



Home Sanitarium Work

Every Adventist Home should have:

- **Dietetics Department:** 2-3 meals per day of nutritiously prepared food through the use of the home kitchen.
- **Physical Therapy Department:** people in the home should exercise regularly
 - Small Gym
 - Garden work
 - Farming
 - Anything that elevates the HR
- **Hydrotherapy Department:** every home is equipped with a bathroom with running water
 - Hot/Cold Therapy
 - Hot and Cold towels
 - Steam treatments
- **Heliotherapy:** Make use of outside sunlight for wellness
 - Sunlight has been documented to treat drug resistant Tuberculosis
 - No post op infections in African clinic due to patients being in the sunlight immediately after operations
 - TB bacterium in CDC labs in America is killed by UV sunlight lamps
- **Understand** and be able to **Teach** practices on **Temperance**
 - Must be compassionate on those who bring their *addictive behaviors* and work patiently with them.
- **Respiratory Therapy:** Can be taught through the use of singing, singing is very important to lift the spirit but also strengthens the lungs and brings air into the body, morning and evening worship with singing doubles as R.T.
 - Singing
 - Exercise
 - Deep breathing
 - Pursed-lip breathing (for COPD patients)
- **Sleep Study Lab:** the home should be equipped with a comforting, warm, inviting guest bedroom.
- **Psychotherapy & Behavioral Therapy Department:** morning and evening worships that help heal the mind and bring the soul closer to Christ, the True Physician.

Sustainability

- Agriculture
- **Permaculture** - Uses the natural flow of the land to help take care of itself, creates an ecosystem that is self-managing with little to no cost, or labor, aside from planting and harvesting.
 - Using natural streams to create a watering system for the soil, using water redirection mechanisms
 - Collecting rainwater runoff from the roof top of the home and using it as a water reservoir during times of no rain.
- **Edible Landscaping** - Creating a landscape that looks like ordinary trees and plants around the landscape of the home, but it is actually producing fruit and vegetables, and herbs.
- **Natural Swimming Pools** - are created using a pneumatic air pump to create clean water using minimal energy and a self-sustaining water purifying effect.
- **Solar Panels** - Used to power pumps and watering systems so they do not require electricity from the city, in the event of a blackout or no-buy, no-sell laws
- **Soil Management** - Wood chips placed into the soil create a symbiotic relationship with the microbes in the soil between the root systems of the trees, plants, and agriculture, while also storing

more water in the soil for the plants to live on, enhancing water conservation efforts for sustainable agriculture.

The Rationale

- Hospital cost per night per bed is >\$10,000 per night.
- There are 1.2 million Seventh Day Adventists in America today, if every Adventist family had 4 people in it, how many homes (with 1 guest bedroom) would we have to sustain an true Adventist hospital network? $1,200,000/4= 300,000$ homes or a 300,000 bed hospital system.
 - In 2018, 1.8 million people died from hospital related complications and mismanagement of their pharmaceutical prescriptions.
 - Would you trust an airline who had similar numbers? American Airlines, best rated airline in America, “Come fly with us, we only had 1.8 million deaths last years.”
 - Adventist nurse in the 1920s operated a home sanitarium during the Spanish Flu. She only lost one patient to the flu during that outbreak when 18,000,000 million died from it every where else who checked into hospitals, which were overcrowded, short staffed, and had limited medications to treat the outbreak.
- *These are guests whom it will lay on you no great burden to receive. You will not need to provide for them elaborate or expensive entertainment. You will need to make no effort at display. The warmth of a genial welcome, a place at your fireside, a seat at your home table, the privilege of sharing the blessing of the hour of prayer, would to many of these be like a glimpse of heaven. **AH 448.2***
- *Our sympathies are to overflow the boundaries of self and the enclosure of family walls. There are precious opportunities for those who will make their homes a blessing to others. Social influence is a wonderful power. We can use it, if we will, as a means of helping those about us. **AH 448.3***

Economics/Finance side of Sanitarium Work

- Home Sanitariums should be set up as a **Wellness Education Center**, **not** as a bed and breakfast or healthcare facility.
 - From a legal standpoint, this is financially and tax-related, much more advantageous.
 - This provides a non-liability operation with as much liability as inviting someone over to your home for popcorn and a movie, legally, you can take donations.
 - Goal is to get operational, then scale to size.
- *The Lord will work upon human minds in unexpected quarters. Some who apparently are enemies of the truth will, in God's providence, invest their means to develop properties and erect buildings. In time these properties will be offered for sale at a price far below their cost. Our people will recognize the hand of Providence in these offers and will secure valuable property for use in educational work. They will plan and manage with humility, self-denial, and self-sacrifice. Thus men of means are unconsciously preparing auxiliaries that will enable the Lord's people to advance His work rapidly. **7T 102.1***
- *In various places, properties are to be purchased to be used for sanitarium purposes. Our people should be looking for opportunities to purchase properties away from the cities, on which are buildings already erected and orchards already in bearing. Land is a valuable possession. Connected with our sanitariums there should be lands, small portions of which can be used for the homes of the helpers and others who are receiving a training for medical missionary work. **7T 102.2***
 - *Medical Missionary work will be the last thing we do before Christ returns.*



