

# CORAC H&W: Who, Why, What, How, and Where

## I. Who... we are:

- A. A group of professionals and laymen from both the conventional and alternative medical camps.
  - 1. Conventional: Physicians, Nurse Practitioners, RNs, and LPNs
  - 2. Alternative: Herbalists, homeopaths, a naturopath, a movement therapist, and others with experience with various health paradigms.
  - 3. We've been meeting via Zoom since January.

## II. Why... does CORAC even need a H&W team:

- A. Recurring theme at this conference: it's all about the need for individuals, families, and communities to become more and more self-reliant. Why?
- B. Current health care system is a disaster.
  - 1. Costs have been skyrocketing for decades, and many people either don't have health insurance or have insurance with such high deductibles as to make their insurance useless except in catastrophic situations.
  - 2. Health-care decisions are often taken out of the hands of patients and their families.
  - 3. "Experts" who ignore science in order to push pseudoscience in support of an agenda, and
  - 4. The resultant loss of trust in the medical profession as a whole
- C. Why else do we need to become more self-reliant in regard to our health? Because our current health-care system could very well collapse either partially or entirely because of...
  - 1. Natural disasters (earthquakes, hurricanes, wildfire), or
  - 2. Power-grid failure caused by an EMP, a Coronal Mass Ejection, or sabotage.
- D. Charlie has been telling us for years that nearly every institution that we have come to rely on will become undependable and fail us, and that includes our current health-care system.
- E. So that's why CORAC has a H&W team: Our aim is to help CORAC members learn how to take care of their own health needs, and the needs of their families and communities.

## III. What... are the healing paradigms that the H&W team employs and eschew?

- A. What we reject:
  - 1. Conventional medicine: Anything harmful. Examples:
    - a. Experimental gene therapy masquerading as a vaccine
    - b. The use of pharmaceuticals or invasive procedures to merely treat or mask symptoms of disease rather than addressing the underlying problems causing the disease
    - c. Anything immoral (abortion, euthanasia, gender-reassignment surgery)
  - 2. Alternative medicine: Anything that could be harmful physically or spiritually. Examples:
    - a. Anything that smacks of Eastern mysticism or the occult

- b. Reiki
  - c. Yoga
  - d. Transcendental meditation
  - e. Energy healing
  - f. Crystals
- B. On the other hand, the paradigms that we employ include:
- a. Conventional medicine that actually promotes underlying health
  - b. Naturopathy and indigenous medicine (which can more or less be lumped together under the term “herbal medicine”)
  - c. Homeopathy
- C. A few words about herbalism and homeopathy
1. Define herbalism: The use of plants as medicine (teas, tinctures, salves, poultices)
  2. Define homeopathy: system in which highly diluted and potentized substances are used as medicines according to the principle of “like cures like.”
    - a. Explain what “like cures like” means.
    - b. Ex. Lachesis
      - i. Raw form: symptoms include hemorrhaging, numbness in the limbs, nausea with increased flow of saliva, vomiting, weaker pulse, and throbbing pains that may travel along a nerve.
      - ii. Homeopathic form, diluted until no toxin remains, and potentized: treats conditions which may include symptoms like hemorrhaging, numbness in the limbs, nausea with increased flow of saliva, vomiting, weaker pulse, and throbbing pains that may travel along a nerve.
  3. Some Christians are wary of herbalism and homeopathy because they believe they are of the occult or New Age.
    - a. True that some herbalist and homeopaths are into the occult or New Age.
    - b. So are some cardiologists, pediatricians, and physical therapists.
    - c. Yet where conventional medicine is based in sound science, most people choose to keep the medical paradigm while rejecting the religious beliefs of the practitioner.
    - d. In other words, most people don’t reject conventional medicine as a system on account the messed-up views of some of the health-care professionals in conventional medicine.
    - e. Regarding herbal medicine:
      - i. God put plants on this earth for men to use.
      - ii. The Bible contains multiple references to the medical use of plants. Examples:
        - 1st. Psalm 103:14, Douay-Rheims versions, mentions God “bringing forth grass for cattle, and herb for the service of men.”
        - 2nd. Parable of the Good Samaritan (oil and wine)

- iii. Medieval monasteries always reserved a section of their gardens for the growing of medicinal herbs.
- iv. There is abundant scientific evidence that herbs and their derivatives can be immensely useful as medicines.
  - 1st. Quinine (an anti-malarial drug) comes from the bark of the Cinchona tree.
  - 2nd. Hydroxychloroquine, which is used for lupus and Covid, is a synthetic derivative of quinine.
  - 3rd. Artemisinin, which is another anti-malarial drug, is a derivative of an herb known as Sweet Annie.

f. Regarding homeopathy:

- i. It is not “energy healing,” although some people mistakenly refer to it as such.
- ii. It is, however, based on energetics... on the science of physics; whereas both conventional medicine and herbal medicine are based on the principles of chemistry.
- iii. In the interests of time, I won’t get into the high weeds of the physics of homeopathy (if interested in more information, then please stop by the Health and Wellness booth later; and we’ll be glad to talk with you).
- iv. I’ll just say two more things about homeopathy:
  - 1st. There are more than 200 years of scientific studies that back it up, and it has been used for over 200 years in Europe, Asia, North America, and South America; and
  - 2nd. In Europe, many MDs are also trained as homeopaths; and it is common for MDs to prescribe homeopathic medicines to their patients.

4. Bottom line:

- a. Although there are some herbalists and homeopaths who incorporate the occult into their practices, neither system is based in the occult of the New Age.
- b. Rather, both herbalism and homeopathy are grounded in solid science; and Christians can morally take advantage of the good that those systems have to offer.

IV. How... will the H&W team help?

- A. Earlier, I mentioned that our team’s aims are to help CORACers become more self-sufficient regarding their families’ health, and to help them to help their communities.
- B. How will we do this?
  - 1. Preparing articles, downloadable PDFs, and educational videos that will be put up on the CORAC website. For example:
  - 2. Creating a book list of recommended references on conventional medicine, herbal medicine, and homeopathy;

3. On the website, there's already a PDF to help you build a conventional first-aid kit;
  4. Eventually there will also be a PDF on how to build herbal and homeopathic first-aid kits;
  5. There will be links for where to buy herbs for teas and tinctures, and where to buy seeds in case you'd like to grow your own herbs;
  6. There will be links for where to buy ready-made homeopathy kits, and supplies for reproducing your homeopathic remedies in case buying them is no longer an option for whatever reason; and
  7. Videos that will show you how to make herbal tinctures, and how to reproduce your homeopathic remedies.
- C. Nothing that I have said is meant to imply that people shouldn't seek professional help for their medical needs. If you need to see a doctor or go to a hospital, by all means do. If you can see a chiropractor or a naturopath or a homeopath, go for it.
- D. But the reality is that outside help might not always be available, so we hope to help all of you to equip yourselves to take care of business if the need arises.
- V. Where... will all of this H&W activity take place?
- A. The goal:
    1. First, a H&W team in every Region; then
    2. H&W teams in every state; and ultimately
    3. H&W teams in every community
  - B. And this is where all of you come in.
    1. Like all of our efforts to become self-sufficient, our efforts to become self-sufficient regarding our health have to start with our ability to take care of our families. That might be our spouses, or our kids and grandkids, or our parents, or our siblings. But our efforts have to start at home.
    2. And the more you learn and the more skilled you become, you'll be able to help those around you learn, too.
    3. Maybe the CORAC members in your region could start a study group in order to learn about first aid, or herbs, or homeopathy. We already sort of have a group like that in Region 6, which meets twice monthly for half an hour.
    4. Maybe you know a doctor who might be interested in learning about CORAC.
    5. Or maybe you have a relative or friend who is knowledgeable about alternative medicine and who might be interested in CORAC.
    6. As you become more self-sufficient and encourage those around you to do the same, and as you encourage them to learn about CORAC and join us in our work, then hopefully H&W teams will form all over the country.
  - C. And to support all of your efforts, the national H&W team will here as a resource for you, and to provide resources for all of the regional and local teams.
  - D. Thanks for listening; may God bless us all, and I hope you all have a wonderful time at this conference.