

Good Health For All?

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Health care is big business today, minus doctors who formerly made house calls. This huge business has failed to assure health for all, despite annual expenditures of \$ 2.2 trillion (2007).¹ As a result, anxious Americans annually shell out some \$33.9 billion for alternatives medicines and health care providers to the understandable concern of those engaged in conventional medicine. More alarming are moves to inject government into health care. It is widely feared that proposed regimentation may well result in rationing medical service to achieve “universal” health care and even euthanasia for those who are elderly and/or infirm.

Confusion reigns even among God’s people as to the limits and reach of America’s health care enterprise. So, let us consider briefly what the Bible teaches about health and sickness. What is actually revealed about our physical bodies? What medicine is endorsed? What about nutrition? What can we learn about physicians? And, what about the special needs of senior citizens and babies? After all, health does come from God (Psalm 103:3).

Briefly, Israel was promised, “the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, . . . upon thee” (Deuteronomy 7:15), *if they kept God’s law*. Children are our heritage from God “and the fruit of the womb is his reward”(Psalm 127:3). High tech killing of babies, like Israel’s infant sacrifices, pollutes our land with innocent blood (Psalm 106:38). The grey-headed righteous man is honored, and he seeks to work as long as he can (Proverbs 16:31; Psalm 71:18). So, euthanasia *and* abortion are out of the question!

No physician can match the Great Physician. Many Americans can identify with the woman Jesus healed of a twelve-year hemorrhage. Like too many cancer patients today, she “had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse.” (Mark 5:26). Medical practice is still not an exact science. The human body is a scientific marvel, “fearfully and wonderfully made” (Psalm 139:14). Its mysteries are far from being fully explored in modern medical research. We are blessed then, that many, if not most, of our physicians have the heart of “Luke, the beloved physician” who attended to Paul’s health during his missionary journeys. (Colossians 4:14; II Timothy 4:11).

Nevertheless, physicians today, under threat of malpractice suits, are often pressured to order costly tests and prescribe drugs with dangerous side effects. Big Pharma representatives regularly visit to ply their wares and assure doctors and patients know about latest drug protocols. Unscrupulous lawyers intent on “jackpot justice” recruit clients, for handsome fees, among doctors’ depressed patients. The medical profession is also troubled by death dealing abortionists who are eroding commitment to the Hippocratic oath to “Above all, do no harm.”

Minimal familiarity with nutrition further hampers the work of many physicians. Hippocrates recognized food as crucial to health. “Let food be your medicine and medicine your food.” Unhappily, an estimated 50 percent plus of the American diet is junk food, loaded with sugar, salt and empty calories. Further, labels of processed foods on grocers’ shelves give evidence that many are in fact modern cousins to the king’s delicious “dainties” that Solomon warns us to avoid “for they are deceitful meat” (Proverbs 23:3). *Indeed!* The 1000 percent increased consumption, 1970 - 1990, of High Fructose Corn Syrup (HFCS) injected into staples, such as bread, junk food and drinks is linked by the Department of Agriculture to this country’s alarming rise in obesity and type 2 diabetes.² One should also be beware of processed foods laced with MSG, Aspartame, and *even Splenda!*³ But, let us also remember that “a merry heart doeth good like a medicine” for a broken spirit (Proverbs 17:22).

Finally, the Bible declares “the life of all flesh is the blood” (Leviticus 17:14). A simple blood test

evaluated by two medical professionals is a good way to head off problems before they become “big ticket” financial catastrophes. And one would be well-advised to abstain from eating blood, even cooked, which is forbidden in Mosaic Law and by the Church at the Council of Jerusalem (Acts 15:20) for religious and health reasons. After all, the blood is full of toxins being eliminated in the animal’s body and the Lord God emphatically says “No!”

- 1. Statistics are from the 2007 National Health Interview Survey conducted by the NIH and reported in July 09.**
<http://www.news-medical.net/news/20090730/Americans-spent-24339-billion-out-of-pocket-on-complementary-and-alternative-medicine.aspx>
- 2. See Dr. Williams “Alternatives” Volume 10, No. 14 for a additional maladies (cancer) associated with HFCS.**
- 3. See “The Truth About Splenda website. - <http://www.truthaboutsplenda.com/>**