



NEW AGE HEALTH CARE

eBook Series:
Issues Facing the Churches

David Cloud

New Age Health Care

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AN UNSHAKEABLE FAITH: A CHRISTIAN APOLOGETICS COURSE, ISBN 978-1-58318-119-5. (new title for 2011) The course is built upon nearly 40 years of serious Bible study and 30 years of apologetics writing. Research was done in the author's personal 6,000-volume library plus in major museums and other

locations in America, England, Europe, Australia, Asia, and the Middle East. The package consists of an apologetics course entitled *AN UNSHAKEABLE FAITH* (both print and eBook editions) plus an extensive series of Powerpoint/Keynote presentations. (Keynote is the Apple version of Powerpoint.) The 1,800 PowerPoint slides deal with archaeology, evolution/creation science, and the prophecies pertaining to Israel's history. The material in the 360-page course is extensive, and the teacher can decide whether to use all of it or to select only some portion of it for his particular class and situation. After each section there are review questions to help the students focus on the most important points. The course can be used for private study as well as for a classroom setting. Sections include The Bible's Nature, The Bible's Proof, The Dead Sea Scrolls, The Bible's Difficulties, Historical Evidence for Jesus, Evidence for Christ's Resurrection, Archaeological Treasures Confirming the Bible, A History of Evolution, Icons of Evolution, Icons of Creation, Noah's Ark and the Global Flood.

WAY OF LIFE ENCYCLOPEDIA OF THE BIBLE & CHRISTIANITY, ISBN 1-58318-005-2. This lovely hardcover Bible Encyclopedia contains 640 pages (8.5X11) of information, with more than 6,000 entries, and 7,000 cross-references. It is a complete dictionary of biblical terminology and features many other areas of research not often covered in Bible reference volumes. Subjects include Bible versions, Denominations, Cults, Christian Movements, Typology, the Church, Social Issues and Practical Christian Living, Bible Prophecy, and Old English Terminology. An evangelist in South

Dakota wrote: “If I were going to the mission field and could carry only three books, they would be the Strong’s concordance, a hymnal, and the *Way of Life Bible Encyclopedia*.” Missionary author Jack Moorman says: “The encyclopedia is excellent. The entries show a ‘distilled spirituality.’” A computer edition of the Encyclopedia is available as a standalone eBook for PDF, Kindle, and PUB. It is also available as a module for *Swordseacher*.

Way of Life Literature

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Introduction

The following is excerpted from *THE NEW AGE TOWER OF BABEL* by David Cloud. This book is available from Way of Life Literature, P.O. Box 610368, Port Huron, MI 48061, 866-295-4143, www.wayoflife.org, fbns@wayoflife.org (e-mail).

A study done by David Eisenberg of Beth Israel Hospital in 1990 found that Americans were spending \$14 billion a year on alternative health care, including New Age practices such as meditation, touch therapy (including Reiki), positive confession, guided imagery, polarity therapy, aromatherapy, sound therapy, gemstone healing, magnetic therapy, spiritual healing, biofeedback, reflexology, iridology, urotherapy, homeopathy, emotional freedom techniques (EFT), hypnosis, and acupuncture.

That figure has grown dramatically since then. According to a report in the *U.S. News & World Report* for January 21, 2008, alternative medicine has gone “mainstream.”

In 1992 only 2% of U.S. medical schools offered courses in alternative medicines, but by 2004 that figure had risen to 67% (“More Medical Schools Teaching Spirituality in Medicine,” Lighthouse Trails newsletter, March 4, 2008).

The famous Mayo Clinic has a section at its web site on “complementary and alternative medicine,” dealing with

touch therapy, yoga, tai chi, acupuncture, cupping, biofeedback, and hypnosis.

Dr. Christina Puchalski, founder of the Institute for Spirituality and Health at the George Washington School of Medicine, was the recipient of the John Templeton Spirituality and Medicine Award in 1996.

A friend who read a pre-publication edition of this book observed, “If you go into any health food store it is like going into a New Age chapel.”

The New Age has indeed invaded the field of health care. The following information from The Eagle Forum report for April-May 1989 is typical of a widespread phenomenon that has only grown more popular over the past two decades. I first became aware of this in the mid-1980s when a friend’s daughter took nurses’ training in Virginia and was surprised to be confronted with New Age doctrine and practice:

“In 1970 a standing-room-only program was held at the De Anza College in Cupertino, CA, underwritten by Lockheed Aircraft. There, a group of scientists and physicians, influenced by Edgar Cayce teachings, gathered to share their interests in SPIRITUAL/MEDICINE ALTERNATIVES TO HEALTH. Six months later, similar programs and attendees converged at UCLA and Stanford. There the emphasis was the role of the ‘mind’ in disease. ‘New’ therapies were introduced: meditation, visualization, biofeedback, acupuncture, hypnosis, psychic healing, and folk healing. Within a few years more meetings were held on the campuses of most major universities in the country. These included Yale, Harvard, New York U, New York Institute of

Technology, and the Universities of California, Massachusetts, Michigan, Miami and Illinois. Programs exploring the convergence of the occult and health were funded by the Rockefeller, Ford and Kellogg foundations. ...

“THERAPEUTIC TOUCH (TT) is one of the occult techniques being used on patients in hospitals. This term coined by Delores Krieger, R.N. refers to an occult philosophy and procedure which is supposed to transfer healing energy from one’s hands to the patient to promote normal healings more quickly. It uses a special technique to ‘unruffle’ the ‘energy field’ of the congested area of the ‘aura’ in the patient. This supposedly causes a relaxation response and then the body will heal itself. This is also referred to as Touch Healing. This concept follows ancient religions, as Janet Mentgen said, and associates with the Hindu concept of chakras and the energy force which is also referred to as ‘light.’ She also mentioned shamans, witchdoctors, medicine men and psychic healers as using TT. One problem with TT appears to be getting it scientifically proven. Since that’s not possible, TT falls into the category of the ‘miraculous’ and ‘spiritual healing’ or ‘energy medicine.’ It’s of course ‘a new field.’ This ‘new frontier of medicine’ is also now called the field of PSYCHONEUROIMMUNOLOGY.

“Mentgen was named the 1988 nurse of the year at the AMERICAN HOLISTIC NURSES ASSOCIATION in Melrose, Florida. There, nurses were taught about their force fields, gathered around crackling bonfires and did Sufi dancing. Drs. Brad and Leslie Rachman, chiropractors, led the nurses in Hindu chants and dances. And Dr. Eleanor Schuster led the group in a smudging ceremony and invocation (smudge is an unregulated hallucinogenic drug common to occultists). To the cadence of drums, they danced what they called their ‘power animal,’ and were led through guided imagery and meditation.

“AHNA offers ‘full spectrum nursing’ for the ‘nurse of the future’ and is snagging otherwise solid nurses into the esoteric view of healing. AHNA held another conference in Estes Park last June, where Barbara Marx Hubbard spoke on transcendental nursing and the Goddess Earth. And Dr. Melody Olson taught a workshop on out-of-body experiences (OBEs). She said in ancient Tibet there was always a person at the death bed to serve as a guide through the death process.

“Another, RAM DASS, a questionable survivor of over 2000 acid trips, communicates with spirits of the dead and teaches at such places as John Denver’s Choices for the Future Symposiums. He has opened Dying Centers around the country to help the terminally ill to ‘cross over.’ A spirit guide named Emmanuel, his drugs, books of the dead and some macabre experiences have taught him death is just another vehicle for ‘awakening.’ Dass believes death is absolutely safe, like taking off a tight shoe, and is simply a soul about to drop a body. He faults society for teaching people to fear death, trying to keep the body alive, in ICUs. He feels death can become an adventure. He’s been accused of running a death cult and by his own admission, likes to sit at someone’s death bed meditating and resonating on the dying body, and thinks he receives power from the death throes.

“Dr. BERNIE SIEGEL has become the most recent darling of New Age medicine. In his book, *Love, Medicine and Miracles*, Siegel promotes occult practices mixed with health care. He uses guided imagery, visualization, meditation and Silva Mind Control as vehicles for self-healing. Occult healing has spread so very rapidly throughout medical society. Mental health institutes are key to metaphysical experimentation, since the intangible area of the mind is fertile ground for these concepts. At Menninger’s in Topeka, patients are introduced to the new consciousness of the west, psychic phenomenon, parapsychology, telepathy, faith healing, Ram Dass, the universal oneness concept,

biofeedback (the yoga of the west), the Theosophical Society, Mayan gods, the sufi way and more. Patients are taught out-of-body experiences and watch 'Films for a New Age.' Hurting people are given bogus hope and a complete indoctrination into witchcraft beliefs.

"These are but a few accounts of occult medicine being practiced in our civilized society. However, there is good news! There are still conscientious doctors and nurses in the health care field who do feel the necessity of practicing scientific medicine. They are not among those sitting around meditating on the insides of their skulls. We need to seek them out for medical advice, as well as educate them on the deception coming into their vocation."

Randall Baer, a former New Age medical practitioner, warns:

"The area of holistic health is one of the most subtle and sophisticated areas of the murky merging of the esoteric and the mundane, the metaphysical with the mainstream, the pseudo-scientific with the scientific, the non-New Age with the New Age" (*Inside the New Age Nightmare*, 1989, p. 22).

Misconceptions about Alternative Health Care

I believe it will be helpful at this point to mention the many misconceptions that people have about holistic or alternative health practices.

It is merely a common sense, unified system of health care

A popular misconception about alternative health care is that it is merely a common sense, unified system of health care.

In fact, the field of holistic health is far more than this, as we will see. Michael Harner, who is a New Age practitioner, unwittingly gives a loud warning to Bible believers about the danger of these things:

“The burgeoning field of holistic medicine shows a tremendous amount of experimentation involving the reinvention of many techniques long practiced by shamans such as visualization, altered state of consciousness, aspects of psychoanalysis, hypnotherapy, meditation, positive attitudes, stress reduction, and mental and emotional expression of personal will for help and healing. In a sense, SHAMANISM IS BEING REINVENTED IN THE WEST precisely because it’s needed” (*A Guide to Power and Healing: The Way of the Shaman*, 1980, p. xiii).

Harner thinks it is a wonderful thing that shamanism is being revived within the medical field, but the Bible

believer knows that it is a frightful sign of the end times and a great danger to people's spiritual well-being.

It Is Merely the Wise Use of Natural Healing Properties

Another misconception is that alternative health care is merely the wise use of the natural healing properties found in nature and in the body itself.

It is true, of course, that the divinely-designed human body has amazing powers of healing, and God, in His bountiful grace, has placed a great many things in the world for man's benefit. But we will see that this is far from the whole issue when it comes to the field of holistic health.

Another misconception is that since diet is an important part of overall health, that diet must be the whole answer to health.

It is true, of course, that some diets are healthier than others. That is not rocket science. There are established associations between certain diseases, such as diabetes and heart trouble, and diet. It is also true that proper nutrition and certain alternative techniques can heal certain problems. But it is also true that there is a limit to what diet can do. This is the type of bait and switch technique that alternative health care providers are so adept at using. They get you to agree that diet is important and that a change in diet can cure some sicknesses; then they try to convince you that if you

simply find the right diet you will be perfectly healthy and that diet is the key to healing every sickness.

Since Alternative Health Care Can Heal Some Problems, It Can Heal All

Another misconception is that since alternative health care can heal some problems, it can heal all.

For several years I was plagued with frequent colds. Four or five times a year I got a nasty cold that developed into a sore throat and coughing and lasted for a couple of weeks. After I started taking a daily multivitamin the cold problem was significantly reduced. Obviously I had a vitamin deficiency. But this does not mean that nutrition and alternative health care can heal all problems, and it does not mean that there is such a thing as a guarantee of total health. It does not mean that we should look askance at standard health care in the way that many alternative care people do.

You Can “Eat the Fish and Spit out the Bones”

Another misconception is that we can “eat the fish and spit out the bones.”

In other words, even if there are wrong elements within the field of alternative health care, the individual can choose that which is good and helpful and avoid the error. For the following two simple reasons, though, we reject this philosophy. First, when dealing with the occult

we are dealing with the devil, and he is very clever and powerful. This is why the Bible exhorts us to stay away from every occultic thing. Eve was not tainted by sin and was in a perfect environment, yet she was deceived by the devil's wiles. "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour" (1 Peter 5:8). Second, this philosophy assumes that the average Christian today is capable of exercising the keen spiritual discernment necessary to detect subtle error, and this simply is not the case. The average believer today is biblically ignorant and carnal and grossly lacking in the level of education necessary for such a task. And I am referring to the average member of the typical Bible-believing church. Randall Baer, a former naturopathic doctor, says: "I see this field as being a mixture of positive and negative. Three ingredients of wholesome and six ingredients of New Age. Nine ingredients of healthy and twenty of the New Age. In this tricky, subtle, holistic health field, discernment is at a premium" (Inside the New Age Nightmare, p. 154). Such discernment is far beyond the average Christian today.

Since the Alternative Health Care Physician Seems to Care for Me, He Is "Safe"

Another misconception is that since the alternative health care physician seems to care for me, he will not lead me astray.

One thing that attracts many to alternative health care practitioners is their seeming care. Whereas many

traditional doctors are too rushed to show a great deal of personal concern for their patients, alternative health care practitioners typically are more personable and seek to develop a relationship with their patients. Dr. David Sneed quotes from people who complain, “My doctor wouldn’t listen to me. He was always in a hurry. He’s so impersonal.”

It would be wonderful if every health care professional were kind and personable, but a caring attitude does not outweigh a bogus or occultic practice. The witch of Endor was very caring toward Saul, encouraging him and feeding him, but she was still a witch and therefore an abomination to God and a danger to God’s people (1 Samuel 28:20-25; Deuteronomy 18:10-12)!

It Can’t Hurt

A similar misconception is that alternative health care practices “can’t hurt.”

In fact, alternative health care practices can hurt. The National Council Against Health Fraud warns that “quacks rob us of our money, our dignity, our health, and our lives” (“Understanding and Combating Health Fraud and Quackery,” Multnomah County Medical Society, Portland, Oregon, 1985). In *The Hidden Agenda: A Critical View of Alternative Medical Therapies*, Dr. David Sneed lists eight possible dangers of alternative health care: failure to diagnose, failure to treat, emotional harm, wasted money, physical threats, toxic effects, diverted resources, and loss of reality.

Dr. Sneed gives many examples of these dangers. One woman was told to apply a castor oil pack to her abdomen for her abdominal pain, but it turned out that she had appendicitis and needed surgery (p. 5). A cancer patient spent \$40,000 and the last month of her life on alternative procedures in Mexico. Her husband said, "Sure, I'm resentful. She chose to spend her last month down there instead of with her family. The doctors told us right out they couldn't cure her, but they may have been able to prolong her life. They certainly could have increased the quality of her last days" (p. 28). Another cancer patient was treated with alternative therapy for 14 months, "long enough for her breast cancer to spread so widely it required massive medical surgery, chemotherapy, and radiation" (p. 23). One little girl's nervous system was permanently damaged and an infant died after their parents gave them high doses of vitamin A and potassium as recommended by Adelle Davis in *Let's Have Healthy Children* (p. 65). An estimated 50,000 to 75,000 Americans took Laetrile treatments for cancer, but it turned out to be bogus and many died from the toxicity of the treatment itself. "Dr. William Nolen, surgeon ... tells of a thirty-five-year-old mother of three he diagnosed with early, treatable cancer of the uterus. He recommended surgery or radiation, but instead, she chose to go to Mexico and spend \$3,000 on Laetrile treatment. When she returned to him six months later, the cancer had spread to her pelvis, bladder, and rectum. She died one month later" (pp. 32, 33). Another woman, who was diagnosed with colitis and gall-bladder disease, pursued an alternative remedy of coffee enemas and

became so depleted of essential electrolytes that she suffered a seizure, was rushed to the hospital in a coma, and died (p. 96).

It Is God's Will That We Be Healthy

Another misconception is that it is God's will that we be healthy, and if we follow a wise natural plan, we will not be sick.

For instance, the Be in Health seminar promoted by Henry Wright claims: "We are dedicated to the eradication and prevention of all spiritual, psychological, and biological disease. ... Pleasant Valley Research and Publishing provide materials designed to promote Wholeness in mankind." Bill Gothard's Total Health program also implies that health is always God's will and that if we simply follow the right "plan" we will be healthy.

One doesn't have to be a great Bible scholar to refute this.

First, God didn't always heal sick believers even in the early churches. Paul had a sickness that God refused to remove (2 Cor. 12:7-10). Paul's conclusion to this matter was the opposite of those who claim God's will is total health, for he said: "Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong" (2 Cor. 12:10). The word "infirmities" is the

Greek word “astheneia,” which is elsewhere translated “disease” (Acts 28:9) and “sickness” (Jn. 11:4).

Timothy was physically weak and often sick (1 Tim. 5:23).

Trophimus, Paul’s co-worker, was left behind in Miletum because he was sick and God did not heal him (2 Tim. 4:20).

Second, the Bible plainly states that all weakness and sickness and trouble in this life ultimately stems from the Fall. It goes back to our sin. We live in a world that groans under a curse and even those that are born again are subject to that curse (Rom. 8:22-23). We live in a body of death (Rom. 7:24).

The New Testament faith does not teach us to expect total health and total deliverance in this present world; it teaches us to live by hope, and hope that is seen is not hope. Consider the following important passage in Romans 8:18-25:

“For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. For the earnest expectation of the creature waiteth for the manifestation of the sons of God. For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope, Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. For we know that THE WHOLE CREATION GROANETH AND TRAVAILETH IN PAIN TOGETHER UNTIL NOW. AND NOT ONLY THEY,

BUT OURSELVES ALSO, WHICH HAVE THE FIRSTFRUITS OF THE SPIRIT, EVEN WE OURSELVES GROAN WITHIN OURSELVES, WAITING FOR THE ADOPTION, to wit, the redemption of our body. For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for? But if we hope for that we see not, then do we with patience wait for it.”

The Body Is Capable of Healing Itself

A similar misconception is the idea that the body is capable of healing itself of any problem or disease if it is provided with the right diet and environment.

This is a dangerous half-truth. Whereas God has given the body amazing healing powers, there is a dramatic limit to what it can do. And, as we have seen, we live in a fallen, cursed world, and there is no divine promise of perfect health.

The Bible Lays out the Ideal Diet

Another misconception is that the Bible lays out the ideal healthy diet.

George Malkmus has his “Hallelujah Diet.” Don Colbert has the “What Would Jesus Eat” diet. Gwen Shamblin has her “Weigh Down Workshops,” and Jordan Rubin has “The Maker’s Diet.” They all claim to be Bible-based. Rubin says that “God gave me this health message” (“New Diet Plans Take Cue from the Bible,” USA Today, June 10, 2004).

In fact, there is no Bible diet plan for today. From Adam to Noah, men were vegetarians, stemming from God's command in Genesis 1:29-30. After the flood, men were instructed to eat meat as well as vegetables (Genesis 9:3). Under the Law of Moses, the nation Israel continued to eat meat, but some animals were designated clean and others unclean. The Lord Jesus Christ is a Jew and lived under the law and therefore followed the Mosaic dietary system. He wasn't a vegetarian. He ate fish (Lk. 24:42-43) and He ate lamb, which was required during the Passover (Exodus 12:6-8).

When the church was established, the former restrictions were done away.

There are only three teachings about diet in the New Testament.

First, Peter was taught that the Old Testament dietary restrictions are no longer in effect for the New Testament believer (Acts 10:9-16). The truth of this was emphasized in that the vision and the command to rise, kill, and eat was repeated three times. This passage single-handedly refutes the following claims: that the Mosaic dietary restrictions are in force in the New Testament churches, that the Mosaic dietary restrictions were for health purposes (if that were true, God would have kept them in force), that eating meat is unhealthy, that vegetarianism is a superior program, and that is cruel to kill animals.

Second, we are taught that in the New Testament dispensation diet is entirely a matter of personal liberty (Romans 14:1-6) and we are not to judge others in such matters (Romans 14:13).

Third, we have a warning about those who teach against eating meat (1 Timothy 4:1-6) and we are told that to require a vegetarian diet is a doctrine of devils.

To go beyond the Bible's clear teaching in this matter and to create dietary programs that purport to have a Scriptural basis and to have divine approval and universal properties is heresy.

The New Testament plainly states that “every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer” (1 Timothy 4:4-5).

Thus, according to Scripture, diet is a personal and individual matter. Each person is different, with his own metabolism, taste, culture, lifestyle, health, and occupation; and diet must be determined on this basis and not on some plan purporting to be from the Bible.

I am not saying that all diets are equally healthy; I am merely saying that there is no one diet that is required by the Bible.

Sincerity Sanctifies the Alternative Health Care

Another misconception is that if an alternative health practice is used sincerely by a believer “from a Christian perspective,” it is O.K.

If this were true, the Bible would not contain so many warnings to separate from error (e.g., Deuteronomy 18:9-12; 1 Corinthians 10:21; 2 Corinthians 6:14-17; 1 John 5:21). Occultic practices are occultic practices, regardless of who uses them!

Testimonies Provide Evidence of Genuineness

Another misconception is that if a product or treatment plan is accompanied by glowing testimonies, it must be good.

The alternative health care field is driven by testimonies, and they can be very impressive, particularly when an individual is frustrated by a persistent problem or desperate to be healed of a disease and is grasping at any straw. But wise saints recognize that we live in a fallen world among deceitful creatures and are careful not to be tricked. “The simple believeth every word: but the prudent man looketh well to his going” (Proverbs 14:15).

The book *Dubious Cancer Treatment* by Stephen Barrett and Barrie Cassileth lays out four common-sense conditions that must be met before a testimony can be valid. First, the patient must actually have the disease. As

with charismatic “healings,” it is not uncommon for people in the alternative health care field to testify that they have been healed of a certain disease that was never properly diagnosed. Second, the claimed cure must result from the therapy. Other factors could have been at work. Several years ago I saw an advertisement for a tonic product that guaranteed weight loss. The patient was instructed to take the tonic in the evening and not to eat anything within a few hours of going to bed. The fact is that the resultant weight loss could be achieved from the prescribed fasting without the assistance of the accompanying tonic! Third, the disease must be actually cured rather than in remission or some such thing. Fourth, the patient must be alive! Many of Pentecostal healer William Branham’s patients died after being proclaimed healed, and the same thing has happened to many of those who have been “healed” through alternative health care. (See our book *The Pentecostal-Charismatic Movements* for documentation.) For example, Stanislaw Burzynski offered a cure for cancer called “antineoplastons,” that was supposed to “normalize” cancer cells. In 1988, Sally Jesse Raphael featured on her television show four patients of Burzynski that had supposedly been healed. Four years later, *Inside Edition* reported that two of the four had died and a third had a recurrence of the cancer. Further, another woman testified “that her husband and five others from the same city had sought treatment after learning about Burzynski from a television broadcast--and that all had died of their disease” (Stephen Barrett, *Questionable Cancer Therapies*).

If It Helps One Person It Can Help All

Another misconception is that if an alternative health practice helps one person it can help all.

It is important to understand that even if a certain treatment is genuinely effective for one person does not mean it is effective across the board. It is true that a multivitamin solved my problem with frequent colds, but that does not mean that multivitamins are a cure-all for colds.

It Is Is Nature It Must Be Good

Another misconception is that if it is natural it must be good.

But in fact, many natural things are dangerous. Most poisons are perfectly natural!

Only “Natural” Is Right

A similar misconception is that only things that are “natural” in the field of diet and health care are proper.

In the eyes of those who hold this doctrine, herbs and other “natural” products are considered useful and safe, whereas “man-made” medicines such as antibiotics and inoculations are considered improper and dangerous. The fact is that God gave man the wisdom and the authority to subdue the earth and have dominion over it (Genesis 1:28). Every good gift is from above (James 1:17).

Though we recognize that doctors aren't gods and they are imperfect and make mistakes, it is truly foolish and unscriptural to reject the benefits of modern medicine. There are doubtless dangers in the field of modern medicine, but there are also many more dangers in the field of alternative or natural health care! Personally, I thank the Lord for every advance in medicine. I thank the Lord for antibiotics, anesthesia, inoculations, modern surgery, dialysis, advanced pain killers, you name it! Modern medicine has greatly increased the length and quality of human life. If you don't believe it, spend a few years in the remote villages of South Asia or central Africa.

Dr. David Sneed says:

"The fact is, nature is 'fallen,' according to the Bible. Expelled from Paradise, man has had to learn to wrest from nature good farming land, tolerable living conditions--and disease-fighting drugs. A gracious God has given us both the raw material and the ability to develop such technologies as medical science. Why deny ourselves such gifts, in a misguided attempt to return to a naïve concept of nature?" (*The Hidden Agenda*, p. 112).

When Is Alternative Health Care Wrong?

It is certainly not wrong to want to live in a healthy manner, and we know that many “natural” or alternative remedies are effective and legitimate for certain problems; but when a practice enters into the realm of the occult, it is forbidden by God’s Word. Consider some examples of the techniques and practices that contain very dangerous spiritual elements.

Life Force Energy

One example of an occultic philosophy that has infiltrated the medical field is the idea that there is a metaphysical life force energy that permeates everything and that flows through and/or around the body and affects the health. This is foundational to the eastern approach, which aims to manipulate the flow or balance of life energy to restore and maintain health. Hindus call it *prana*; Chinese call it *chi* or *qi* (pronounced chee); Japanese call it *ki*. Terms with similar meaning are *kia*, *huna*, *mana*, *innate*, *ordic*, and *orgone*. It is purely occultic, with no biblical or biological basis, and it lies at the heart of yoga, eastern massage, reiki, feng shui, tai chi, qi gong, acupuncture, acupressure, polarity therapy, magnetic therapy, biofeedback, reflexology, iridology, ayurveda, homeopathy, and the martial arts.

Consider what the *Harper’s Encyclopedia of Mystical & Paranormal Experience* says about the field of

“bodywork” (e.g., acupuncture, chiropractic, polarity therapy, reflexology, reiki, rolfing, therapeutic touch, touch for health).

“Bodywork therapies assume the existence of a universal life force that affects health, which can be stimulated by the therapy. ... Bodywork therapy involves a high level of intuitive awareness on the part of the therapist; PSYCHIC ABILITIES SOMETIMES DEVELOP over the course of time. Patients sometimes report experiences such as past-life recall and clairvoyance.”

The wise Bible believer does not need any further warning. If these practices sometimes result in “past-life recall and clairvoyance,” they are obviously demonic and should be avoided like the plague.

The *Encyclopedia of New Age Beliefs* offers the following warning:

“We believe that any system which claims to regulate or manipulate ‘invisible energies’ is, at least potentially, an introduction to occult energies and should be avoided.

Humors

Another example of an occultic practice that has invaded the field of medicine is the idea of *humors*. It is based on the ancient Greek cosmology that there are four elements--fire, air, water, and earth--and these have four corresponding humors in the body: choler (yellow bile), blood, phlegm, and melancholy (black bile). An imbalance of the humors supposedly results in sickness,

and humor practitioners prescribe remedies to control and balance the humors, but it is pure hocus pocus!

Visualization

Visualization is a foundational New Age technique that is used widely in holistic health care. For example, the Taoist Water Method uses visualization to “dissolve energy blockages.” It is described as follows:

“Lift your hands above your head ... begin slowly moving your hands down your body. As you sense or feel a blockage, stiffness, or pain, visualize it as hard and cold ice. Allow it to turn from stiff ice to fluid water as the cleansing line touches it. Then allow the water to vaporize and lift out of your body and out of your outer energy. With your exhale, send it far away from your being. ... Continue down your body, doing this wherever you feel blockage or pain” (John Talbot, *Come to the Quiet*, p. 221).

This is occultic hocus pocus, and any benefit derived from it is either psychological or demonic. Visualization is the doctrine of the power of mind over matter, and it is nowhere supported by Scripture.

Hypnosis

Another occult practice that has invaded the health care field is hypnosis. This is “an induced altered state of consciousness in which the subject becomes passive and is responsive to suggestion” (*Harper’s Encyclopedia of Mystical and Paranormal Experience*). The term *hypnosis* comes from *hypnos*, the Greek god of sleep, and

was coined by James Braid, a 19th-century British mesmerist.

Hypnosis is used widely in medicine and psychology. Donald Connery, in *Exploring Hypnosis*, says, “There is greater interest in and employment of medical hypnosis than ever before in history.” The American Medical Association approved the use of hypnosis in 1958. Courses on hypnosis are taught in many medical schools and an estimated 20,000 medical and psychological specialists use it (“Hypnosis,” *Encyclopedia of New Age Beliefs*).

Hypnosis is used in pain relief, anesthesiology, drug and alcohol abuse treatment, weight control, birth control, sleep therapy, physical healing, psychological healing, self improvement, human potential, regression therapy (healing the present through recovering the past), and many other ways.

When used in the field of modern health care, the idea is that the practice of hypnotism itself is innocent and useful and can be divorced from its occultic associations, but this is impossible. Hypnotism arose from the field of occultism and remains intimately associated with it. *The Encyclopedia of Occultism and Parapsychology* says: “Hypnotism is no longer classed with the occult sciences. ... Nevertheless its history is inextricably interwoven with occultism, and even today much hypnotic phenomena is classed as ‘spiritualistic.’”

The *Encyclopedia of New Age Beliefs* observes: “Historically, hypnotism is typically associated with the occultist or psychic, the one who exercises power over things or persons, such as the shaman, magician, witch doctor, medium, witch, guru, or yogi.”

In the 18th century, Emanuel Swedenborg (1688-1772) communicated with spirits while in a trance state induced by breath control. It was called *somnambulance*. In 1788, a Swedenborgian society in Stockholm reported to a sister society in France a number of cases in which somnambulists had transmitted messages from the spirit world (Slater Brown, *The Heyday of Spiritualism*).

Anton Mesmer (1734-1815), an astrologer and occultist, proposed a healing technique through hypnosis and the flow of “animal magnetism” from the practitioner to the patient. He held the occultic view that there are thousands of channels in our bodies through which an invisible life force flows and that illness is caused by blockages. The practitioner of animal magnetism could allegedly cure sicknesses by overcoming the obstacles and restoring the flow. The term “to mesmerize” is based on Mesmer’s hypnotic practices, and the field of modern hypnotism stemmed from his techniques.

Mesmerization or hypnosis produced two occultic movements in the 19th century.

One of these was the New Thought or Mind Science movement. Phineas Quimby (1802-66), a student of Mesmer, called his “mind healing” theories the Science

of Health and had a powerful influence on Mary Baker Eddy, the founder of Christian Science.

The other occultic movement produced by hypnotism was spiritism. Another Mesmer student, Andrew Jackson Davis, published a book in 1847 which he said was dictated to him by spirits while he was in a mesmeric trance. *The Encyclopedia of Psychic Science* says, "The conquest by spiritualism soon began and the leading Mesmerists were absorbed into the rank of the spiritualists."

The spiritist revival in Brazil also began with hypnosis. French educator Leon-Denizarth-Hippolyte Rivail was led through hypnosis to communication with spirits. His spirit guide instructed him to take the name Allan Kardec, and under this name he wrote the very influential *The Book of the Spirits* (1857).

John Ankerberg observes: "Mesmerism, then, paved the way for occult revival. And there is an ominous parallel today in the great upsurge of interest in hypnotism as both an occult method and a medical-diagnostic tool. ... Whatever their differences, one fact is admitted by all. The phenomenon of mesmerism is today known as hypnotism" (*The Encyclopedia of New Age Beliefs*).

The danger of hypnotism is evident from the fact that it can produce a wide variety of occult phenomena, including past life experiences, multiple personalities, speaking in unknown languages, automatic writing, clairvoyance, telepathy, seizures, spirit possession, astral

projection, and psychic diagnosis (*Encyclopedia of New Age Beliefs*).

One famous example of multiple personalities that developed through hypnosis is Susan Houdelette. She was a normal woman who sought the help of a therapist to quit smoking, but when placed under hypnosis she developed 239 different personalities!

There is an entire field of repressed memory syndrome whereby supposed hidden memories are recovered through hypnosis and other techniques. What has often been recovered, though, are fantasies that become reality to the patients. "... there are thousands of victims today who, because of hypnotic regression, only think that they were subject to sexual or satanic abuse as children. This has resulted in great tragedies, including ruined families (where parents were the alleged abusers or Satanists) and patients who committed suicide. Because thousands of families have been torn apart by things like this, a national organization has been formed specifically to draw attention to the problem and to help victims of what is termed the 'false memory syndrome'" (*Encyclopedia of New Age Beliefs*).

Many support hypnotic therapy because "it works," but just because something works does not mean it is right. There are innate powers within man that can be manipulated and there are satanic powers. The magicians in Egypt were able to perform amazing feats and could even duplicate some of the divine miracles (Exodus 7:10-12, 19-22; 8:5-7).

Further, it must be understood that hypnotic healing often results in “symptom substitution,” whereby victory in one area results in defeat in another. One woman who lost her fear of spiders developed a strong addiction to alcohol. Another who found relief from the pain of gallstones began to suffer from terrible outbursts of rage. Dr. Kurt Koch, a Christian expert in occultic phenomena, warned: “I could quote many examples like this involving so-called harmless hypnotists. ... The unfortunate thing is that occult hypnosis is often used as a means of obtaining healing. The apparent success of the hypnosis, however, is accompanied without fail with all sorts of mental and emotional disturbances” (*Demonology Past and Present*, 1973, p. 128).

This is a very loud warning to those who have ears to hear.

Even though hypnotism has been “secularized” and brought into the fields of health care and education, it is still intimately associated with the occult.

It is one of the most prominent techniques in the New Ager’s toolbox. It is used as the door to astral planes, as the key to uncovering UFO abductions, and as a wonder tool to help people develop psychic powers. Simeon Edmunds, author of *The Book of Hypnosis*, says the first step to the development of psychic power is to enter the deepest possible level of hypnosis. In *Hypnotism and the Supernormal*, Edmunds says that “many of the most

famous spiritualistic mediums began their psychic careers as hypnotic subjects, and hypnosis has been used with marked success in the development of a number of others.”

Hypnosis is used by channelers to prepare themselves for communication with spirits. For example, Esther Hicks, the channeler of Abraham, makes contact with her spirits through self-induced hypnotic trance. Further, various channeled spirits have actually recommended the practice of hypnosis.

Hypnosis is used to recover the events of alleged past lives. As a member of the Self-Realization Fellowship Society before I was converted to Jesus Christ, I was taught a method of hypnosis or guided imagery which was supposed to allow me to investigate my past lives. Some who have used this technique have actually seen places in their “imagination” that they have never before visited only to discover these actual places later while traveling.

This is a fearful demonic deception, because the Bible says man lives once and then faces judgment (Heb. 9:27). Reincarnation is a lie of the devil, and those who experience past lives are experiencing a strong delusion.

Yet hypnosis persistently results in the delusion of past life recovery. One study of 6,000 hypnotized subjects found that 20% reported “earlier lives” (Deidre and Martin Bobgan, *Hypnosis and the Christian*, p. 23). And this is true even when it is used by therapists who don’t

believe in reincarnation. For example, psychologist Diana Denholm first used hypnosis to help people stop smoking and lose weight and other such things, but when some of her patients experienced “past lives” she became convinced of its reality. She now uses regression therapy regularly (Raymond Moody, *Coming Back: A Psychiatrist Explores Past-Life Journeys*, pp. 12-13). Psychiatrist Brian Weiss, author of *Many Lives, Many Masters*, is another example. He became a believer in reincarnation when one of his female patients, while under hypnosis, described past lives.

The fact that hypnosis is so intimately associated with the occult and communication with spiritual realms forbidden in Scripture is a loud warning to those who have ears to hear (Leviticus 19:31; Deuteronomy 18:10-12). The wise Christian will stay far away from anything savoring of the occult! Playing with such things is like a child playing with fire.

The Bible exhorts the believer to be sober (1 Peter 5:8). To be sober means to be in control of one’s mind, to be spiritually and mentally alert. It means to be on guard against danger. It is the opposite of allowing oneself to be put into a trance. The Bible warns that demons transform themselves into angels of light (2 Cor. 11:13-15). Unless the believer remains sober and vigilant, he is in danger of being deceived. Thus, even a “mild” level of hypnotism can be spiritually dangerous.

The fact that hypnosis is used today by Christian psychologists and doctors, does not justify it. We live in

an apostate age of illicit ecumenism, syncretism, and interfaith dialogue, an age in which multitudes of professing Christians have turned their ears from the truth and have turned to fables (2 Timothy 4:3-4). Instead of standing on the Bible alone as the sole authority for faith and practice, professing Christians are delving into forbidden realms and mixing the truth together with lies. The white of truth and the black of error have been intermingled to become the gray of compromise.

Meditation

Another New Age technique that has invaded the field of health care is meditation.

Meditation is the practice of relaxing and entering into a transcendental state of consciousness. It involves putting oneself into a hypnotic or an “altered” state of consciousness through repeating a mantra or focusing the mind on a single picture or mental image, etc.

Meditation is an integral part of Hinduism, Buddhism, Sufism, and pagan spirit worship. I was taught meditation techniques as a member of the Self-Realization Fellowship Society before I was converted to Christ. They describe meditation as “the science of uniting the individual soul with the Cosmic Spirit.”

Meditation is used everywhere in the New Age. Alice Bailey, founder of the Lucifer Trust, taught that meditation is one of the most important means of recognizing one’s own divinity and tapping into the

wisdom of the universe. She organized meditation groups to meet on the full moon “to create lines of spiritual force” to prepare for the coming of this christ (Robert Eelwood, *Alternative Altars: Unconventional and Eastern Spirituality in America*, p. 134).

New Age channelers use meditation to align themselves with their spirits. David Spangler, who channeled a spirit called “John,” said:

“In order to accomplish it, I must enter into meditation and align with my own Higher Self, my inner spirit, for it is with that level that John can communicate most effectively” (*Conversations with John*, 1980, p. 1).

Meditation is the first step of the Silva Mind Control Method. The student is taught that after entering a meditative state (which is called “reaching your level”) he can perform various occultic things such as out of body travel.

John Gray recommends meditation as one of his “nine steps for creating the miraculous.” John Canfield recommends it as the way to hear the voice of God. Oprah Winfrey calls it “centering up for myself” and believes that it connects her to her spirit guides.

Shakti Gawain says:

“Almost any form of meditation will eventually take you to an experience of yourself as source, or your higher self. ... you may even experience a lot of energy flowing through you or a warm radiant glow in your body. These are signs that you are beginning

to channel the energy of your higher self" (*Creative Visualization*, 2002, back cover).

New Agers believe that meditation even has the power to create a new world. The Harmonic Convergence and Global Peace Meditation Days are predicated upon this belief. Each Meditation Day features, among other things, a sustained period of meditation focusing on peace and harmony.

Since the 1980s the New Age practice of meditation has been infiltrating the field of health care. In 1987 *USA Today* reported:

"Once a practice that appealed mostly to mystics and occult followers, meditation now is reaching the USA's mainstream. ... The medical establishment now recognizes the value of meditation and other mind-over-body states in dealing with stress-related illness" (*USA Today*, Sunday supplement, July 24-26, 1987).

Ray Yungen observes that those who practice meditation for health can get more than they bargain for:

"As one meditation teacher explains, 'It is more than a stress reducer. It is the vehicle all religions use to impart the esoteric knowledge of their own mystical tradition.' Thus, many people have unwittingly become New Agers by simply seeking to improve their physical and mental health through meditation. ... [Joan] Borysenko, a medical doctor, revealed: 'I originally took up secular meditation for its medical benefits and in time discovered its deeper psychological and spiritual benefits'" (*A Time of Departing*, p. 99).

The Bible's exhortations for the believer to be "sober" (e.g., 1 Thessalonians 5:6; 1 Peter 5:8) forbid any practice whereby the individual ceases to be fully in control of one's mind. To be sober means to be spiritually and mentally alert. It means to be on guard against danger. It is the opposite of putting oneself into an altered state of consciousness.

Dream Analysis

Another New Age technique that is spreading within the field of health care is dream analysis. The idea typically is that one's dreams are a form of revelation from the realm of the "unconscious" and that the individual can learn to interpret them and thus be guided by them.

Cross Country Education has provided training in dream analysis to more than one million health care professionals since 1995 (<http://www.seminarinformation.com/qqbuen/>).

The Discovery Channel's online Health Center features six steps to decoding dreams from Marcia Emery's book *The Intuitive Healer: Accessing Your Inner Physician* (St. Martin's Press, 1999).

WebMD and EmaxHealth, general purpose medical health web sites, also include sections on dream interpretation at their sites.

The Aisling Dream Interpretation course claims that "dreams always advise us of the best course of action to

improving health” and they “open your eyes to the presence of angels in your life.”

It is true that God sometimes gave revelation to people by dreams in Bible times, but He also made the meaning clear in such cases. For example, the dream given to Nebuchadnezzar was interpreted by Daniel (Daniel 2). The Bible nowhere teaches us how to interpret general dreams. The current focus on dream interpretation came from Carl Jung. He believed that dreams “serve to guide the waking self to achieve wholeness,” but he was a deceived man who communicated with demonic spirit guides all his life.

In fact, dream interpretation is pure guesswork. For example, at the Edgar Cayce web site we find the following dream and its analysis:

“I am from Scotland. I dreamt that I had a couple of worms attached to me. One was on my arm. They seemed to originate from tiny insects (maybe ants). Someone said I had to get rid of them as they would attach to my face and I felt a little anxious about that. My husband pulled them off and said not to worry, as they were easy to get rid of.”

“Dear Dreamer, bugs or insects can often be symbolic of something bothering or ‘bugging’ the dreamer. The fact that they originated from tiny insects suggests that you may have allowed tiny worries to grow into bigger issues and problems. Your husband telling you not to worry could be literal in terms of his approach to something you are concerned about. I think the dream is related to your worrying about your new job and is simply showing you that it is not as big of a problem as you are making it into.”

The “interpretation” is nothing but a wild guess. Those who seek wisdom through dream interpretation are in great danger of being deluded. We don’t need dream revelation. We have the complete revelation of God in Scripture which is able to make us “*perfect, thoroughly furnished unto all good works*” (2 Timothy 3:16-17).

Popular Alternative Practices

Reiki

A study on alternative medicine in the January 2008 report in *U.S. News & World Report* focused on the rapid growth of Reiki (pronounced ray-key). The report says the number of Reiki practitioners worldwide is in the millions, with half million in the United States and over a million in Germany. According to the American Hospital Association, 15% of hospitals were using Reiki in 2007.

Reiki is an occultic practice that allegedly channels “universal healing energy” for human benefit such as relaxation and physical healing. The word “reiki” is Japanese for “spiritually guided life force energy.”

It was developed in Japan in the early 20th century by Mikao Usui. During a 21 day program of fasting, meditation, chanting, and other pagan contemplative practices he allegedly experienced “the great Reiki energy entering” into him and found that he could use the energy to heal others. It came in the form of a light that moved toward him and entered the middle of his forehead (Mohan Makkar, *The New Reiki Magic*, p. 5). Usui allegedly began to heal with his touch and to initiate others into the “energy.” Reiki was established in Hawaii in the 1930s and from there spread to North America. The American International Reiki Association was formed in 1982.

The International Center for Reiki Training says:

“Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. ... Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect.”

That sounds harmless enough, doesn't it?

Reiki has three levels or degrees of initiation, the third level being the master level. The degrees are called “attunements” whereby the student is brought into harmony with the reiki energy and taught how to channel it. The initiations are thought to create channels for the flow of Reiki. Paula Horan says, “Through this channel Reiki then flows in through the top of the student's head, down through the body and out through the hands” (*Abundance through Reiki*, p. 18).

Reiki masters initiate people into the various levels.

Reiki is transferred or initiated by the laying on of hands. The Reiki manual is subtitled “The healing touch.” The Reiki practitioner places his hands on the same spot of the body for three minutes at a time, and the energy is supposed to be mystically drawn out by the recipient. Horan says, “... if I lay my hands on you to do a treatment, your body will naturally draw the appropriate amounts of energy it needs, and to the proper places” (p. 20).

Reiki is largely Hindu in its philosophy. It is described as “an energy incomprehensible to the intellect which flows through everything, transforming all realms of life ... Reiki is oneness” (Horan, *Abundance Through Reiki*, p. 10).

Reiki is founded on the Hindu concept that God is everything and man is part of God. One Reiki Master says that “Reiki will eventually guide you to the experience that you yourself are Reiki or Universal Life Force Energy. ... you and I are that same Universal Life Force Energy” (*Abundance Through Reiki*, pp. 9, 23).

Reiki is thought to open the chakras of the “astral body,” which is a Hindu doctrine.

Paula Horan said that her Reiki teacher gave her a new name, *Laxmi*, the Hindu goddess of wealth. He said to her, “I am giving you the name Laxmi, because in this lifetime, you will fulfill all of your desires” (p. 152).

The recipients of Reiki describe it as a powerful sense of warmth and security, “a wonderful glowing radiance that flows through and around you.” It is not only supposed to provide healing but also to initiate the recipient into higher levels of spiritual transformation. The International Reiki Center says that “many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.” This is the mystical approach that bypasses thinking with an experiential connection with God or the “higher power.”

Reiki involves not only “life energy” but also spirit guides. The International Reiki Center web site says:

“Occasionally witnessing miracles. Feeling the wonder of God’s love pass through you and into another. SENSING THE PRESENCE OF SPIRITUAL BEINGS, feeling their touch, knowing they work with you. Being raised into ever greater levels of joy and peace by simply placing your hands on another. Watching your life grow and develop as your continual immersion in Reiki transforms your attitudes, values and beliefs. Sensing that because of your commitment to help others, BEINGS OF LIGHT ARE FOCUSING THEIR LOVE AND HEALING ON YOU AND CAREFULLY GUIDING YOU ON YOUR SPIRITUAL PATH. This is the promise of a developing Reiki practice. ... THERE ARE HIGHER SOURCES OF HELP YOU CAN CALL ON. ANGELS, BEINGS OF LIGHT AND REIKI SPIRIT GUIDES as well as your own enlightened self are available to help you. ... There must be congruence, an alignment within you in order for the Higher Power in the form of Reiki to flow through you in a powerful way and in order for THE ANGELS, REIKI SPIRIT GUIDES AND OTHER SPIRITUAL BEINGS TO WORK WITH YOU.”

The Reiki practitioner is taught to get in tune with these spirit guides, to pray to them, and to yield to their control.

“Try the following prayer: ‘Guide me and heal me so that I can be of greater service to others.’ By sincerely saying a prayer such as this each day, your heart will open and a path will be created to receive the help of higher spiritual beings. They will guide you in your Reiki practice and in the development of your life purpose.”

Reiki is even said to open up “psychic communication centers”:

“During the Reiki attunement process, the avenue that is opened within the body to allow Reiki to flow through also opens up the psychic communication centers. This is why MANY REIKI PRACTITIONERS REPORT HAVING VERBALIZED CHANNELED COMMUNICATIONS WITH THE SPIRIT WORLD” (Phylameana Desy, *The Everything Reiki Book*, 2004, p. 144).

The *Reiki Journal* suggests that message therapy is an excellent tool for spreading Reiki.

Lighthouse Trails observes:

“If *US News & World Report* is correct in their assessment that Reiki, Yoga, and other types of healing practices are now mainstream, then Reiki is here to stay. One can only wonder if Reiki is going to become as popular in Christian circles as Yoga now has. If it does, then as with contemplative spirituality, the spiritual lives of countless people will be jeopardized and the Gospel of Jesus Christ seriously compromised.”

Ayurveda

Ayurveda is a Hindu occultic folk healing system that claims to be four to five thousand years old. It is used by millions of people in India, Nepal, Sri Lanka, Singapore, Fiji, and elsewhere in the East and has been growing rapidly in the West since the 1970s. New Age teacher Deepak Chopra has helped popularize it. After meeting Maharishi Mahesh Yogi (the Transcendental Meditation guru), Chopra founded the American Association for

Ayurvedic Medicine in 1985 and later became the director of the Maharishi Ayurveda Health Center for Stress Management.

Chopra's 1989 book *Quantum Healing* promoted Hindu concepts, and his book *Perfect Health* (1991) was "the first widely read book on Ayurveda" (*Wikipedia*). His 1993 book *Ageless Body, Timeless Mind*, which quotes "ancient Indian rishis" and claims that man does not have to experience aging, went into the stratosphere of book sales after it was recommended by Oprah Winfrey. In one day 130,000 copies moved off the shelves.

Chopra says that Ayurveda not only holds the key to personal healing but to planetary rejuvenation, as well:

"Ayurveda is the science of life and it has a very basic, simple kind of approach, which is that we are part of the universe and the universe is intelligent and the human body is part of the cosmic body, and the human mind is part of the cosmic mind, and the atom and the universe are exactly the same thing but with different form, and the more we are in touch with this deeper reality, from where everything comes, the more we will be able to heal ourselves and at the same time heal our planet" (interview with Veronica Hay, *InTouch* magazine, <http://www.intouchmag.com/chopra.html>).

In India, Ayurveda is a recognized medical health system governed under the Central Council of Indian Medicine. Practitioners undergo five and a half years of training to earn the Bachelor of Ayurvedic Medicine and Surgery, and higher degrees are available.

Ayurveda means knowledge of life and it is said to be “a science of life that deals with the problems of longevity, and suggests a safe, gentle, and effective way to rid diseases afflicting our health” (Swami Sada Shiva Tirtha, *The Ayurveda Encyclopedia*, 2006, p. xix).

It claims to have been handed down from Brahma to other gods and obtained through meditation by an ancient Hindu sage named Bharadvaja and then passed along to other gurus (p. xxiii).

“It is said that they received their training of Ayurveda through direct cognition during meditation. That is, the knowledge of the use of the various methods of healing, prevention, longevity, and surgery came through Divine revelation” (*Ayurveda Encyclopedia*, p. 3).

It is one of the Hindu Vedic religious systems and is intimately associated with yoga. It was once a part of *Jyotish* veda, which refers to astrology. *Jyoti* means light.

It is based on the concept that all existence is part of God and man is divine and can achieve union with God through meditation and other practices. The objective of Ayurveda is to bring man into a divine wholeness in all areas of his life, physical, life purpose, relationships, and spirituality.

“According to Vedic philosophy life is Divine and the goal of life is to realize our inner Divine nature. AYURVEDICALLY SPEAKING THE MORE A PERSON REALIZES THEIR DIVINE NATURE THE HEALTHIER THEY ARE. Thus it is the responsibility of the Ayurvedic doctor to inspire or help awaken the

patient to their own inner Divine nature. ... When patients are taught they have this Divinity within themselves, they feel a connection to life and God (however each patient defines God). ... Having someone recognize one's inner Divinity and self-healing abilities develops confidence. Experiencing positive results from self-healing and spiritual development further generates confidence, health, mental peace, and Divinity" (*Ayurveda Encyclopedia*, pp. 8, 11).

According to Ayurveda, life is composed of **five essential elements**: ether, air, fire, water, and earth. These are not elements in the chemical sense but are "states of matter" (*Aghora II: Kundalini*, p. 31).

The five elements combine to form three types of human constitutions called **doshas**: *Vayu* (or Vata), *Pitta*, and *Kapha*. *Vayu* is a combination of ether and air. *Pitta* combines fire and water. *Kapha* combines water and earth. Each *dosha* is thought to control a part of the body's function. *Vayu* controls movement and basic body processes such as breathing and circulation; *Pitta*, hormones and the digestive system; *Kapha*, strength, immunity, and growth.

An imbalanced *dosha* is believed to interrupt the natural flow of *prana*, or vital energy.

The practice of Ayurveda in a nutshell is composed of identifying the patient's *dosha*, determining how it is out of balance, and bringing it into harmony through various tools such as diet, massage, enema, yoga, etc.

Each type of *dosha* individual is thought to have certain personality traits when they are in proper balance. Healthy *Vayu* types, for example, are adaptable and cheerful, but if they have excess *Vayu* they will possibly be very thin, have dry skin or bone problems, talk fast, become easily tired, forgetful, worried, fearful, or nervous (p. 18). Balanced *Kapha* types are loyal and calm, but when *Kapha* is excessive they tend toward being overweight, having bronchitis, being lethargic, too attached, and sentimental.

It is obvious that to ascribe such a wide range of problems to an unbalanced “dosha,” which is mythical and cannot be detected in any measurable sense, leaves the field wide open to runaway quackery.

Cancer in the blood is supposed to indicate excess *Pitta*; Osteoporosis, too much *Vayu* in the bones. Muscular Dystrophy is a *Kapha* problem (p. 20).

Types of disorder pertaining to the *dosha* are thought to evidence in the stool. Hard stools indicate a *Vayu* disorder “from the dryness caused by gas.” Soft or liquid stools reflect a *Pitta* excess heat. Moderate stools indicate *Kapha* (*Ayurveda Encyclopedia*, p. 19).

In fact, having lived in Asia for two decades, I would say that liquid stools indicate something more along the lines of an intestinal bug!

The Ayurvedic doctor must also learn to handle **ojas** or **life sap**. You have to be really careful with this stuff,

because it “pervades every part of the body” (p. 21). *Ojas* is depleted by excessive sex, drugs, talking, loud music, insufficient rest, and high technology. Signs are “fear, worry, sensory organ pain, poor complexion, cheerlessness, roughness, emaciation, immune system disorders, and easily contracting diseases.”

Ayurveda teaches that as the body has its three *doshas*, the mind has three *gunas*. These are *sattwa*, *rajas*, and *tamas*. The Ayurvedic doctor tries to determine what type of mind the patient has, understanding that an individual might have a combination of *gunas*.

The Ayurvedic doctor wants to get everything working harmoniously, the *gunas* all aligned for mental health and the *doshas* purring along for physical well-being and the *ojas* flowing nicely.

This is just the very beginning of the mysteries of Ayurveda. A skilled practitioner must learn how to deal with the five different divisions of each of the *doshas*, the twenty *gunas*, the seven *dhatu*s and three *malas*, the seven *chakras*, and the 72,000 *nadis*, and that is just for starters.

Ayurvedic remedies include herbology, nutrition, enema, sun bathing, exercise, bloodletting, fasting, exposure to wind, baths, inducing sweating, inducing vomiting, snuff therapy, inhaling powder or smoke, exercise, oil massage, herb plasters, relaxation, sleep, yoga, mantras, acupuncture, surgery, aromatherapy, sound therapy, color, gem and ash therapy, astrology,

psychology, architectural harmony, yagya (ceremonies soliciting the aid of Hindu gods), ethics, and spiritual counseling.

There is a lengthy chapter in *The Ayurveda Encyclopedia* on **Yoga**. Yoga means *union* and it is the practice of meditation with the objective of manipulating the *chakras* in order to achieve union between the individual and God or the higher Self.

The Hindu *chakras* are occultic centers of psychic energy and consciousness in the “astral body” or “subtle body.” They are “perceptible only to the enlightened mind.” There are supposed to be seven *chakras*, running from the base of the spine to the top of the head. They are the *Muladhara* (at the base of the spine, the place of kundalini), the *Svadhishthana* (in the pubic area), the *Manipura* (at the naval), the *Anahata* (near the heart), the *Vishuddha* (in the throat), the *Ajna* (in the center of the forehead, the Third Eye), and the *Sahasrara* (at the top of the head).

The *chakras* are symbolized in Hindu art by the lotus blossom, each *chakra* having a different number of petals. The *Sahasrara*, being the place of perfect enlightenment and union with God, is depicted as the “thousand-petaled lotus.”

The *chakras* are supposed to be connected by *sushumna*, “a spiritual tube within the spine.”

The *prana*, or life force or life energy or life breath, flows through the *nadis*, which are the ethereal nerves of the astral body. There are thought to be from 72,000 to 350,000 *nadis* channels. The *nadis* supposedly meet and connect with one another in the *chakras*.

Yoga seeks to direct the *prana* through the channels of the *nadis* up through the *sushumna* to the *sahasrara* and thus achieve Self-Realization or union with the divine.

Consider some statements from *The Ayurveda Encyclopedia* about yoga:

“Spiritually, yoga means the union of the red spirit force at the base of the spine with the white spirit force at the crown of the head; the union of the sun-spirit at the navel with the moon-spirit at the head; and the union of the small self with the Divine eternal Self” (pp. 297, 298). [What is called “white spirit” and “red spirit” here is called Shiva and Shakti in other Hindu writings.]

“The first five chakras have nadis that extend to the various organs or sense and action. The sixth chakra relates to higher mental or spiritual activity. Beyond the sixth chakra one enters the realm of the ‘non-describable’ and begins to merely ‘be’ in the state of unbounded eternity or Brahman. This is the goal of life—Brahman or Self-Realization. ... So we see that prana cleanses the nadis, and in turn the chakras. As they are cleansed, one’s spiritual life-force is allowed to flow higher, developing or utilizing the benefits of the higher chakras. As one is able to live with their higher chakras opened, life becomes more peaceful, graceful, and Divine” (*Ayurveda Encyclopedia*, p. 328).

The Ayurveda Encyclopedia explains that one can encounter internal voices through yogic mediation, and the practitioner is instructed to listen to the voices and follow their counsel.

“Just as with all spiritual experiences that are out of the norm of supposed societal acceptance, the hearing of inner sounds or voices (nada) has generally been associated with mental illness. Spiritual counseling reassures a person that their experiences and feelings are spiritual—not abnormal. Understanding nada helps persons feel comfortable when hearing any inner sounds. ... If a sound is heard, listen to it. If many sounds exist, listen to those in the right ear. The first sound heard is to be followed. Then, the next sound heard is also to be followed” (p. 343).

I have never read a more effective formula for demon possession!

Kundalini is mentioned many times in *The Ayurveda Encyclopedia* in connection with yoga. Consider this statement:

“Like a double-tongued snake, kundalini (the essential life force) has two mouths: internal and external. One mouth is stuck in the internal sushumna (a spiritual tube, running up the spine) that leads to Self-Realization. The other mouth is open to the external passage. ... When through the grace of a Guru, the kundalini is awakened, it may appear as a flash of lightning. Once awakened, the kundalini gradually rises up the sushumna. It cleanses karmic sludge out of the spine and the chakras, just as a hot iron rod cleanses the dirt from a hookah pipe tube. Persons may have experienced quivering, shaking movements of the body, or suspension of breath during meditation. This is the

experience of the kundalini shakti cleansing the inner tube and chakras” (*Ayurveda Encyclopedia* , p. 362).

Kundalini is a Hindu concept that there is powerful form of psychic energy at the base of the spine that can be “awakened.” It is described as a coiled serpent and is called “serpent power” and is depicted in Hindu art as a hooded cobra. It is supposed to be located in the first of the seven “chakras” or power centers in the body. If the kundalini is awakened through such things as yogic mediation, tantric practices (e.g., fire worship, goddess worship, and tantric rites), intensive chanting and dancing, and the laying on of hands, it can be encouraged to move up the spinal column, piercing the chakras, eventually reaching the seventh *chakra* at the top of the head, resulting in spiritual insight and power through “union with the Divine.”

Kundalini is called the female Shakti, which is considered the ego or self identity, and the objective of the practice is to unite her with the god Shiva and thus unite the individual into the whole of the divine which is considered the real Self. “The purpose of Kundalini Yoga is to reunite Shiva and Shakti, to create the eternal form of Shiva, Sadashiva” (Robert Svoboda, *Aghora II: Kundalini*, p. 69).

Kundalini is often worshipped in the form of a goddess. She is called “the Great Mother Goddess Kundalini” (*Aghora II*, p. 13). Hindu guru Vimalananda encountered Kundalini as a goddess of crematory fire and death. “When Kundalini awakened for him, she took

the form of the Tantric goddess Smashan Tara, the goddess of the burning grounds who enables one to cross over from the reality of life to the reality of death” (p. 21).

Kundalini is occultic. Biblically speaking, it is pure devil worship, because the serpent is Satan and the worship of anything other than the one true and living God is idolatry and thus devil worship (Deuteronomy 32:17; 1 Corinthians 10:20).

It is not surprising that Kundalini has resulted in many demonic manifestations and its own practitioners issue many warnings about its danger.

The Ayurveda Encyclopedia says, “Those who awaken their kundalini without a guru can lose their direction in life ... they can become confused or mentally imbalanced ... more harm than good can arise” (p. 336).

Kundalini practitioner R. Venu Gopalan says that “wrong awakening” of Kundalini is “a very dangerous situation” that can “really hamper a person’s life” and “can cause havoc” (*Soul Searchers: The Hidden Mysteries of Kundalini*, p. 269). He says, “Sadhaka who tries to awaken the Kundalini in haste can cause himself some irreparable damage including psychic difficulties” (p. 262). He says that it can even cause “cancer or other dreaded diseases” (p. 263).

The book *Aghora II: Kundalini* warns many times that “indiscriminate awakening of the Kundalini is very

dangerous” (p. 61). It says, “Once aroused and unboxed Kundalini is not ‘derousable’; the genie will not fit back into the bottle. ‘After the awakening the devotee lives always at the mercy of Kundalini,’ says Pandit Gopi Krishna ... Those who ride Kundalini without knowing their destination risk losing their way” (p. 20). Kundalini practitioner Krishna had terrifying experiences and a near death crisis. In fact, the book says “some die of shock when Kundalini is awakened, and others become severely ill” (p. 61).

Kundalini is likened to a toddler grasping a live wire (p. 58). It is said to create sensations of heat and cold, tingling, electric current, inner sounds, inner voices, compulsive movements, loss of memory, a sense of an inner eye, drowsiness, and pain.

The Inner Explorations web site tells of a man who, while dabbling in the activation of kundalini, experienced touches by invisible hands and animals that would attach themselves to him or bite him or lick his face (<http://www.innerexplorations.com/ewtext/ke.htm>).

Philip St. Romain, a Roman Catholic substance abuse counselor and contemplative retreat master, wrote the book *Kundalini Energy and Christian Spirituality* (1990). He believes that Catholic contemplative practices put one in touch with kundalini, which is “a natural evolutionary energy inherent in every human being.” He began to have strange experiences through centering prayer, which involves emptying the mind and centering down into oneself. He said that after he had “centered down” into

silence that gold lights would appear and swirl in his mind, forming themselves into captivating patterns. “Wise sayings” popped into his mind as if he were “receiving messages from another.” He felt prickly sensations that would continue for days.

If you play with fire, don’t be surprised if you get burned. The Bible warns the believer to be sober and vigilant (1 Peter 5:8), which means to be in control of one’s mind at all times, to be spiritually alert and on guard against spiritual deception. This is impossible if one tries to empty his mind and meditate on his inner being. Furthermore, the Bible says that “the heart is deceitful above all things and desperately wicked” (Jer. 17:9), and if we look far enough into ourselves we will find darkness and not light. The Bible says that Christ lives in the believer, but it never instructs us to pray to him inside of ourselves or to search for Him there.

To participate in practices that are contrary to God’s Word, is called presumption, and God does not bless those who do such things. “And no marvel; for Satan himself is transformed into an angel of light” (2 Cor. 11:14).

Returning to Ayurveda, it is important to understand that its **Color Therapy and Gem Therapy** are associated with astrology.

“In the Vedic texts on astrology (Jyotish) and architecture (Vastu Shastra), the colors are another name for different deities. ...

“Jyotish is the Vedic astrological system of which Ayurveda was once a part. This astrological system notes that gems are related to the various planets and produce a balancing effect to counter specific diseases. ... The color or vibration of the gems affects the human body. ... In the Ayurvedic tradition these stones are used to balance the three doshas and to heal specific diseases” (The Ayurveda Encyclopedia, pp. 372, 375).

It is very clear that we are not dealing here with something biblical or with innocent “science”!

In the section on **Vedic Astrology**, *The Ayurveda Encyclopedia* says:

“Jyotish means inner light. THIS SCIENCE HELPS REVEAL ONE’S INNER DIVINE LIGHT. Ayurveda and Jyotish were once a part of the same science, but later developed into two separate forms of healing. ... By looking at the planets, the 12 houses and their relationship in the astrology chart, one can determine health tendencies, planetary causes of disease, dharma, necessities for spiritual relationships, and tools for one’s spiritual path” (p. 655).

The Ayurveda Encyclopedia also recommends **Architectural Harmony** as part of the whole life balance of health.

“The focus of this book has been on healing prevention, and rejuvenation through Ayurvedic balance. This balance is achieved by living in accordance with nature’s laws. ... The Vedic science of architecture, Vastu Shastra, integrates the sciences of Ayurveda and Jyotish by providing the link between humans and the astrological influences. Vastu considers the magnetic fields of

the earth, the influences of the planets and other heavenly bodies essential elements when designing commercial or residential buildings, temples, and even towns, villages, and cities. IT IS BELIEVED THAT ARCHITECTURAL STRUCTURES ARE ALIVE, influenced by natural laws, just as the health of humans is influenced by nature. ...

“For example, in Hindu religion, the deity of the sun is said to ride on a chariot pulled by seven horses or deities. They are called the seven rays of the sun. It is important to have these rays enter eastern windows for health reasons. ... Yet these seven deities also happen to be called the seven visible colors of the spectrum ...

“Since the focus of Ayurveda is holistic (i.e., all-inclusive), it is useful to consider harmonizing or balancing the external influences involving architectural structures. ...

“Persons living or working in a Vastu-built structure experience the enhancement of health, general well being, and prosperity” (pp. 658, 659).

Ayurvedic Music Therapy, too, is associated with mystical union with God.

“From the earliest days in India, music was another form of attaining spiritual union ... The musical path towards Self-Realization was one lacking intellectual analysis or discussion. Merely by playing music, one would gradually merge with the eternal Divinity” (*Ayurveda Encyclopedia*, p. 367).

The Ayurveda Encyclopedia reports that musicians in the West are blending classical Indian music (which is associated with seeking union with God) with jazz and other sounds to create New Age music.

Healing Mantras also play a role in Ayurveda. They are said to “help balance *prana*, *tejas*, and *ojas*” and “strengthen the five elements” (*The Ayurveda Encyclopedia*, pp. 362, 364). Both the doctor and the patient use mantras during an Ayurvedic session, since “they empower all actions on a subtle level, infusing the cosmic life force into the healing process” (p. 363).

It is claimed that “Ayurvedic physicians can recognize an illness in the making before it creates more serious imbalance in the body” (p. 6).

If this were true, their patients would never get sick, never have a disease, and never die because they would always be able to catch the problem before it even had a physical manifestation.

My friends, beware. Ayurveda is pagan from beginning to end! There is no effective way to separate any true medical help it might offer from the idolatrous religious package. The best thing for the believer to do is leave Ayurveda completely alone.

Homeopathy

Homeopathy is also associated with occultic principles. (We would note that the terms “homeopathy” and “naturopathy” are sometimes used interchangeably, but we are using them according to their official meanings.) It claims not only to be able to provide physical healing but also to “transform and improve a person’s emotional and mental state” (Dana Ullman, *Homeopathy A-Z*, p. 5).

As we will see, homeopathy is the treatment of illnesses with occultic water.

Homeopaths usually criticize the practice of traditional medicine and the use of pharmaceutical drugs. Dana Ullman, for example, accuses doctors of medical child abuse for prescribing drugs to children (Elaine Lewis, “An Interview with Dana Ullman: Treating Children with Homeopathic Medicines,” April 2005, <http://www.hpathy.com/interviews/danauullman2.asp>). While it is true that modern medicine is not infallible and can be wrongly used and abused, it is also true that it has provided mankind with wonderful remedies that did not exist even a few decades ago. The invention of vaccines and antibiotics alone has resulted in a tremendous increase in the quality of life in modern society. Through the practice of modern medicine, people routinely survive diseases and wounds that would have killed them 50 years ago. The negative attitude toward modern medicine that runs rampant throughout the holistic health care field is foolish.

Homeopathy was developed in the 18th century by Samuel Hahnemann (1755-1843). His book *Organon of the Art of Healing* remains the foundational text in the field. At the 1960 Montreux International Congress on Homeopathy, the 160th anniversary of the *Organon* was celebrated. The congress said, “The *Organon* is for the homeopath what the Bible is for the Christian.”

David L. Brown observes that Hahnemann was “drawn like a magnet to occult ideas” (“New Age Medicine: Homeopathy,” Logos Resource Pages). He rejected the Christ of the Bible, identified with Eastern religions, and took Confucius as his model. One biographer says, “The reverence for Eastern thought was not just Hahnemann’s personal hobby, but rather the fundamental philosophy behind the preparation of homeopathic remedies” (Samuel Pfeifer, *Healing at Any Price*, 1988, p. 68). He was a follower of Emanuel Swedenborg, who taught his followers to enter an alternative state of consciousness in order to commune with spirits. Hahnemann called the occultic practices of Franz Mesmer “a marvelous, priceless gift of God” by which “the vital energy of the healthy mesmerizer endowed with this power [can be brought] into another person dynamically” (*Organon of Medicine*, 6th edition, pp. 309, 311). Hahnemann held to the panentheist view that God is in all things.

At the heart of homeopathy is the Hindu concept that there is a vital force or life energy that permeates all things (Keith Souter, *Homeopathy: Heart and Soul*, p. 19). Homeopathic remedies are thought to “act upon the Vital Force to restore balance within the body.”

David Brown says: “If you know New Age and occult philosophy you will recognize that what is in focus here is pantheism, that is, the belief that divinity or life force is inseparable from and immanent in everything. Leading homeopath Herbert Robert put it this way, relating homeopathy’s vital force to a pantheistic deity in his *Art*

of Cure by Homeopathy. He said the ‘vital force’ of homeopathy was part of ‘the moving Energy, the activating Power of the universe,’ as being ‘passed on in all forms and degrees of living creatures,’ and as permeating the universe. Daisie and Michael Radner see the connection between homeopathy and occult energy fields. ‘Like Chinese medicine, homeopathy posits an energy field or vital force. Disease is a disorder of the body’s energy field, and the way to cure it is to manipulate that field. The energy field of the medicine stimulates that body’s own fluid to induce healing.’”

Homeopathic remedies are so highly diluted that they are nothing more than water. The dilutions are done according to the “Centesimal scale” of 1:100. 1C (or CH1) refers to one part of an original tincture of some substance mixed in 100 parts of water. One part of that super diluted mixture becomes the next “tincture.” At 3C “the mother tincture will be diluted to one in a million” and at 6C “the dilution will be one in a billion” (*Homeopathy: Heart and Soul*, p. 23). Homeopathic doctor Keith Souter admits that a 12C solution is “unlikely to have even a single molecule of the original compound left.” Yet he recommends 30C or 200C potencies (p. 26)!

Dr. H.J. Bopp of Switzerland, who has studied homeopathy carefully, says: “Any patient receiving a homeopathic treatment at CH30 should be under no illusions as to its composition. There is no longer any of the named material substance in his pill or liquid whatsoever.”

Homeopathic practice claims that the diluted solution is effective because it has undergone a process known as *dynamization* or *potentialization*, which makes it possible to contact and retain a hidden power in the liquid. Keith Souter calls potentialization “one of the bedrocks of homeopathy” (p. 19). Hahnemann “believed that spiritual reality was more important than material reality” and “came to regard the ‘spiritual essence’ of a drug as more important than its physical substance” (*The Hidden Agenda*, p. 99). Hahnemann “insisted that not only the diluted medicine but the actual process of diluting a medicine--the shaking and mixing--imparted healing power to the substance. ... The vial containing the medicine had to be struck against a leather pad a number of times, so that the drug could be ‘dynamized’ and act ‘spiritually upon the vital forces’ of the body” (pp. 100, 102).

Homeopathic practitioner Andrew Weil says:

“Homeopaths use remedies containing no drug materials, yet they believe in the existence and therapeutic power of some other aspect of the drug--of its idea, if you will, or its ghost or spirit. Truly HOMEOPATHY IS SPIRITUAL MEDICINE consistent with its founder’s views on the relative importance of spiritual versus material reality” (*Health and Healing*, 1988, p. 37).

The book *The Science and the Art of Homeopathy* by J.T. Kent says: “In the universe, everything has its own atmosphere. Each human being also possesses his atmosphere or his aura ... it occupies a very important

place in homeopathic studies” (p. 108). Kent says the homoeopath must learn to see “with the eyes of the spirit” (p. 120).

The *Swiss Journal of Homeopathy* says that the homeopathic cure has an occultic mind of its own. It “knows just where to locate the originating cause of the disorder and the method of getting to it” and “neither the patient nor the doctor has as much wisdom or knowledge” (No. 2, 1961, p. 56). This is exactly what is said for Reiki “energy.”

Many homeopaths use radionic pendulums (to detect and analyze human “energy fields” and to occultically “douse” for answers to questions) and astrology in their diagnosis. They also communicate with spiritualists in their search for cures. Dr. Bopp interviewed a woman who prior to her conversion to Christ had worked in a homeopathic laboratory of high standing in France. She said that when she was interviewed for the job she was asked for her astrological sign and queried as to whether she was a medium. When she passed the interview and was hired, she learned the secret of the inner working of the laboratory, that they researched new treatments by questioning spirits during séances! This woman renounced homeopathy after she was converted.

What about homeopathic healings? They could either be demonic or psychosomatic. Dr. G. Kuschinsky, who wrote a basic course in pharmacology in German, said, “Homeopathic substances may be admitted in the realm

of suggestion, seeing that they possess neither main nor secondary effect.”

Dr. Bopp concludes with this warning:

“It would be naive to expect a clear response, a telling disclosure from doctors or chemists who give homeopathic treatment. There are to be sure some honourable and conscientious ones seeking to utilize a homeopathy detached from its obscure practices. Yet THE OCCULT INFLUENCE, BY NATURE HIDDEN, DISGUISED, OFTEN DISSIMULATED BEHIND A PARASCIENTIFIC THEORY, DOES NOT DISAPPEAR AND DOES NOT HAPPEN TO BE RENDERED HARMLESS BY THE MERE FACT OF A SUPERFICIAL APPROACH CONTENTING ITSELF SIMPLY WITH DENYING ITS EXISTENCE.

“HOMEOPATHY IS DANGEROUS! It is quite contrary to the teaching of the Word of God. It willingly favours healing through substances made dynamic, that is to say, charged with occult forces. Homeopathic treatment is the fruit of a philosophy and religion that are at the same time Hinduistic, pantheistic and esoteric.

“The occult influence in homeopathy is transmitted to the individual, bringing him consciously or unconsciously under demonic influence. ... It is significant frequently to find nervous depression in families using homeopathic treatments” (Homeopathy Examined, translated from French by Marvyn Kilgore, 1984).

Reflexology

Reflexology, which is also called *zone therapy*, is the technique of “applying pressure to specific reflex points to stimulate the body’s own healing powers.” It is based

on the concept that different parts of the foot correspond to and are somehow connected to various parts of the body. By massaging the foot (or hand) the practitioner can allegedly detect problems and help maintain physical and psychological health.

It is a very popular practice, with millions of people using it each year.

While some reflexologists are basically foot massagers and only claim to stimulate relaxation and reduce stress, most go far beyond this. TreatYourFeet.com says reflexology “creates a physiological change in the body by naturally improving your circulation” and claims that it is “an effective technique for regaining better health.” The book “Feet Don’t Lie” says that “feet are a reflection of inner health,” promises that the client will “live a healthier, happier life,” and even claims that the feet can predict the future -- “where you are going is recorded in your soles.” Body Reflexology claims to be able to reverse the aging process.

Many reflexologists work on the occultic principle that the body has an energy field that can be manipulated. They call it “life force.” William Fitzgerald, who invented modern reflexology in 1913, called it “bioelectric energy.” He believed that ten vertical zones of this energy called meridians run through the body, and by rubbing one part of the foot the practitioner can supposedly manipulate the organs and bones and tissues in that particular zone. Mildred Carter says, “By massaging reflexes ... you send a healing force to all

parts of the body by opening up closed electrical lines that have shut off the universal life force” (*Body Reflexology: Healing at Your Fingertips*, p. 7). She also says that reflexology is “the healing miracle of the new age we are entering” (p. 8).

Many reflexologists use the New Age technique of visualization. *The Holistic Health Handbook* instructs the practitioner to “visualize yourself as being a channel for healing energy that flows through your hands” (p. 184). Eunice Ingham, a disciple of Fitzgerald, describes reflexology as “opening the blocked meridians and channeling the healing power through visualization” (*Stories the Feet Have Told Thru Reflexology*, p. 29).

It is obvious that reflexology is based on occultic principles and should be avoided by God’s people.

Iridology

Iridology is the practice of examining the iris of the eye to diagnose an individual’s state of health, both psychological and physical. Similar to reflexology, iridology claims that each part of iris represents a corresponding area in the body.

Iridologists commonly diagnose “imbalances” which they treat with vitamins, minerals, and herbal supplements (“Iridology: What Can the Eyes Really Tell,” http://your-doctor.com/patient_info/

alternative_remedies/various_therapy/fraud_topics/
bogus_tests_tx/iridology.html).

In controlled experiments iridologists have performed statistically no better than chance in determining the presence of disease (Stephen Barrett, “Iridology Is Nonsense,” <http://www.quackwatch.org/01QuackeryRelatedTopics/iridology.html>)>

Acupuncture

Acupuncture is the placement of needles at various points in the body to block pain and bring healing. According to the American Hospital Association, 18% of hospitals were using acupuncture in 2007.

Its popularity has exploded in the West since the visit of President Richard Nixon to China in 1972.

It is based on the Eastern philosophy that there are pathways in the body that facilitate the flow of occultic energy called chi or qi (pronounced *chee*). A disharmonious flow causes physical and psychological ailments and the flow can be manipulated and harmonized through various practices, such as yoga, acupuncture, qigong, and reiki. The energy flows through the body along pathways called meridians. There are fourteen primary channels that are (allegedly) manipulated with acupuncture (Jeffrey Singer, “Acupuncture: A Brief Introduction,” <http://www.acupuncture.com/education/theory/acuintro.htm>).

The acupuncture points are supposed locations where the meridians come to the surface of the skin.

It is also based on the occultic concepts of yin and yang, which are the two opposite forces of the Qi energy. If the yin and yang are out of balance, ill health results, and they must be brought into balance through the various occultic techniques.

There are said to be between 360 and 2,000 acupuncture points.

Acupuncture diagnosis is often done by examining the tongue and teeth, listening to the breath, smelling body odor, inquiring about fever, perspiration, appetite, defecation and urination, pain and sleep, and feeling the body for “palpation” in the mystical “ashi” points.

Other forms of acupuncture are ELECTRO-ACUPUNCTURE (the use of weak electrical impulses to stimulate the needles), AURICULOTHERAPY or AURICULAR ACUPUNCTURE (performing acupuncture on the ear), ACUPRESSURE (applying pressure to the meridian energy points), MOXIBUSTION (applying heat to acupuncture points), and CUPPING (stimulating the points by suction).

Though some modern practitioners in the West are trying to divorce acupuncture from its occultic origins, it is not possible. It is occultic and mystical rather than medical. Felix Mann, first president of the British Medical Acupuncture Society, admitted, “The traditional

acupuncture points are no more real than the black spots a drunkard sees in front of his eyes” (*Acupuncture: The Ancient Chinese Art of Healing*, p. 14).

Harriet Hall, a family doctor who analyzed the research into acupuncture, concluded: “Acupuncture studies have shown that it makes no difference where you put the needles. Or whether you use needles or just pretend to use needles (as long as the subject believes you used them). Many acupuncture researchers are doing what I call Tooth Fairy science: measuring how much money is left under the pillow without bothering to ask if the Tooth Fairy is real” (Stephen Barrett, “Be Wary of Acupuncture, Qigong, and ‘Chinese Medicine,’” <http://www.quackwatch.org/01QuackeryRelatedTopics/acu.html>).

Chiropractic

Chiropractic is hugely popular. There are about 70,000 licensed practitioners in America alone, and several million people are treated annually.

Most patients who visit for the first time do so for lower back pain, neck pain, and headaches.

Chiropractic was developed in the late 19th century by Daniel D. Palmer (1845-1913), an occultist who attended spiritualist meetings. He practiced magnetic healing and admitted that chiropractic was an outgrowth of this. At a coroner’s inquiry in 1905, Palmer refused to take the oath “so help me God,” protesting, “I don’t want any help

from God” (“Osteopathy and Chiropractic,” Nov. 11, 2004, <http://quackfiles.blogspot.com/2004/11/osteopathy-and-chiropractic-little.html>).

A foundational doctrine of classic chiropractic is “vertebral subluxation.” This refers to “a myriad of signs and symptoms thought to occur as a result of a misaligned or dysfunctional spinal segment” (Wikipedia). It is *not* something that can be seen or measured, which is in contrast to the medical definition of spinal subluxation as “a gross misalignment of a joint that can be objectively measured.”

“The chiropractic vertebral subluxation complex has been a source of controversy and confusion since its inception in 1895 with critics both inside and outside the profession due to its metaphysical origins and claims of far reaching effects” (Wikipedia).

Palmer’s son, Bartlett (1882-1961), who was also involved in the occult, was responsible for popularizing chiropractic and establishing it as an acceptable medical practice. He believed that the relief of subluxations was a cure for basically all disease (“Chiropractic,” *Citizendium*). He was opposed to vaccination and rejected the germ doctrine of infectious disease, which is foundational to modern medicine and which has been so beneficial to mankind.

Palmer, who rejected the teaching of the Bible, believed that an intelligent natural healing energy called *Innate* flows through the body and is connected to the “Universal Intelligence” or “Great Spirit” that permeates

the universe. This is based on the pagan doctrine that God is in everything, and that man is separated from God because of sin. Palmer's *Innate* is comparable to the Taoist *chi*. He believed that *Innate* flows through the nervous system and can be blocked. Chiropractic, which means "done by hand," manipulates or adjusts the spine to remove the blockages and enable the body to maintain its innate healing ability.

Chiropractic has branched into many occultic practices in recent decades. Chiropractor George Goodheart invented Applied Kinesiology. Bernard Jensen invented Iridology. Scott Walker invented Neuro Emotional Technique. John Thie invented Touch for Health. John Diamond developed Behavioral Kinesiology.

The *Encyclopedia of New Age Beliefs* describes why it is such a short step from chiropractic to all sorts of occultic mysticism:

"It is important to understand the logical connection between chiropractic, the potential for dabbling in the psychic world, and muscle testing. Classic chiropractic theory easily lends itself to the acceptance of a psychic realm as related to health. ... That Goodheart might have used psychic means to develop his system of applied kinesiology would not be surprising. Furthermore, although elements of the chiropractic profession are scientifically oriented and practiced responsibly, chiropractic itself often rejects the safeguards of the scientific method; historically, it has opposed medical science and rejected any findings disproving its theories. Chiropractic, for example, was founded upon a false theory of subluxations being the cause of all disease, and its early concept of the 'Innate' is

difficult to distinguish from psychic energy in general.”

Some chiropractors themselves warn about this New Age infiltration. Writing for the Institute for Chiropractic Ethics Phillip Lawrence wrote:

“In my 20 years of practice I have painfully observed my beloved profession heading steadily toward eastern mysticism, new age, and occult philosophies and practices. I feel saddened and angered that our grand and distinguished science of healing is rapidly becoming bastardized with these quasi-science modalities. When patients tell me they’ve been to other chiropractors that have read their auras, told them to sit under pyramids, advised them to have psychic readings, or have said that their problems are the result of bad karma, I feel both disgust and anger at the sheer buffoonery of such advice. ... Crystals! Acupuncture! Yoga! Damp spleens! Visualization techniques! What’s next? A séance communicating with D.D. Palmer? The reason the medical profession has such esteem in patients’ minds is that at least they draw the line somewhere. Where is our line?” (http://www.chiroethics.com/archives/what_is_next.html).

There is no evidence for the theory of subluxations, and chiropractic diagnosis and remedy is infamously subjective.

“One committee against health fraud sent a healthy four-year-old girl to five different chiropractors for a physical checkup. One claimed the child’s shoulder blades were ‘out of place’ and that she had ‘pinched nerves to her stomach and gallbladder.’ Another said that the child’s pelvis was ‘twisted.’ A third said that one hip was ‘elevated’ above the other and that spinal misalignments might cause her headaches, digestive problems, nervousness, and other

disorders in the future. Another predicted that if her 'shorter left leg' were not treated she would have a problem in childbirth. The fifth found hip and neck problems and adjusted them without bothering to ask permission" (Ankerberg and Weldon, *Can You Trust Your Doctor*, p. 234).

The problem of chiropractic dependency seems to be great. I have personally known of many people who visit their chiropractor regularly for adjustments. Dr. Andrew Weil says:

"Chiropractors are quite successful in making patients dependent on them. I have never heard of a patient being told he or she has a normal spine on a first visit to one of these practitioners. There are always subluxations. Most patients are told they must come in for regular manipulation to make the adjustment 'hold.' The tendency of chiropractors [is] to seduce patients into long and costly therapy" (*Can You Trust Your Doctor*, p. 235).

There are several types of chiropractors today. The article on "Chiropractic" in the *Citizensium* divides them into four categories: *Traditional Straights* deal with subluxation and promote a broad scepticism toward childhood vaccination, pharmacology, and medical care. *Objective Straights* also focus on correcting subluxations, but they encourage their patients to consult medical physicians when necessary. *Mixers* use more diverse diagnostic and treatment approaches, including naturopathic remedies and physical therapy devices. *Reform* chiropractors integrate their practice into contemporary medicine and do not subscribe to the Palmer philosophy or the subluxation theory.

Thus, not all chiropractors are involved in the occultic theories and practices. Some merely use physical adjustments and massage to remedy neuromusculoskeletal ailments rather than dealing at an occultic “innate” level, and they do not condemn modern medicine.

Macrobiotics

Macrobiotics is a largely vegetarian diet (some fish is allowed) that incorporates occultic principles of eastern mysticism. Its practitioners admit that it is not just a diet but “a philosophy of dynamic living.” The Bible-believer will want to know exactly what that philosophy is and whether it is in accordance with God’s Word.

The term “macrobiotic” means “big life” or “the way of longevity.”

It was brought to Europe in the early 20th century by George Ohsawa, a Japanese philosopher, and to America in the 1950s by students of Ohsawa, the most prominent of whom was Michio Kushi. Many of the first customers and owners of alternative food stores were students of macrobiotics (“Health Food: Macrobiotic Brown Rice,” Natural Museum of American History, <http://americanhistory.si.edu/collections/object.cfm?key=35&objkey=97>).

The diet itself focuses on eating whole cereal grains, such as brown rice, as staples (50-60%), supplemented with vegetables (25-30%), beans and legumes (5-10%),

and miso soup (5%). It avoids the use of highly processed or refined foods (“Macrobiotic Diet,” Wikipedia).

It is not merely a dietary plan, though. Its “core teaching” is “that God, nature, the Universe and all aspects of creation are simply, One” (Verne Varona, “A Guide to the Macrobiotic Principles,” <http://www.macrobotics.co.uk/articles/principles.htm>).

“Briefly put, it’s an idiosyncratic version of the ancient concept of yin and yang. According to oriental philosophy yin and yang are opposing yet complimentary forces which are presumed to exist throughout all elements of the universe. It’s necessary to maintain a balance and harmony between yin and yang ... Everything is assigned yin and yang qualities. In dietary counseling and practice, these designations are used to explain how a supposed imbalance in the diet results in a health disorder. The imbalance isn’t explained nutritionally, understand. It is explained philosophically” (*The Hidden Agenda*, p. 107).

For example, the macrobiotic diet typically avoids tomatoes, eggplant, peppers, potatoes, spinach, beets, avacodos, sugar, coffee, honey, chocolate, commercial milk, cheese, hot spices, fruit, cream, yogurt -- because these are allegedly “extreme yin.” On the other hand, poultry, meat, eggs, and other things are avoided because they are “extreme yang.”

In the Old Testament, God’s people freely ate fruit, milk, and honey (Numbers 13:23-27), caring not a whit about their supposed “yin” qualities. God Himself described

the Promised Land as a land “*flowing with milk and honey*” (Exodus 3:8).

There is no support for the yin/yang concept in Scripture. It is a lie of the devil and brings people into an occultic bondage. Macrobiotics is intimately associated with earth worship, self-worship, pantheism, monism, reincarnation, and many other gross and very dangerous spiritual errors.

The macrobiotic practitioner finds himself caught up in a whirlpool of legalism in regard to eating. He is told not only what to eat and what not to eat, but also when to eat it (e.g. wild plants and fresh greens in spring and round vegetables and root vegetables in winter), how many times a day to eat it, how to cook it (e.g., over a flame rather than by electricity or microwave, using only cast iron, stainless steel or clay cookware), and how to prepare it according to the time of year (e.g., steaming in spring and summer). Composition of dishes and choices of foods are adjusted according to season, climate, sex, age, and many other things. The conscientious macrobiotic practitioner is even instructed as to how he must eat his food (chewing each bite from 50 to 100 times).

Macrobiotics doesn't stop there. It instructs the practitioner to take short baths or showers with warm or cool water, to wear only cotton clothing, to avoid metallic jewelry, to use products made only from natural ingredients, to avoid computer use, etc. etc.

The macrobiotic practitioners on the Internet claim to be free, but it is a very strange sort of freedom!

Mishio Kushi, a leading macrobiotics practitioner, says:

“We lead our life in a simple modest way, eating macrobiotically and develop a spirit of gratitude to everyone and everything. This way, it becomes easy to attain the order of the infinite universe which is our life itself--eternal and everlasting” (Kushi Institute literature and promotional materials, quoted from *The Hidden Agenda*, p. 108).

This is obviously a pagan philosophy that is contrary to Scripture. Observe that he is thankful to “everything” but not to the Almighty Creator God, and he believes that everlasting life is gained by a macrobiotics lifestyle rather than through faith in Jesus Christ. This is a false gospel, and the child of God should have nothing to do with it.

Macrobiotic counselors diagnose their patients through iridology and other bogus methods.

Dr. David Sneed describes a woman named Bonlyn Walls who began delving into macrobiotics after visits to a New Age food store. She says, “For one thing, I was looking for a low-sugar diet. And I liked vegetables and fruits and whole grain foods” (*The Hidden Agenda*, p. 103). There is nothing wrong with these foods, of course, but the problem is that she was gradually drawn into occultic idolatry. She says:

“Looking back, that diet became an idol to me. I ate macrobiotically to save myself from disease and an uncaring environment, to avoid modern fast-paced consciousness, and from a deeply spiritual connection to the earth, to my food, and to my own existence” (p. 104).

By God’s grace she came to understand the error of macrobiotics and turned away from it. In retrospect she says, “That diet was a very real snare to me.”

Sneed describes another woman who went “completely nutty” over macrobiotics, not allowing anyone to come near her while she was eating, throwing away all clothing made of non-cotton fibers, walking on stones, not answering the phone. “She had shut herself off from the real world, in a little room of anger and fear and magical thinking” (p. 31).

The *Journal of the American Medical Association* and the AMA Council on Foods and Nutrition have issued warnings that strict followers of macrobiotics are in “great danger” of malnutrition (Wikipedia). “Scientific studies in the United States and Europe have shown that a strict traditional macrobiotic diet can lead to a variety of nutritional deficiencies, especially in protein, amino acids, calcium, iron, zinc, and ascorbic acid. These deficiencies can result in drastic weight loss, anemia, scurvy, and hypocalcemia. In children, a strict macrobiotic diet can cause stunted growth, protein and calorie malnutrition, and bone age retardation” (*Alternative Medicine Encyclopedia*).

1 Timothy 4:4 says, “*For every creature of God is good, and nothing to be refused, if it be received with thanksgiving.*”

Naturopathy

Naturopathy in the United States was developed by Benedict Lust, who founded the American School of Naturopathy in 1902. It is built on the following three basic principles:

“(1) The body has a natural drive to maintain equilibrium--symptoms of disease are only indications that the body is striving to heal itself. (2) The root of all disease is the accumulation of waste products and toxins due to poor life-style habits. (3) The body contains both the wisdom and the power to heal itself--provided one does what enhances rather than what interferes with this power” (*The Hidden Agenda*, p. 109).

All three of these principles are half truths, and half truths can be whole lies. While it is true that the body has a natural drive to maintain equilibrium, it is not true that all symptoms of disease are indicative of the body trying to heal itself. While the accumulation of wastes and toxins due to poor life-style habits is the root of some disease, it is definitely not the root of all disease. And to say that the body has “the wisdom and the power to heal itself” is only partially true, because there are dramatic limits to the body’s healing power, regardless of what diet you eat or how you live.

Dr. David Sneed says:

“A naturopath believes in a world of physical toxins in which most people are poisoning themselves through what they eat. Foods filled with addictives, high in sugar, and low in fiber are the culprits, they say. Now, as a physician, I’m certainly interested in seeing a person achieve a low fat, high fiber diet. ... What is not proven is the importance naturopaths place on various toxins, both those which occur naturally within the body and those that come from such external sources as pesticides and chemicals” (p. 109).

Homeopathy, acupuncture, and “oriental medicine” are among the set of core subjects taught at naturopathic schools. Oriental medicine refers to the belief in the occultic chi energy that allegedly flows through the meridians of the body and the balancing of yin and yang.

Many naturopaths are involved with other New Age practices such as mind control, reflexology, biofeedback, meditation, and yoga, and are “reluctant to support vaccination treatments, even for the routine prevention of such things as measles, mumps, polio, tetanus, diphtheria and pertussus” (*The Hidden Agenda*, p. 111).

Rolfing

The official name for this procedure is Structural Integration, and an estimated one million people have received the treatment.

The popular name Rolfing comes from its inventor, Ida Rolf (1896-1979). She was a student of osteopathy, homeopathy, chiropractic, and yoga.

Rolfing is a type of deep massage therapy that is advertised as a treatment to ease pain and chronic stress and improve performance in professional and daily activities. At its heart, though, is the belief in an occultic energy field.

Rolf described the practice as an attempt to “realign the random body into an orderly, balanced ENERGY SYSTEM that can operate in the field of gravity” (*Positive Living and Health*, 1990, p. 325), and, “Rolfers organize the body that the gravity field can reinforce the body’s ENERGY FIELD” (Rolf Institute, Boulder, Colorado, 1971). This refers to the eastern occultic energy field.

Dr. David Sneed says that Rolf “reported changes in her subjects’ ‘energy bodies,’ which were confirmed by an ‘aura reader’” (*The Hidden Agenda*, p. 85).

Rolfing also holds to the unproven idea of muscular “armoring,” which is said to consist of esoteric barriers that are built up against one’s physical and psychic wounds in life (p. 86). Rolfing supposedly releases memories and emotions and melts the “armoring.”

Applied Kinesiology

Applied Kinesiology (AK) is the “alternative medical” practice of using manual muscle-strength testing to diagnose physical health. (It should not be confused with “kinesiology” or biomechanics, which is the scientific

study of human movement.) It is based on the premise that every illness is accompanied by a weakness in a corresponding muscle.

It was invented in 1964 by chiropractor George Goodheart (d. 2008) and is one of the most popular chiropractic techniques in the United States, with 43% of chiropractors employing it in 1998.

“Goodheart combined the occultic philosophy of early chiropractic theory concerning the body’s supposed Innate Intelligence with ancient Eastern practices designed to regulate supposed mystical life energies within the body. ... Applied kinesiology is thus a blending of the theory and/or practice of chiropractic and ancient Chinese Taoism. ... various occultic and spiritistic books ... employ [muscle testing] toward that end ... That applied kinesiology is used in occult practice is not surprising given the fact that Goodheart himself is a psychic who developed his system by psychic methods” (John Ankerberg and John Weldon, *Can You Trust Your Doctor?* p. 167).

Goodheart associated Applied Kinesiology with the flow of chi energy along the occultic meridians. The AK book *Infections: A Lifetime of Health for Your Child* suggests that the Applied Kinesiology practitioner can find the reason for infection by evaluating and correcting “the energy patterns within the body.”

The most common Applied Kinesiology test is the Delta, whereby the patient resists as the practitioner exerts downward force on the arm (“Applied Kinesiology,” Wikipedia). Other tests include assessing the patient’s

gait and pressing “trigger points” to analyze supposed muscle weakness,

The “tests” are entirely subjective and their interpretation depends solely upon the particular practitioner. There are no absolute standards that can be applied.

The practice involves New Age hocus pocus and visualization. In “therapy localization,” for example, the practitioner places a hand over an area suspected to be in need of therapeutic attention and “the fingertip is hypothesized to focus the mind on the relevant area,” which allegedly results in a change in muscle response (Wikipedia). “The hand is thought to become a sort of psychic ‘conduit,’ able to locate the point of impaired function, allowing the practitioner to successfully ‘treat’ the symptom. Some practitioners claim that they use their hands to ‘sense’ various energy imbalances in different organs, much in the manner used by practitioners of psychic healing” (*Encyclopedia of New Age Belief*).

AK is also used to test the emotional responses to situations by performing muscle testing while the patient visualizes various situations (http://www.cancer.org/docroot/ETO/content/ETO_5_3X_Applied_Kinesiology.asp).

Nutritional deficiencies are detected by placing various items on the patient’s tongue or placing the items in his hand or touching them to various parts of the body, and then re-testing for muscle strength. “If the muscle tests ‘stronger,’ the substance supposedly can remedy

problems in the corresponding body parts. Testing is also claimed to indicate which nutrients are deficient. If a weak muscle becomes stronger after a nutrient (or a food high in the nutrient) is chewed, that supposedly indicates ‘a deficiency normally associated with that muscle’” (Stephen Barrett, “Applied Kinesiology,” <http://www.quackwatch.org/01QuackeryRelatedTopics/Tests/ak.html>).

Applied Kinesiology even claims to be able to detect problems before they arise, which leads to a regime of preventive checkups. “In this case patients are encouraged to have a general diagnostic checkup, even when they feel fine. ... Proper treatment is then applied before the underlying ‘problem’ has a chance to manifest outward illness” (*Encyclopedia of New Age Beliefs*).

Once diagnosis is made, the prescription typically involves massage, chiropractic “adjustments,” and often overpriced vitamins, susupplements, and homeopathic remedies.

Research has proven Applied Kinesiology to be bogus.

“A few researchers have investigated kinesiology muscle-testing procedures in controlled clinical studies. The results showed that applied kinesiology was not an accurate diagnostic tool, and that muscle response was not any more useful than random guessing. In fact, one study found that experienced kinesiologists made very different assessments regarding nutrient status for the same patients” (http://www.cancer.org/docroot/ETO/content/ETO_5_3X_Applied_Kinesiology.asp).

Neuro-Emotional Techniques

Neuro-Emotional Techniques (NET) was developed in the 1980s by Scott Walker, a chiropractor. It is adapted from Applied Kinesiology and is based on the same pagan principle that the body's occultic energy or chi must be kept in balance.

NET focuses on the emotions. It claims that negative emotions can create "locks" and imbalances in the nervous system called a Neuro-Emotional Complex (NEC). The NEC can also, allegedly, manifest as a spinal subluxation or an imbalance in an acupuncture meridian. This, in turn, causes ill health.

NET claims that the locks and imbalances can be tested through muscle testing, body reflex points, and semantic reactions.

The patient is instructed to think of an issue that is upsetting and is then tested.

The diagnosis and prescription are purely subjective, of course.

NET is said to be able to diagnose problems and feelings, access the subconscious, discover early traumas, and act as a biofeedback loop, to teach people what they are feeling (http://healing.about.com/od/net/a/net_jgazley_2.htm).

Touch for Health

Touch for Health was developed by chiropractor John Thie. It is a form of Applied Kinesiology but it moves even more deeply into the realm of the psychic. Thie claims that the life energy can be regulated and manipulated by mental power alone. This is the New Age practice of visualization. “In fact, you do not even have to make contact with the body. You can simply follow the meridians in your mind’s eye, through concentration, and produce much the same effect” (*Encyclopedia of New Age Beliefs*).

Thie believes that “we are all one with the universe” (“Touch for Health: An Interview with John Thie,” *Science of Mind*, Sept.1977).

Behavioral Kinesiology

Behavioral Kinesiology, which was developed by a chiropractor named John Diamond, takes Applied Kinesiology to its highest occultic level.

Diamond says that “Life Energy” is the “source of our physical and mental well-being” and is the same as the Chinese *chi*. The thymus gland, which is a lymphoid gland located beneath the breastbone at heart level, is said to be the “seat of the Life Energy” and “monitors and regulates energy flow in the meridian system.”

According to BK, muscle testing can be used for basically anything in one’s life, testing what type of

music to listen to, what color to paint one's house, what foods to eat and which vitamins to take.

BK claims that life energy is depleted by things such as shaking one's head, frowning, looking at a depiction of a cross, synthetic or refined foods, sunglasses, the musical note C, hats, cold showers, microwaves, perfume, even artificial light. "According to BK ... most things in our modern technological world are conspiring against us, depleting our 'life energy'" (*Encyclopedia of New Age Belief*). Further, people with depleted energy can deplete others by being in their presence or even by appearing on television!

If BK is true, it would mean that the individual should spend much of his life testing things in order to be sure that his life energy is in proper order and scrupulously avoiding any and everything that might be destructive to his energy field. I wonder now many people have become paranoid psychotics through such a philosophy!

Concluding Warning

We are forbidden to adopt the ways of the heathen (Jeremiah 10:2). Things associated with idolatry and pagan darkness are demonic, and the Bible forbids us to participate with such things (1 Corinthians 10:19-21). The Word of God warns, “*And have no fellowship with the unfruitful works of darkness, but rather reprove them*” (Ephesians 5:11).

Delving into secret or occultic realms is forbidden. This is the very essence of divination and wizardry. See Leviticus 19:31 and Deuteronomy 18:10-12.

As for diet, there is no biblical diet that is required for God’s people today as there was in the Old Testament. Paul warned that vegetarianism as a legalistic practice is a doctrine of devils, and he taught that all things are good to eat if received with thanksgiving (1 Timothy 4:1-5). For the Christian, diet is a matter of health and personal preference, not a matter of Bible doctrine.

We should beware of an overemphasis on diet. It can become idolatrous. The Bible teaches us to put our focus on the spiritual rather than the physical. “*For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come*” (1 Timothy 4:8).

We don’t live in paradise. We live in a cursed world and a body of death (Rom. 8:22-23; 7:24). Life is short at best, and no matter what kind of diet you adopt you will

plenty of problems and sicknesses and will eventually die.

The Bible says we should die to self and live for Christ and for His gospel's sake (Mark 8:35). Christ's Great Commission instructs us to go into all the world and preach the gospel (Mat. 28:18-20; Mk. 16:15; Acts 1:8). Finicky eaters are a nuisance rather than a help in this work. My wife and I have lived in South Asia for nearly two decades, and I thank the Lord that we have not had to worry about maintaining some sort of strict diet.

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