 “And Asa ... was diseased in his feet, until his disease was exceeding great: yet **in his disease he sought not to the LORD**, but to the physicians.”

Psalms 104:14 “He causeth the grass to grow ... and **herb for the service of man...**”

3 John 1:2 “Beloved, I wish above all things that thou mayest prosper and **be in health**, even as thy soul prospereth.”

From 1994 – 1997, we were blessed to serve at Faith Baptist in Shelbyville, TN in an assistant pastorate overseeing music, children, and youth ministry, while Heather served as church secretary and pianist. During that first year of serving, Heather began to experience a health issue for which the doctors’ only answer was “the pill.” We were not comfortable with that route. While we were contemplating what to do for our next step, we learned about a naturopath in NC through Heather’s mom who attended church with the lady. It was through this connection with “Dr. Brenda” that we heard about wild yam cream and how it is a natural progesterone. Through following a specific regimen using this natural product we saw Heather’s issue corrected!

Having seen firsthand the healing that a particular plant (in cream form) had accomplished, after we moved back to NC to launch into evangelism, we began seeing “Dr. Brenda” for various health issues. The wild yam cream was the “seed” in our thinking to cause us to wonder “What else can help our health?” For more than 20 years now, we have been learning more and more about “health tools” that God has provided in His creation and the efficacies of different herbs and homeopathic treatments. Most if not all these things modern medicine discourages, downplays, or even scorns.

Over the years, Heather has had three emergency trips to two NC hospitals due to a breathing issue that began to develop before 2009 and led to the first emergency in 2011. That episode involved an intubation that, unbeknownst to us, caused scar tissue to begin developing in her trachea. Over a few years, we tried different things to address her growing breathing issue, thinking it was an allergy or a lung issue. It wasn’t until we had a CT scan under the oversight of Dr. John Anderson, MD and ENT Dr. Canonico in Tullahoma, TN that subglottal tracheal stenosis was diagnosed, stemming from an emergency intubation in 2011. Dr. Canonico wanted to fast track us to Vanderbilt for an extremely invasive surgery with which we were not comfortable. He even said, “If you don’t have this surgery, you will die.” We remember leaving his office with a heavy feeling of dread. However, reminding ourselves of the many things we’d learned over the years from our naturopath, we decided to go back to NC and consult with her for a second opinion.

We again tried different natural helps, to no avail. These were mostly external to the body, and it was difficult to see how they could help reduce scarring in the trachea. The only answer from the doctors was to perform a procedure as often as necessary, referred to as “the balloon procedure.” This surgery involved cutting into the sides of the scar tissue and using a balloon to stretch it back, a procedure that offered only temporary relief. Our ENT surgeon at Wake Forest Baptist Medical Center even told us that some of her patients need this procedure every few months! We certainly didn’t want that, nor could we afford it!

After the most serious emergency in 2018 that involved a tracheotomy, we have now found out through “Dr. Brenda” about a homeopathic product called “Scarstat” which addresses scarring. Use of this product the last year or so has made it where we have not needed to consider another “balloon procedure.” Beforehand, we saw that the surgery was becoming necessary about once a year.

We are not against medical doctors. We are not for *all* natural practitioners. On both sides there can be “quacks” who care only about making money or who don’t know what they are doing. The rheumatologist who sincerely tried to help Heather in 2011, prescribed a medication (Amoxycilin) that ended up sending her into anaphylactic shock which required emergency intubation which brought about the tracheal stenosis. In short, modern medicine has *caused more* problems than it has helped, while natural helps have achieved far more benefit. In addition, they don’t carry the same risk of side effects that modern medicine so often does. In short, over 25 years of learning about different herbs and treatments has given us a great deal of confidence in using such to treat a variety of small to larger issues on our own or with the aid of our naturopath.

Most recently, my (Jeff’s) mom has been greatly helped by nebulizing colloidal silver and food grade hydrogen peroxide, coupled with Scarstat. Her issue is scarring in her lungs and the doctors have diagnosed her as having interstitial lung disease, which they say is like “spider webbing” in her lungs. They offer no healthful answers, stating only that she was too old for lung transplant surgery and sharing instructions for how often and how much oxygen she should use. In the absence of answers from medical doctors, we sought out other avenues and have learned through a “Colloidal Silver Success Stories” Facebook page that an individual had experienced “500%” benefit through nebulizing. Another detailed and helpful post we saw on that page was made by someone who claimed to be a doctor.

While we would never discount the abilities of modern medicine or doctors to help certain issues, especially in emergency situations, there have been long term issues for us caused by the intubation. However, one major problem with natural helps is that these are largely not researched by scientists, which means that the funding isn’t allocated so that they can be presented to the public as helpful for certain issues. What is meant by “natural” are those products that stem from what God has made in His creation (plants, herbs – Psalm 104), or other treatments/products that are in accord with His design; that is, they are based in His design for how He created our bodies. Man-made, chemical-based products can accomplish what they are designed to do, but they so often have negative side-effects which may cause other issues or require another drug to counteract a side-affect. Hence, a negative cycle of complications so often follows.

Most of all, God’s Word refers to many things concerning our physical health. Jesus healed the sick and referred to Himself as “physician” (Luke 4:23). He used a doctor, Luke, to write two books of the Bible. The significance of water is referenced many times in the Bible (e.g., Ephesians 5:26), along with references to oils (e.g., Luke 10:34), herbs (e.g., Psalm 104:14), and other healing plants. The more of God’s “health tools” we have learned about, and used firsthand, the more we want to share the information with others to help them!