

Appendix A

Ellen G. White

Throughout this book the reader will frequently see in the footnotes at the bottom of the page the name “E.G. White.” Ellen Gould White (1827-1915) was an author of many books on spiritual as well as medical subjects. She began writing on health subjects from the mid 1800’s and continued until her death in 1915. Her writings on health were not in harmony with medical science during her lifetime; in fact they were at odds with the established concepts of scientific medical care, diet, and nutrition. However, they have stood the test of time and in the past 40 plus years have been shown scientifically to be the best health guides ever given. Almost everything she wrote in the field of health and healing has been scientifically verified. No statement she made in regards to health and healing has been shown to be untrue—all this from a lady with only three years of schooling.

Those people who have even partially followed her advice and guidelines for health have been blessed. Science has shown that those who accept and follow those guidelines from mid life onward will experience less disease of all types as well as enjoy an extended life of 11-12 years longer than their contemporaries.

Not only did this woman have wisdom in proper lifestyle, health, and healing, but she also wrote on the subject of this book—spiritualism in health care. During her life time the names we now see in reference to therapeutic practices that are called alternative and or complementary methods for healing were not known. However, the principles by which these practices (energy balancing methods) are explained by their adherents, she understood with a depth that is surprising. If a person were to search out all of her writings on spiritualistic modalities of healing, all a person needs to know on this subject would be found. For this reason I have included many quotations she made in reference to spurious healing methods and the explanations she gave revealing their spiritistic nature.

Ellen White’s writings on health are in harmony with the science of physics, chemistry and physiology. She gave strong directions to those

teaching health principles to be sound in the science of the physical laws of the universe, which, in turn, are in harmony with the physical laws of God, as He is their Author. She warned of counterfeit healing methods that have explanation of their action rising from a false story of creation. Truly, God put wisdom into this individual’s understanding of which we would be wise to take notice.