

Paradise Health Statement of Key Principles

PREAMBLE

Why this Statement of Key Principles is necessary

This Statement of Key Principles represents Paradise Health's desire to be faithful to the bible and writings of Ellen White. The points listed below represent a set of key principles based on those two sources. These key principles unite Paradise Health staff and clinicians in our healing ministry.

The scope of this Statement of Key Principles

Only key principles are covered here. In all matters of practice, Paradise Health clinicians and staff will be faithful to these principles. However, this Statement of Key Principles does not exhaust all that is addressed in the bible or the spirit of prophecy. Nor does this document cover every topic pertaining to the health sciences and healing arts. In topics not addressed implicitly or explicitly by this Statement of Key Principles, the clinician / staff is referred to the bible, spirit of prophecy, scientific data and the collective wisdom of fellow health missionaries.

Our Key Principles

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Hierarchy of evidence

In seeking guidance regarding our health ministry practices, Paradise Health recognizes:

1. the bible and Ellen White's writings as inspired and primary sources.
2. that the scientific data can help expand, deepen and amplify principles found in the bible and spirit of prophecy.
3. that the scientific data should be considered regarding topics not addressed explicitly or implicitly by the bible and spirit of prophecy.
4. that all true science is consistent with the bible and spirit of prophecy. When there appears to be a conflict between a scientist's interpretation and inspiration, either the scientific data is not being interpreted accurately, there is a limitation in research methodologies, or the extent of current scientific research is limited and has not adequately explored the subject.

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The source and mechanism of healing

Jesus, the source of healing: We recognize our inability to heal anyone. Our patients and guests are instructed to look to Jesus as the only One who heals.

The body has innate healing mechanisms: God has designed the human body with innate healing mechanisms. The main role of healthcare providers and patients is to support the body's ability to heal.

Addressing root causes: Disease is an effort of nature to correct imbalances in the system. To optimally assist in the body's healing effort, the root cause of the imbalance should be ascertained. We believe that unhealthy lifestyle patterns are a significant root cause for many chronic diseases.

Divine-Human co-operation: Though God may choose to exercise His healing power on anyone, we believe in the general principle that to seek healing from Jesus while wanting to disobey His physical and moral laws is presumption. We direct our patients to co-operate with God by seeking power from Him to live in obedience to His physical and moral requirements.

Our modalities

Lifestyle medicine is our primary modality: We encourage all our patients to adopt optimal lifestyle habits including but not limited to: sufficient physical activity, adequate rest, wholesome nutrition, fresh air, exposure to sunlight, positive social connections, abstinence from harmful substances and trust in divine power.

Therapies we avoid: homeopathy, psychic or hypnotherapy, reiki, yoga, chakras, reflexology, acupuncture, and other energetic and spiritualistic modalities.

Pharmacotherapy: We believe that in most cases, medications may be an adjunct therapy secondary to lifestyle medicine.

Supplements and natural therapies: Many natural substances such as water, herbs, charcoal, soil and other components of nature can have healing properties. These natural remedies should be used secondary to lifestyle medicine.

De-escalation of supplements and pharmaceuticals: De-escalation of supplements and pharmaceuticals may not be applicable in every situation. However, our general goal is to educate people to live a lifestyle free of supplements and medications. Due to the properties of these agents, patients need to be guided by the appropriate healthcare provider when adjusting dosages.

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Our approach to nutrition

Patients are encouraged to:

- adopt an individualized, minimally-processed, grease and spice-free plant-based eating pattern consisting of whole grains, fruits, vegetables, legumes, nuts and seeds
- avoid having too many varieties of food at any one meal but also to vary the meal plan so as not to only eat the same foods over the course of the day, week and month
- consider eating two main meals per day (breakfast and a second meal) separated by a minimum of five hours while avoiding late meals and eating between meals. We do recognize that certain groups such as children, physically active and malnourished people may need a lighter third meal
- masticate their food well
- use added natural sweeteners and salt sparingly
- choose water as their primary source of hydration
- drink fluids away from meals
- transition away from dairy and egg products. We recognize that in certain circumstances of malnourishment or poverty, eggs and milk sourced from healthy cows and chickens, may assist individuals in meeting their nutritional needs
- abstain from alcoholic, caffeinated and very hot or very cold foods and beverages