The Fundamentals of Natural Healing
With Steven Home, RH(AHG)

A Journey of Discovery
Free Preview Webinar

What Are You Doing?

• Knowing WHAT you are trying to do is more important than knowing HOW you are going to do it.
What is Your Target?

- Most people "aim" to be free of symptoms and pain
- This is not the same as "aiming" at being healthy

Birth of a Quest

- My interest in medicinal plants started at age 15 while working on my nature merit badge in scouting
- I became fascinated with Native American uses for plants

An Interesting Question

"If you were a loving God wouldn't you have put everything naturally on the face of the earth to care for your children?"
Another Interesting Question
*What will you do when the light's go out?*

Survival
- I first studied medicinal plants from the standpoint of survival – something to do when modern medicine wasn't available
- In other words, I still believed in the superiority of modern medicine

A New Thought
- What if God made the medicines "perfect" in the first place and our attempts to improve on them actually produce inferior medicine?
Simple Truth

- The philosophies of the world are simply profound, but the truth is profoundly simple.

Samuel Thomson

- "The greatness of this cure consisted in its simplicity"

Thomson’s System

To: Emetic number ONE's design'd
A gen'ral medicine for mankind,
Of every country, clime, or place,
Wide as the circle of our race.

In every case, and state, and stage,
Whatever malady may rage.
For male or female, young or old,
Nor can its value be told.

To use this medicine do not cease,
Till you are helped of your disease;
For NATURE’S FRIEND, this sure will
When you are taken sick at sea.

Let number TWO be used as bold,
To clear the stomach of the cold;
Next steep the coffee, number THREE,
And keep as warm as you can be.

A hot stone at the feet now keep,
As well as inward warmth repeat,
The fountain 'bove the stream keep clear,
And perspiration will appear.

When sweat enough, as you suppose,
In spirit wash, and change your clothes;
Again to bed, both clean and white,
And sleep in comfort all the night.
"It is evidently immaterial what is the name or color of the disease...in the knowledge of the origin of a malady (and it's antidote) lies the weightier matters of this science and all without it is real quackery..."

Samuel Thomson in New Guide to Health
The ABC+D Principles of Healing

The Stress Factor

- Stress hormones reduce immune activity, which is why we usually get sick when we’re stressed
- Most of our chronic stress arises from our mental perception

Unresolved Emotions

- Emotion moves the body through muscle activity and vocalization
- To avoid feeling an emotion, one has to tense muscles and hold the breath
- This blocks energy flow in the body leading to disease
Activate

- The first step in all healing is to activate the body's energy by
  - Breathing deeply
  - Improving mental attitude
  - Freeing blocked emotions
  - Removing tension that inhibits flow

Nutritional Deficiencies

- Dr. Weston Price, prominent dentist, head of the American Dental Association of his time
- Traveled the world in the 1930s studying nutrition

Dr. Price Discovered That Native People...

...Had plaque on their teeth, but had virtually no tooth decay or gum disease...Did not get impacted wisdom teeth because jaws were wider...Had healthy bone structure...Rarely caught contagious diseases...Had very few social problems

Dr. Price concluded that teeth and bone problems were a sign of nutritional deficiency
Don’t Eat by a Philosophy!

• Your senses were designed to inform you about what you need to eat
• Engage your senses when you buy, prepare and eat food
• Pay attention to how foods make you feel
• Eat slowly and consciously

Build

• The second step in healing is to put good food into the body
• Give the body the nutrition it needs to function properly
• Primarily use whole foods and herbs

Environmental Toxicity

• The primary health concern of the 21st century
• Many modern ailments (autoimmune disorders, cancer and heart disease) are linked to environmental toxins
**Sources of Toxicity**

- Food and food additives
- Household cleaning supplies
- Personal care products
- Indoor pollution and yard care
- Air and water pollution
- Electromagnetic pollution and radiation

**Autointoxication**

- The body must efficiently eliminate its own waste products in order to be healthy
- Sluggish elimination is another source of toxicity

**Cleanse**

- Cleansing involves supporting normal elimination AND
- Minimizing exposure to environmental toxins
Easy as ABC+D

- Activate
- Build
- Cleanse
- Direct Aids

A Different Perspective

Energy Production

"The stomach is the depository from which the whole body is supported. The heat is maintained in the stomach by consuming the food; and all the body and limbs receive their proportion of nourishment and heat from that source, as the whole room is warmed by the fuel which is consumed in the fireplace. The greater the quantity of wood consumed in the fireplace, the greater the heat in the room. So in the body; the more food, well digested, the more heat and support through the whole man."

Samuel Thomson in New Guide to Health
The Body Furnace

How We Get Sick

“By constantly receiving food into the stomach, which is sometimes not suitable for the best nourishment, the stomach becomes foul, so that the food is not well digested. This causes the body to lose its heat; then the appetite fails, the bones ache, and the man is sick in every part of the whole frame.”

Samuel Thomson

Acute Illness
Fever

"I have found by experience, that the learned doctors are wrong in considering fever a disease or enemy; the fever is a friend, and cold the enemy. This I found by their practice in my family, until they had five times given them over to die."

Samuel Thomson in New Guide to Health

The Medicine We Need

"This situation of the body shows the need of medicine, and the kind needed; which is such as will clear the stomach and bowels, and restore the digestive powers. When this is done, the food will raise the heat again, and nourish the whole man. All the art required to do this is, to know what medicine will do it, and how to administer it, as a person knows how to clear a stove and the pipe when clogged with soot, that the fire may burn free, and the whole room be warm as before."

Samuel Thomson in New Guide to Health

The Four “Chimneys”
Trauma and Pain Relief

Healthy Cells

Sick Cells
A Simple Secret

- Grab and hold the injury
- Don’t let go until the pain subsides (5-20 minutes)

Common Sense

- Modern medicine isn’t all bad and alternative medicine isn’t all good
- Choose wisely when to use each
- It’s your body and your health—use what you feel is best for you

Don’t Treat Symptoms
Work on the Root

“There are a thousand hacking at the branches of evil to one who is striking at the root.”

Henry David Thoreau