

S.M.A.R.T. Biblical Natural Health Coaching

Natural Health, God's Way

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Natural, Spiritual, or Synthetic medicine.

When I was taking my Natural Health Studies over the previous 8 months (2yr program I fit into 8 months) from a Christian distance learning college in Indiana, I found myself occasionally having to write paragraph answers as to why I wouldn't answer some questions, and ended up writing a lengthy email to the head of the college regarding my whole foods textbook being chock full of taoist and hinduistic references! That book is on the bbq burn pile now unfortunately.

Due to growing up a) in a Christian home, b) on a street Dad often likened to a miniature "united nations" of ethnic representations, c) in a town surrounded by three native bands and d) paying attention to missionaries at our church or around our table at home, I was exposed to things and conversations as a child that trained me as a Spiritual Warrior from a very young age. I observed New Age philosophies infiltrating Church thought by the time I was 12yrs old and I've watched various forms of native/african/asian spiritism/animism work its way into western thinking as well, taking on forms such as paganism, earth worship (we just had earth day I discovered at the end of the day yesterday), etc. From the time I was able to read, I was the type to look into things that didn't sit right with me and ask why. As a young adult and on into adult life, people I've met and their experiences in and out of the Church have fed the knowledge bank and for awhile, I ran a website forum teaching Spiritual Warfare. I avoided the health food store like the plague when I realized I couldn't walk past a single rack without seeing something of a New Age/Pagan/Wiccan bent to it from product packaging to magazine covers. It wouldn't be till Oil of Oregano cured my young daughter's pinworm infestation that I would give natural health a second glance, period.

Slowly I became aware that when God's Word tells us He's given us food as medicine, He meant it and it wasn't some ethereal pie-in-the-sky statement in Scripture, that He truly did intend for the herbs of the field to be our medicine. When that realization dawned on me, I realized that the Christian world had abandoned God's directives for natural health and the false religious world had taken it over. . . for a number of centuries!

I am going to share a few things I shared with the college in some of the exams and that letter to the head of the college, then go on from there.

For starters, Ayurvedic concepts of damp,dry,warm,cool. . . From the whole foods test: 64. if "damp" can't be explained outside of false religious terminology, it shouldn't be asked for in a test belonging to a Christian college! 67. if "cool/cooling" can't be explained outside of false religious terminology, it shouldn't be asked for in a test belonging to a Christian college!

I refused to answer questions about Ayurvedic pitta and vata.

From the wellness coaching exam:

As believers, we are told:

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 2 Corinthians 10:5

Greg Anderson takes God out of the picture to attempt the same discipline. The difference between the unsaved person's attempts at controlling what they think and say, and the saved person's attempt, is that the believer can ask the Holy Spirit for the necessary strength to pull this off. Scripture says further:

To the chief Musician, even to Jeduthun, A Psalm of David. I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me. Psalms 39:1

Set a watch, O LORD, before my mouth; keep the door of my lips. Incline not my heart to any evil thing, to practise wicked works with men that work iniquity: and let me not eat of their dainties. Psalms 141:3-4

We don't have to rely on ourselves to pull this off. We have the Holy Spirit to help us.

James further expounds on this:

But the tongue can no man tame; it is an unruly evil, full of deadly poison. Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. Doth a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive berries? either a vine, figs? so can no fountain both yield salt water and fresh. Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom. But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth. This wisdom descendeth not from above, but is earthly, sensual, devilish. For where envying and strife is, there is confusion and every evil work. But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace. James 3:8-18

Do you agree with tenet 7 in the Arloski's Model?

Tenet 7 focuses mostly on self-sufficiency and only briefly mentions seeking help from others and living in community. I would put more focus on learning to ask for help and learning to live in community. God did not create us to be self-sufficient islands, but to live in mutually supportive community. Where one person falls short in a skill or has no aptitude or interest in developing it, others in the community make up the shortfall with those skills themselves. I grew up being taught to be self-sufficient, and as a result, asking for help has been a periodic struggle for me. Asking for help is an admission that I am unable to do or provide something for myself in some fashion to some degree. I need others. We all need others. We need to celebrate others not merely for what they meet in our areas of need, but for what God has gifted them to be able to do for themselves and others as well. Self-sufficiency has the capacity to become a dark, lonely hole, and much of the Western world has fallen into it and lost the knowledge to get out.

What do you think is missing, if any, in the Arloski Model of Wellness Coaching?

God, Creator of the Universe, God the Father, God the Son, and God the Holy Spirit, is missing from these 10 tenets. The focus on self and even the idea of "transcendence" without God at the centre, is dangerous and potentially eternally! The idea that nature is our relative as taught by First Nations people, is a form of animism that should not be embraced by the Christian wellness coach. Genesis 1 is quite clear how the process of creation was done, and mankind was NOT created the same way as the plants and animals, water, sun and cosmos. Scripture repeatedly reminds us that we are not our answer, God is our answer, we must look to Him and His ways to understand how we are to live.

Name and briefly explain the four cornerstones of coaching.

Clients are naturally creative, resourceful and whole. While Scripture teaches us that without Christ, we are not whole, it does say we are made in the image of God and therefore naturally creative and resourceful. As a coach, we are able to work with that understanding in coming alongside the client to help them discover their creative resourcefulness in

reaching their desired level of wellness.

Fear is often a great springboard for change, but can it sustain that action? No. Explain. Fear may begin a desire for change, but it can't stand against long-held habits or societal forces. The textbook claims love is necessary to sustain the desire for change, all couched in self. (What does God's Word have to say about being self-focused??)

What does it mean to be centered? Explain its value for your client.

The best answer to the first question, from a Godly, Christian perspective, is that of “being in the zone”. All other examples in this section of the book have very little relevance to the born-again believer and can actually be spiritually detrimental.

There is benefit to learning how to sort out the noise of one's thoughts to focus on the task at hand, to get a grip on themselves in situations where they'd typically fly off the handle, and to avoid anxious paralysis, but the methods suggested here are quite dangerous, spiritually-speaking.

The best way for the born-again Christian to “enter the zone” is to first spend time alone with God in listening prayer and Bible reading. Shut out all the noises and voices that everything else needs to be done, stressed over, etc. Journalling as one enters their “closet” can be quite helpful, to get those thoughts out of their head and onto paper that they can deal with later.

Focus on God, who He is, what He is, spend time just in quiet praise and worship, or put worship music on at this stage of your quiet time. Bring to God your concerns, your stresses, your worries. We are familiar with the verse: Casting all your care upon him; for he careth for you. 1 Peter 5:7 We are encouraged as well to: Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. Psalms 46:10 As believers, we are to still our hearts and minds before God, but not to empty our minds. An empty mind is wide-open for demon possession! Matthew 12:45 and Luke 11:26 recount Christ speaking of a man who had a demon cast out of him, but when the demon returned, the house was empty (speaking of the man), so he went and grabbed seven other demons and that man's end was worse than his beginning.

We must NOT EVER empty our minds! Instead, we engage in the second focus of our quiet time with God, that of listening for God's voice, and reading and meditating on God's Word.

Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I sware unto their fathers to give them. Only be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest. This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest. Joshua 1:6-9

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. The ungodly are not so: but are like the chaff which the wind driveth away. Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish. Psalms 1:1-6

I will remember the works of the LORD: surely I will remember thy wonders of old. I will meditate also of all thy work, and talk of thy doings. Psalms 77:11-12

1 Timothy chapter 4 is a must-read in this vein of thought, but this verse in particular: Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. 1 Timothy 4:15

The entire Psalm 119 speaks of the benefits of meditating on God's Word.

Spending time in this manner at some point every day, (Scripture talks about morning, afternoon, evening, middle of

the night) will both quiet the mind and body, calm the emotions, and provide a better perspective on the various issues and tasks the client faces, giving them a better footing from which to tackle their goals.

From my letter to the head of the college:

First off, Scripture says our bodies are the Temple of the Holy Spirit and that looking after our bodies is an act of worship.

Secondly, we are told not to worship God using the methods of the heathen.

The whole foods textbook for the wholefoods course clearly references, repeatedly, Taoist and Hindu religious approaches to food as medicine, and the exam actually expects the student to answer some questions directly related to those methods. Neither taoism nor Hinduism (from which Auverdic medicine derives it's understanding of the human body), are branches of Christianity, nor follow God's ways of doing things. If a concept cannot be described without using the religious terms associated with these false religions, then it shouldn't be taught by a Christian college. As believers, we are not to do as the heathen do. If a concept that used to be given false religious terms in history, can now be explained without those terms in ways that glorify God, then we should be using the God-honouring explanations, NOT the false religious terminology.

Scripture tells us to remove books and items from our homes that belong to or come from false religions. In the New Testament, that included book burning. In the Old Testament, harbouring items from false faiths caused the famous losing of the Battle at AI after Joshua conquered Jericho. There are Christians today who feel they can borrow from false faiths and "reclaim what satan stole" to please God, but we know from the story of King Saul and Samuel, that God frowned on that behaviour and eventually, both Saul and Jonathan lost their lives because Saul kept thinking he could obey God's commands, his way. While I am aware that Christians largely abandoned the natural health space for several centuries, leading to all kinds of New Age/Pagan/Hinduistic/Taoist/Buddhistic approaches to natural health, as believers, we need to be ensuring we are not trying to do as Saul did, and incorporate their methods because the human mind says they work. We can only do and promote what works away from false religious interpretation. This is a new field as far as Christian training goes, and you are already familiar with writing your own textbooks. I had to spit out some major bones in the Wellness Coaching elective as well, because it was teaching New Age methods of "centering", which are not Godly at all. I can link you to a podcast or two where two women testify of the dangers of New Age methods before and after salvation. Being a born-again Christian doesn't exclude you from the dangers of participation in false-religious practices. As a Spiritual Warrior, being trained from childhood, I have not only seen some of these dangers first hand in the lives of others, but had to deal with their fallout merely across housing barriers (townhouse partywalls for example). I have had to remove things from my home that demons thought they could legally lay claim to, and the teaching of false religious practices certainly is something they can and have in the past, laid legal claim to.

As I said to the head of the college, if a given understanding of how a food or herb works can't be explained outside of religious terminology, then as a believer in Christ, I won't have anything to do with it. If how the herb or food works CAN be explained without using false religious terminology, I will add it to my spreadsheet/database and recommend it's use for my clients.

My focus for my practice is primarily food as medicine.

Body-hacking, as one professor calls it, has discovered that the electrical field of our body can be manipulated, and that our nervous system is largely the area responsible for how well our electro-magnetic field operates, and there are trace minerals, mostly in the electrolyte group, and fats, that aid in maintaining this aspect of the electric-combustion engine God engineered into every cell of our body. To some degree, traditional chinese medicine recognized this without understanding it and gave some aspects of it very religious terminology that is used in other aspects of taoist/confucious/shamanistic religious practices outside of the topic of health. I don't need to go to Chinese medicine to understand the body's electro-magnetic field or how it works or can be interfered with.

Light therapy, to my knowledge as of yet (life is a state of constant learning) doesn't have false religious overtones and would fall into the body-hacking group of mechanical health practices as opposed to natural health practices.

By mechanical, I mean something manufactured and requiring a source of electricity to operate being the tool used for regaining or maintaining one's health. It is my personal desire to recommend methods of regaining or maintaining your health in ways that are not dependent on modern conveniences and that could be done if you lost those conveniences due to power outages and the like. As we see cyber attacks against power grids and such, this is important to me.

There are a number of mechanical health tools out there now, and they are a "drugless" way to regain or maintain physical health. Some use light, some use electrical pulses, some use vibration (which can be dubious to its proposed effects).

Scripture is quite clear that are not to worship God using heathen means, and our bodies ARE the temple of the Holy Spirit, and we ARE to present that body to God as a living Sacrifice, meaning we are to keep it, as much as we have any say in the matter, free of blemishes, and false religions are a form of blemish that taints the body, soul and spirit.

As I said above to the head of the college, I will not justify false religious practices to "reclaim them". If a given concept used to be couched in religious terms but now it is commonly understood without those terms, that's one thing. But if a given concept to this day cannot be separated from false religious terminology, I will steer clear of it.

Many far eastern religious practices have been brought over to western society sort of stripped of their religious underpinnings and this is causing spiritual trouble for those who wake up to realize exactly what they are engaging in. I have a couple podcast episodes from another coach's series, on my spiritual warfare page of my coaching website where people discovered the hard way why it was unwise to be doing what everyone around them said was safe and fine to do.

Centering comes from the chakras of the New Age and B'Hai religions. Visualization and memory healing come from the New Age. Yoga comes from the Hindu religion. Mindfulness Meditation comes from the Buddhist religion. Garden Labrynth and how to use them come from far eastern religions. Crystals are used in the New Age, Pagan, Wiccan, and other false religious practices. Smudging is shaman/aboriginal/african. God raised whole nation groups in the Old Testament because they had so infused daily life with false religious practices that even the children were no longer innocent! We are to come out from them and be separate.

If you are a proponent of any of the methods listed here that I have said I will not support or teach, I ask that you either remain silent about them in this group, or move to a group that allows them. I'll be very staunch on this as my focus is natural health, God's way, not trying to reclaim what false religions are doing.