

“Walter Veith & Martin Smith – Practical Health In Times Such As These – What’s Up Prof? 94” was posted on YouTube by Amazing Discoveries Africa on 12/6/21. Most of the videos in the What’s Up Prof series have been good but in this one the duo wasn’t at their best.

NOTE: in case you’re looking for this video, Amazing Discoveries Africa is now Clash of Minds.

At 3:24, two quotations from the Spirit of Prophecy are posted as follows:

“The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind. The Ministry of Healing, 127. CG 366.2”

Make use of the remedies that God has provided. Pure air, sunshine, and the intelligent use of water are beneficial agents in the restoration of health. But the use of water is considered too laborious. It is easier to employ drugs than to use natural remedies. HL 247.3”

The abbreviation “CG” would be *Child Guidance*; I don’t know what HL stands for. I have no issue with either of those quotations.

The following appears at 4:49:

“Educate Away From Drugs—Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God’s physicians—pure air, pure water, proper exercise, a clear conscience. Those who persist in the use of tea, coffee, and flesh meats will feel the need of drugs, but many might recover without one grain of medicine if they would obey the laws of health. Drugs need seldom be used. Counsels on Health, 261. Te 85.3.”

Notice that it says “Drug medication, as it is generally practiced.” That would mean how drugs were used and what kind of drugs were used before Ellen G. White died in 1915. There wasn’t much in the way of drugs that were used rationally before 1915. Ether, nitrous oxide and chloroform were drugs use as anesthetics for surgery during Sister White’s lifetime and I doubt she was advocating that patients be operated on with no anesthetic. Penicillin wasn’t discovered until 1928.

It is true that drugs are used excessively and that many patients would recover without their use if nature was given enough time. It is also true that much disease is caused by unhealthful habits. It is, however, going too far to suggest that every ailment can be cured with some herb or water.

Have you ever heard of a sanitarium? They were places people went for healing from tuberculosis among other things and the treatment was pure air, etc. Guess what. People still died from tuberculosis.

At 10:43 Walter is talking about illness and says, “normal phlegm is white, if you are infectious then it’s yellow.” That is a common misconception. In the early phases of a viral upper respiratory tract infection while the person is quite infectious the bronchial secretions are thin and clear. As recovery occurs, the secretions become thicker and yellow and then green. The yellow and green secretions frequently occur when the person isn’t infectious and the color indicates healing rather than worsening of the infection.

The following was posted at 11:05:

“Intelligent use of water:

Drinking, steaming (inhaling, steam or sweat baths), Fomentations, salt rubs, hot and cold showers and rubs.

Herbs:

Water Treatments and Simple Herbs—The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully. We have been instructed that in our treatment of the sick we should discard the use of drugs. There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger the life.—Manuscript 73, 1908 (Manuscript entitled ‘Counsels Repeated’). 2SM 288.1”

My parents were both physical therapists trained at the College of Medical Evangelists (now known as Loma Linda University) and my father was employed at the “san,” as the sanitarium was affectionately called, in that capacity. He took me there on occasion and I enjoyed trying the paraffin baths, the showers and salt rubs, etc. I had childhood asthma and many attacks were treated with hot fomentations administered by my mother. The only thing I was ever in the hospital for as a child was for a tonsillectomy done under ether anesthesia (shocking, a drug used at the san).

I don’t doubt that fomentations and various other water treatments are effective for certain disorders. The question is, where in this day would you get that sort of treatment at close to an affordable price? I know how to give treatments like that but not many do. Also, good luck finding any hospital where you can afford to stay for two or three weeks while the body heals with fomentations, fresh air, etc.

At 14:18 Walter says, “As we’ve discussed before, prescribed drugs are the number three cause of death as a consequence.” You will probably get that figure from naturopaths who are pushing their healing everything with water, roots and leaves agenda and have no authority to prescribe

anything else. There's a proverb that goes something like, "if all you have is a hammer, everything looks like a nail."

According to the Center for Disease Control, the leading causes of death in the United States of America are, in descending order, heart disease, cancer, unintentional injuries, chronic lower respiratory disease, Alzheimer's disease, diabetes, kidney disease, influenza and pneumonia and suicide. It is true that some physicians provide "prescribed drugs" for suicide but that is uncommon in the U.S.A. and wouldn't come close to being the number three cause of death.

At 18:22 a discussion starts on charcoal and its use for absorbing and thus deactivating poisons. This is really no news as activated charcoal has been used for poisonings in emergency rooms all over the country for many decades. The recommendation was made that every home should have it. I agree that it can be useful and it's available on Amazon. Be careful as it's constipating if consumed too generously.

It was stated that if put over the liver, activated charcoal would draw out toxin. I'm not optimistic that that would work but it shouldn't hurt anything to try.

At 23:50, under the title of "Herbs and naturopathy" there are quotations from Sister White's writings about "life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir, and other trees." I believe that to be true though I take that in faith and not because I have hard evidence for it. I have quite a few trees around my home including pine trees.

One of the quotations also advises to use eucalyptus tree leaves in warm foot baths for cough and pains in the chest and lungs. Unfortunately, eucalyptus trees don't grow in Ohio or I might try that treatment if I needed it. One note of caution; pains in the chest and lungs can be caused by life threatening disorders that will not be cured by anything from a eucalyptus tree before said disorder kills you.

Allegedly since the feet are the lowest part of the body, the most toxin accumulates there and a foot bath with "a little charcoal powder" will draw out those toxins. The last I knew, the liver would be the place most toxins would pass through. In addition, though the feet are the lowest part of the body during the day, you should be laying down sleeping for about eight hours a day which should give the feet a chance to send their toxins to the liver and kidneys for deactivation and/or elimination.

At 26:42 a discussion on the use of pine needles ensues. The reference is the National Library of Medicine. Pine needles contain suramin which is said to be antimutagenic and have antitumor effects. Walter said, "the science backs the statement." I agree; the National Library of Medicine is a reputable source of information.

The next reference at 28:13 comes from the Forest Holidays web site which has a ten item list of things pine needle tea is good for. Among other things, said tea is supposed to help with depression, obesity, allergies, mental clearness, heart disease, skin problems, fatigue, varicose veins, hair regeneration, red blood cell production, chest congestion and high blood pressure. Best of all, "Taoist priests drank pine needle tea as they believe it made them live longer."

Good. Taoist priests believed pine needle tea made them live longer. They also, like some other Chinese traditional medicine enthusiasts, probably believed that powdered rhinoceros horn could treat fever and rheumatism.

The eastern white pine tree is said to make a great tea. Maybe I'll try it as I have a lot of them. Maybe my hair will grow back.

At 31:05 there is a reference from News Medical Life Sciences which I would consider a reputable source of information. Apparently there is inhibition of SARS-CoV-2 by suramin which is found in pine needles. That is useful information since, if that were true, it might help one recover from or even prevent COVID-19. I may harvest some of my multitude of eastern white pine needles today and see how pine needle tea tastes.

At 32:31 there is a reference from "healthline" (healthline.com) that says oregano has antiviral properties. That's good. I really like oregano. On the healthline web site one of the headlines today reads "Access to Gender-Affirming Care Can Boost Mental Health of Trans Teens."

At 32:41 Walter admonishes his listeners to use "reputable sources." I agree.

At 33:31 it says "sage is an aromatic herb that has long been used in traditional medicine to treat viral infections." Perhaps you should get some bear gallbladders and bile as they have been used in "traditional medicine" to treat fever, liver disease, convulsions, diabetes and heart disease.

Walter says basil "has many many redeeming qualities." For me, basil's biggest redeeming quality is that it tastes really good. His reference for the redeeming qualities of basil is a "Trusted Source." Quite a few other references that follow are from a "Trusted Source." It would have been easy to actually name the "Trusted Source" so I have to conclude Walter would be embarrassed to name it.

At 40:45 Sambucus (elderberry) is mentioned. I have not done a controlled study on it but from personal use thereof, I do believe it helps abort the common cold and when taken in the form of a lozenge, I've found it effective in relieving a sore throat. I've been impressed enough with it that I have a couple of elderberry plants that hopefully will give me elderberries within the next year or two.

At 42:08 information is given about ginger. That's another plant product I have personal experience with. In some people powdered ginger is effective in treating migraine headache.

At 43:26 it says "test-tube research indicates that dandelion may combat hepatitis B, HIV, and influenza." Keep in mind that research done in a test tube doesn't necessarily mean a product will act the same way in the human body. I can't attest to the medicinal properties of dandelions but the leaves are good on a sandwich.

At 44:40 Walter gets around to the Seventh-day Adventist sanctified spice, cayenne pepper. According to what he posted, it "reduces hypertension, prevents blood clots, can prevent myocardial infarction (heart attacks)." Walter says, "And, it, it feels hot, it feels like it's burning

but it's a sensation; it's not an actual burn. So it doesn't create ah, the problems that an alkaloid like black pepper, for example, would produce."

So Walter is apparently saying that cayenne pepper doesn't actually burn you but just produces a burning sensation and that black pepper actually burns you. Here is an experiment you can do all by yourself at home. Put some cayenne pepper on your tongue and see if it produces a burning sensation. It will. See if it actually produces a burn on your tongue. It won't. Once you've fully recovered, say the next day, try the same experiment with black pepper. Put some black pepper on your tongue and see if it produces a burning sensation. It will. See if it produces a visible burn on your tongue. It won't. Both types of pepper will produce a burning sensation and neither will cause what we would call a burn.

It is highly irresponsible to claim in a video for health-conscious people that cayenne pepper can prevent heart attacks. If that is believed, it will lead some to think they should consume some regularly which is contrary to what the Spirit of Prophecy teaches (reputable references will follow). This belief will also lead some to think if they get chest pain or a heart attack their cure will be cayenne pepper.

"Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure." *The Ministry of Healing* page 325.

"You have perhaps seen a picture of the stomach of one who is addicted to strong drink. A similar condition is produced under the irritating influence of fiery spices." *Counsels on Diet and Foods* page 340.

Some have so indulged their taste, that unless they have the very article of food it calls for, they find no pleasure in eating. If condiments and spiced foods are placed before them, they make the stomach work by applying this fiery whip; for it has been so treated that it will not acknowledge unstimulating food." *Counsels on Diet and Foods* page 340.

Do you see the words "pepper" and "fiery" in those quotations? Do you think cayenne pepper could be described with those words? Walter seems to be under the impression that drugs that came into use after Sister White died should be considered to be in the same category as those in existence before she died. Shouldn't Walter then understand that a "fiery" spice that existed when she was living should still be considered a fiery spice?

I don't, by the way, care what you, Walter or Martin eat; just call cayenne pepper what it is. A fiery spice.

More praise of cayenne pepper comes at 46:22 where Walter says, "and especially for, ah, myocardial infarct they say that you know a dose of red pepper can actually assist the body." It would be nice to know who "they" are and by what mechanism it can "assist the body."

At 49:06 a useful discussion on honey starts though I don't think I'll be putting any in my eye real soon for an eye infection unless I had nothing else to use. It might work though as high concentrations of sugar are bactericidal.

At 51:39 a discussion on stinging nettle and nasturtium begins. I have never tried stinging nettle as there's none where I live. I have tried nasturtium and they make OK eating as I recall but I haven't grown any for a while. Both of these are said to have wonderful properties.

At 55:10 St. John's wort is discussed and is said to be effective for seasonal affective disorder, obsessive compulsive disorder and social phobia. Golden seal is said to be effective for treating a bunch of disorders. Some of the disorders could probably be treated with corn starch if the persons believed it to be effective (i.e., the placebo effect). According to Walter, the use of these is "without drugs." In particular St. John's wort is said to be a "mood lifter." I must also point out that coffee is a mood lifter for some and it's from a plant and no one considers it to be a drug. And then there's cocaine; that's also from a plant. And, I almost forgot, marijuana!

The properties of various other plants are discussed and you're to believe in their benefits just because Walter says so.

I was quite surprised that Walter would have a part in a presentation like this.

"When those who advocate hygienic reform carry the matter to extremes, people are not to blame if they become disgusted. Too often our religious faith is thus brought into disrepute, and in many cases those who witness such exhibitions of inconsistency can never afterward be brought to think that there is anything good in the reform. These extremists do more harm in a few months than they can undo in a lifetime. They are engaged in a work which Satan loves to see go on."
Counsels on Diet and Foods pages 195-196.

If you wish to have more rational information on natural healing and the plant based diet, you can sign up for a free emailed subscription to videos and a blog at nutritionfacts.org. The site is that of Michael Greger, M.D. who isn't a Seventh-day Adventist. Dr. Greger has also written books titled *How Not to Die* and *How Not to Diet* that I can recommend.

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