

# SEMINAR ON NATURAL HEALTH CARE

*By Dr. Emeka Mokeme*

Herbal healing was the first system of healing that the world knew. They are Nature's remedies, and have been put here by all wise creators. There is an herb for many diseases that a human body can be afflicted with. The use of herbs is the oldest medical science. Herbs were mentioned in the bible from the beginning of creation.

The Israelites were taught to leave all the harmful articles and the lustful diet of flesh which they were eating in Egypt. Moses taught them to live on simple nourishing food, and use herbs for their medicine. He taught them that the grass was caused to grow for the cattle and herbs for the service of man – psalm 104:14.

The prophet Ezekiel said that the fruit of the tree was for man's meat and the leaves for man's medicine – Ezekiel 47:12

The Apostle Paul said that if you are weak, eat herbs. Romans 14:2

Daniel said he would not defile himself with the portion of the Kings meat, or with the wine. Daniel 1:8.

The wisest man ever lived said: "Better is a dinner of herbs where love is than a stalled Ox and hatred therewith" Proverb. 15:17.

Samuel, one of God's foremost prophets, when he was training young men for the ministry of the priesthood, taught them the use of herbs.

When God had created this world and made a beautiful garden of which he put the tree of life in it, the leaves of which were for the healing of the nations. The Lord told them to eat freely of this tree because that tree was specially designed to keep them well. This tree corresponds with the tree of life that is found in the paradise of God, of which the redeemed are going to eat freely.

When man was driven from the Garden of Eden and had no more access to the tree of life, God added herbs to man's diet and God expects that we shall partake of them to keep us from getting sick. They are one of God's remedial agencies for afflicted humanity and his plan was that everyone should raise herbs in his garden and gather those that grow wild anywhere and use them when needed.

"Thorns also and thistle shall it bring forth thee; and thou shall eat the herb of the field". Gen. 3:18.

"And Ahab speak unto Nabath, saying, Give me thy vineyard that I may have it for a garden of herbs, because it is near unto my house." 1 kings 21:2.

"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 meat." \_Gen. 1:29

Some Christians are skeptical when it comes to the use of herbs. They frown at its use forgetting that they use it everyday, e.g. Ugu, Ewedu, bitter leaf etc. The scripture says "My people are perished for lack of knowledge". Nine out of ten people get well when they use herbs. "Beloved, I wish above all things that you prosper, and be in health, even as your soul prospers." - 3 John 2.1

References to study: Gen. 1:12; Gen. 1:29; Gen. 2:9; Gen. 3:18; Gen. 30:37; Gen. 30: 14-16, 22; Ezek. 47:12; Psalm 104:4 Psalm 5 1:7; John 19:29; Deut. 8:8; John 19:39; Rom. 14:2; Rev. 22:2; Gen. 9:3; Isaiah 38:21; 2Kings 20:7; Heb. 6:7; Deut. 20:19; Song of Solomon 4:13-14; Lk. 10:34; Ex. 30:23; Ex. 12:8; Jer, 8:22.

## **ALMOND**

### **Natural Benefits:**

A nutritious balanced food.

Energy building. A possible replacement for meat.  
A good source of minerals.  
Promotes normal bowel function.  
Better digested if lightly roasted.

**Therapeutic Uses may include:**

*Internal Use:* Pregnancy and nursing, physical and mental lethargy, exertion during sports, nervous disorder, inflammation and spasm of the throat, respiratory system, genital-urinary organs and gastrointestinal tract. It combats infection, urinary stones, and bone disease including tuberculosis. It aids convalescence from disease, enhances growth, and bowel disorders. May be eaten by diabetics.

*External Use:* Inflamed skin, Burned or chapped skin, Dry skin, Earache.

**How to use Almonds:**

Internally, almonds are very nutritious and should be eaten in moderation. Six to 15 almonds daily provide the desired nutritive and therapeutic benefits.

Almond milk combats spasm and inflammation of the stomach, intestine and urinary tract and also alleviates palpitation and hacking cough. It is a fine tonic for children and convalescents.

**APPLE**

**Natural Benefits:** Stimulates the muscles and nerves, promotes diuresis, particularly eliminating uric acid from the blood, combats arthritis, Reduces blood cholesterol — thanks to its pectin content, promotes normal digestion, combats intestinal infection, promotes normal liver function and has laxative properties. It is one of our most nutritious foods.

**Therapeutic uses include:**

Lethargy-mental and physical, pregnancy, convalescence from disease, anemia, bone demineralization, arthritis and gout, urinary stones due to uric acid, obesity, arteriosclerosis, thus lessening the chance of a heart attack, liver disorders, irritable bowel, herpes virus infection, febrile disorders, acid stomach and peptic ulcer, bronchial inflammation, anxiety, insomnia and headaches. Can be safely consumed by diabetics.

**How to use Apples:** The raw fruit consumed including the skin is rich in nutrients, and is easily digested if chewed well. Normal elimination follows the proverbial “apple a day” and a second apple in the evening adds a laxative action.

**ASPARAGUS**

**Natural Benefits:** Promotes normal bowel functions, enhances action of the liver, kidneys, intestine, lungs, and skin. Provides vital minerals, helps thin out the blood vessel, calms cardiac excitability and lower urinary sugar levels.

**Therapeutic uses include:** Chronic fatigue, convalescence, anemia, mineral deficiency, liver and kidney diseases, urinary stones, arthritis and gout, chronic bronchitis, certain skin diseases such as eczema, disorders of blood coagulation, heart palpitation and diabetes.

**How to use:** Asparagus is served like most other vegetables — raw, juices or grated.

**Notes and Tips:** Asparagus should not be taken by individuals with bladder infections and according to some scientific authorities, in cases of acute rheumatism of the joints.

## **AVOCADO**

**Natural Benefits:** The avocado is a virtually complete food and is easily digestible. It stimulates normal nerve functions and, combats urinary infections by increasing the acidity of the urine.

**Therapeutic uses include:** Convalescence from diseases, pregnancy, impaired growth, anxiety, infections due to colon bacilli and also, disorders of the stomach, intestine or the liver.

**How to use Avocado:** Serve the fruit as is after thorough washing. Avocado is prepared by crushing the meat of a halved avocado and adding either a few drops of lemon juice or 1/2 teaspoonful of mustard or you can enjoy it as a spread.

The following is the recipe for an unforgettable dessert: Crush bananas with an equal part of avocado pulp, then add powdered sugar and beat to a thick cream.

## **BANANA**

**Natural Benefits:** A very nutritious food, more helpful than potatoes, and as bodybuilding as meat. Readily digestible when consumed after ripening naturally.

**Therapeutic uses include:** Energy increase –most useful to the manual labourers, office workers, children and the elderly. It improves bone strength, retards growth, stabilizes nerve functions and may be beneficial in arthritis.

**Notes and Tips:** Banana crushed with honey is helpful for chronically fatigued individuals, although its high carbohydrate content makes it unsuitable for the diabetics.

The powdered sun-dried unripe banana has helped in the healing of peptic ulcers. Ink spot on fingers disappears if rubbed with the inside surface of a banana skin.

## **BEANS (Green)**

**Natural Benefits:** Stimulates normal nerve functions, promotes diuresis, aids normal bowel function, combats infections and promotes normal activity of the liver and pancreas.

**Therapeutic uses include:** Convalescence from diseases, impaired growth, fatigue due to overwork, kidney stones, decreased urinary output, albumin- in the urine, rheumatism and gout and diabetes.

**How to use green Beans:** The juice of green pods may be taken in a dose of one half-glass daily.

**Notes and Tips:** Naturopaths take advantage of the heart stimulating properties of inositol found in the “strings” of green beans. An extract of green beans were used to combat decreased circulating white blood cells sometimes found as a side effect of potent medications.- another victory for natural remedies.

## **BEANS (Seeds)**

**Natural Benefits:** Nutritious, provides energy and promotes healing from various disorders.

**Therapeutic uses of Bean Pods include:** Albuminuria, diabetes and liver insufficiency.

**How to use Bean Seeds:** Beans must be eaten with the skin, either fresh or dried, and are more easily digested when mixed with green beans, and perhaps flavored with parsley, garlic, thyme rosemary or basil. Add 1 or 2 handful of fresh pods to 1 quart of water, boil for 2 minutes and allow soaking overnight.

**Notes and Tips:** The grains, cooked and mashed can be applied to burns, cold sores or erysipelas. The cooking water of shelled beans can be used to wash tinted or printed cotton fabrics without danger to the coloring.

## **BEEET (Red)**

**Natural Benefits:** Highly nutritious, excellent appetite stimulant and easily digested.

**Therapeutic uses include:** Anemia, mineral deficiencies, anxiety, neuritis, tuberculosis and cancer.

Some Nature cure physicians advocate the ingestion of beets during an attack of flu, although such use is not recommended for the diabetics.

**How to use Beets:** Beets are usually consumed cooked, but are more healthful when added finely grated to raw vegetables. For best result, take 1 glass of red beet juice daily, alone or in a mixture.

Some use beets as a health-building coffee: Scrape beets, cut into slices 3 to 4cm thick and dry in the sun, on screens, or strung in circulating air. Then roast in the oven, break and grind in a coffee mill and age the powder in a wooden container prior to use in preparing but coffee.

## **CABBAGE**

Cabbage is one of the vegetables that are versatile in use. The long history of cures obtained with cabbage could be reported endlessly. The concern many different diseases including simple and complicated injuries, rheumatic pain, facial neuralgia, headaches, leg ulcers and many, many others. Cabbage –raw in salads, juiced or steamed- has incomparable virtues in the most diverse diseases.

**External uses of Cabbage:** The application of cabbage leaves has been used in:

Chapped skin, contusions of various areas, wounds of many kinds including the most severe and lingering ones, leg ulcers due to varicose veins, gangrene of the extremities, bums, shingles, febrile skin disorders, eczema, cold sores acne, skin eruptions of syphilis, inflammation of blood vessels and lymph channels, hemorrhoids, infections of various types including abscesses, vein infection, boil and felons, various types of neuralgia including lumbago and sciatica, dental pain and facial neuralgia. It is also used for pains of gout, renal colic, headaches including migraine, stomach, bowel, bladder and liver disorders, respiratory disease including colds, bronchitis, pleurisy and asthma, animal bites and tumors.

**Internal uses of Cabbage:** Pulmonary disease, gastric disorders, and intestinal diseases including parasites, ulcerative colitis, anemia and general weakness.

## **Some Natural Health Care Tips**

ACNE Cabbage, Lettuce, Tomato.

ANEMIA -Apple, Cabbage, Beef root, Carrot, Eggplant, Melon, Olive, Orange, Parsley, Pear, Pineapple Spinach

ARTHRITI Apple, Banana, Cabbage, Cucumber, Grapefruit, Pear, Pineapple, Sorrel, and Tomato

ASTHMA- Cabbage, Carrot, Lettuce and Sorrel

BLOOD Apple, Celery, Grapefruit, Lettuce, Tomato and Parsley

CONSTIPATION -Almond, Cabbage, Carrot, Eggplant, Lettuce, Orange, Olive, Sorrel, Spinach and Tomato.

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**EMMY FOREVER HEALTHCARE CLINIC AND RESEARCH CENTRE**

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