



Surviving the Flu Part 1 | How Adventists Beat the Spanish Flu in 1918



When it comes to something as rare as a pandemic, knowing the history of past pandemics is very helpful. Learning about how people survived them is invaluable.

In 2007 I attended a week-long seminar on natural remedies at the Wildwood Lifestyle Institute. Dr. Bernell Baldwin—a brilliant man who has since passed—lectured to us about hydrotherapy. But this was not a lecture about how to apply hydrotherapy; it was a lecture on the Spanish flu, how it had devastated the world in 1918, how it could happen again and how Seventh day

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The information provided in this blog is not medical advice; it is based on our own research and understanding. Our intention is to educate our readers, but we make no claims to be able to diagnose, treat, cure, or prevent disease. We recommend that you work with your health care providers and use your own judgment before altering your diet.

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