



# Health Break

With Ken Anderson

## "Abstain From Blood"

*"For it seemed good to the Holy Ghost, and to us, to lay upon you no greater burden than these necessary things; That ye abstain from meats offered (things sacrificed) to idols, and from blood, and from things strangled, and from fornication: from which if ye keep yourselves, ye shall do well. Fare ye well." Acts 15:28-29*

### "GIVE BLOOD?... THE GIFT OF LIFE?"

Every year thousands die as a result of blood transfusions; multitudes more get very sick and face long-term consequences. Yet, we hear "Give Blood, the gift of life." The death rate from blood transfusions equals that of a large jet airplane crashing every month for a year, killing all on board each time. There are about 4,000 deaths from transfusions each year in America. These are needless deaths. According to "The New York Times," Feb 18, 1990, between 12 and 14 million units of blood were used in transfusions in the United States during 1989.

No one, who objectively ex-

amines the facts, can deny that blood transfusions violate God's laws and involve great risks in health and life.

### "THE MOST DANGEROUS SUBSTANCE IN MEDICINE"

Dr. Charles Huggins, who is the director of transfusion service at the large Massachusetts General Hospital, made this very clear: "Blood has never been safer. But it must be considered unavoidably non-safe. IT IS THE MOST DANGEROUS SUBSTANCE WE USE IN MEDICINE." - The Boston Globe Magazine, Feb 4, 1990.

With good reason, medical personnel have been advised: "It is necessary to re-evaluate as well the risk part of the benefit/risk relationship for blood transfusion and to seek alternatives." - Perioperative Red Cell Transfusion, National Institutes of Health Conference, June 27-29, 1988.

### ULTIMATELY, YOU DECIDE!

Physicians may disagree as to the benefits or risks in using blood. One may give many transfusions and be convinced that they are worth the risk. Another may feel the risks are unjustified, for he has had good results with non-blood management. Ultimately, however, you, the patient, parent, or spouse must decide. Why you? Because you (or your loved ones) body, life ethics, and more importantly your relationship with God are in-

volved.

### **SELDOM TOLD THE TRUTH**

Every day, many people face the decision to accept blood themselves, or okay it for a loved-one, yet, they seldom are told:

1) That it is a violation of God's Law.

2) The dangers of it.

3) The alternatives.

If there is great blood loss, then it only seems natural to replace the blood, but it is not the best or only thing that can be done, as I will show you.

How can blood save your life? This no doubt is of interest to you because blood is linked to your life. Blood carries oxygen through your body, removes carbon dioxide, helps you adapt to temperature changes, and aids in your fight against disease.

The linkage of life to blood was made long before William Harvey mapped the circulatory system in 1628.

### **THE ONLY BLOOD WE ARE TO ACCEPT:**

I believe in Jesus Christ, the God of the Bible, as Life-Giver and trust that His directions are for my lasting good. What does the Bible say about the human use of blood? Does it show how lives can be saved with blood? The Scriptures mention blood over 400 times, and of these references, you will find a variety of different contexts, but the most impor-

tant reference of all is that of Christ's blood shed for His people. In my opinion, the only blood we are to accept is the blood of Jesus.

### **BLOOD STANDS FOR LIFE**

In one early reference, the Creator declared: *"Everything that lives and moves will be food for you... But you must not eat meat that has its lifeblood still in it."* He added: *"For your lifeblood I will surely demand an accounting,"* and he then condemned murder. Genesis 9:3-6 (New International Version) All humanity was thus notified that in the Creator's view, blood stands for life. This was more than a dietary regulation. Clearly a moral principle was involved. Human blood has great significance and should not be misused.

The Lord again referred to blood when He gave the Law code to ancient Israel. While many people respect the wisdom and ethics in that code, few are aware of its serious laws on blood. For instance: *"And whatsoever man there be of the House of Israel, or of the strangers that sojourn among you, that eateth any manner of blood; I will even set my face against that soul that eateth blood, and will cut him off from among his people. For the life of the flesh is in the blood:..."* Leviticus 17:10-11 God then explained what a

hunter was to do with a dead animal: *"he shall even pour out the blood thereof, and cover it with dust... Ye shall eat the blood of no manner of flesh: for the life of all flesh is the blood thereof: whosoever eateth it shall be cut off."* Leviticus 17:13-14

We now know that the Law code promoted good health. It required, for example: To follow the Bible Food Laws concerning clean and unclean foods; that excrement be deposited outside the camp and covered; and that people not eat meat that carried a high risk of disease. (Leviticus 11:4-8, 13; Deuteronomy 23:12-13). While the law about blood had health aspects, much more was involved. Blood had a symbolic meaning. It stood for life provided by the Creator. By treating blood as special, the people showed dependence on him for life. The chief reason why they were not to take in blood was that it had special meaning to God and it was unhealthy.

#### **BIBLICAL STAND AGAINST TAKING IN BLOOD TO SUSTAIN LIFE**

The law repeatedly stated God's ban on taking in blood to sustain life. *"You must not eat the blood; pour it out on the ground like water. Do not eat it, so that it may go well with you and your children after you, because you will be*

*doing what is right."* (Deuteronomy 12:23-25, NIV; 15:23; Leviticus 7:26-27; Ezekiel 33:25)

#### **GOD'S LAW NOT TO BE IGNORED**

God's law on blood is not to be ignored just because an emergency arose. During a wartime crisis, some Israelite soldiers killed animals and "fell to eating along with the blood." In view of the emergency, was it permissible for them to sustain their lives with blood? No! Their commander pointed out that their course was still a grave wrong. (1 Samuel 14:31-35). Hence, precious as life is, God never said that His standards could be ignored in an emergency.

When we eat food or drink something, we do so to nourish our system through the blood. So, when we inject blood, it is, in essence, the same as eating or drinking it, in relationship to God's Word.

Today, most churches follow the New Testament, yet, they fail to follow Acts 15:20 and 29. Each verse states not to eat food that has been strangled (un-bled meat). These verses go on to say, *"and from blood."* I believe the Scriptures clearly state that we are not to drink, eat or inject blood in our body.

You might say, what about blood as medicine? True, blood transfusions were not

known in the days of Noah, Moses or the Apostles, but medical use of blood is not modern. For some 2,000 years, in Egypt and elsewhere, human "blood was regarded as the sovereign remedy for leprosy." In the Roman times, blood was used as medicine for the treatment of epilepsy.

## BLOOD TRANSFUSIONS

### NOT SAFE!

Around the 16th Century, experiments started with blood transfusions. Blood transfusions are not safe! Approximately 1 in 100 are accompanied by fever, chills, or urticaria (hives) - from National Institutes of Health (NIH) Conference, 1988.

When doctors transplant a heart, a liver, or another organ, the recipient's immune system may sense the foreign tissue and reject it. The same is true with blood. (Medical News, December 11, 1989).

The journal "Cancer" (February 15, 1987) reported the results of a study in a long-term survival of patients that received blood and those who did not. In this group, there was a cumulative 5 year overall survival of 48% for those who had blood transfusions and 74% for those who did not.

Physicians at the University of California compiled the results of 100 patients who underwent cancer surgery of just the larynx, and the recurrence

rate was only 14% for those who did not receive blood and 65% for those who had blood transfusions. For cancer of the oral cavity, pharynx, and nose or sinus, the recurrence rate was 31% without blood transfusions and 71% with transfusions. (Annals of Otolaryngology and Rhinology and Laryngology March, 1989)

In an article titled, "Blood Transfusions and Surgery for Cancer" it concluded, "The cancer surgeon may need to become a bloodless surgeon." (The American Journal of Surgery, September, 1986)

Of patients given blood transfusions, 25% develop infections, as compared to 4% of those who receive no blood. (The British Journal of Surgery, August, 1988)

According to "U.S. News & World Report" May 01, 1989, 175,000 people in America get hepatitis from blood. About half become chronic carriers, and at least 1 in 5 develop cirrhosis or cancer of the liver.

Several other diseases have also been reported from blood transfusions, including herpes, mononucleosis, Epstein-Barr virus, toxoplasmosis, trypanosomiasis (African sleeping sickness and Chagas' disease), undulant fever, typhus, measles, salmonellosis, and Colorado tick fever. Don't forget that AIDS kills almost 100% of its victims and you can get it

from blood.

## CONCLUSION

In conclusion, thus far, we have learned that the eating of blood or injecting of blood is a violation of God's Laws. We've also seen facts of the dangers of using blood transfusions which can cause AIDS, hepatitis, cancer, etc. I pray that God will enlighten your understanding in the matter of blood transfusions. Be sure to read the conclusion in the next issue. Proverbs 18:13 states, "He that answereth a matter before he heareth it, is a folly an shame unto him."

To Be Continued...

Next Issue:

- Alternatives to Blood.
- Stopping blood loss
- Surgery w/o transfusions!

If you have any questions, after reading the conclusion, or if you would like a free sample of Ken Anderson's newsletter, Write:

God's Plan For Good Health  
233 Rogue River Highway # 294  
Grants Pass, Oregon 97527

**Next Month we will include an Exemption Form for emergencies. Be sure and be looking for it!**



America's Promise Ministries  
P O Box 157  
Sandpoint, Idaho 83864

# Health Break

With Ken Anderson  
Abstain From Blood  
(Conclusion)

*"Abstain from... fornication, and from things strangled, and from blood."* Acts 15:20. If someone has a bad allergy to a medication in tablet form, he would also be allergic to the same medication by injection. We are instructed not to eat blood. I believe this also means not injecting the blood into our temple (body).

*"Only flesh with its soul - its blood - you must not eat."* Genesis 9:4. Now lets look at Leviticus 17:13-14 *"[You must] Pour its blood out and cover it with dust..."*

While these verses are not stated in today's medical terms, I view them as ruling out transfusions from whole blood, packed RBCs (Red Blood Cells) and plasma, as well as white blood cells and platelet administration.

Since the Scriptures say to dispose of blood by burying it, I feel we should not take our own blood and inject it back in ourselves, as is sometimes done. Do not accept auto-

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transfusions of predeposited blood. Blood storage, even if its your own blood, is objectionable.

My thoughts regarding organ transplants, in most cases, would be no, but if someone has to have an operation, it can be done without blood transfusions. Yes, all of the organ transplants, without blood! Going back to 1977, it was found that there were 542 reported cardiovascular operations done successfully without blood transfusions.

#### MISTAKEN BELIEF

Most people are under the mistaken belief that if there has been quite a bit of blood loss, the only possible solution is a blood transfusion. This is not true! A report in *Lets Live* magazine in October 1969 and March 1970 told the following story. A researcher had taken a dog of 10kg. in weight and proved that once there had been blood loss to the point of unconsciousness, it wasn't nesary to replace the blood. They only needed to replace liquid, and this did not mean death.

In this experiment, the dog's femoral artery was cut and allowed to pump out blood until there was no more blood coming out. At this point, the dog didn't even have corneal reflex in the eyes. There was 425 cc of blood loss. Immediately, "sea water" was injected to replace the blood loss. It took

11 minutes to put 532 cc of sea water in the dog's blood vessels. Within 21 hours, the dog was running around and lived another 5 years.

#### USE ALTERNATIVES

Others have since done this same test. The results have always been the same. We have learned from this that we can use something OTHER THAN BLOOD when a great amount of blood loss has occurred. These tests prove that the red blood cell count will come up without giving blood. The normal red blood count for dogs is about 6,800,000. After the blood was drained out and the "salt water" put in, it was down to 2,900,000. It came back up to normal by the 8th day. In fact, the researchers said the dog had more energy on the 8th day than it had before the experiement.

A blood transfusion is not a tonic or stimulant; it will not promote would healing or suppress an infection; and its oxygen carrying capacity is rarely, if ever, a limiting factor in surgery.

At a Congress of the Medical Association of South Africa, a blood transfusion specialist explained that a person might lose up to 1.5 liters (over three pints) of blood and still have over 60% of their red blood cells, an amount adequate for tissue nourishment. But, the person needs more fluid in the

vessels to keep the red blood cells circulating.

When pure "sea water" was used to save lives from accidents or war time wounds, on thousands of people, it was a great discovery.

### BLOOD MONEY!

It didn't take the money hungry drug industry long to start using blood instead, as more money could be made. By using blood, there was also more sickness on the long haul. This blood money has continued to grow and is now big business. Gilbert M. Goul won the Pulitzer Prize for his report in a series in the *Philadelphia Enquirer* where he reported that in 62 blood banks, the officials in 25% of them made over \$100,000.00 a year and some over \$200,000.00.

### \$2 BILLION INDUSTRY

Selling blood made lots of money, but around 1940, scientist began to separate blood into its components. Today this is called fractionation, and blood is now a more lucrative business. You know that when dismantled and its parts sold, a late model car may bring five times its value than when intact. Likewise, blood is worth much more when divided up and its components sold separately. Worldwide, just the plasma portion of the blood is the basis for a \$2,000,000,000.00

(2 billion dollar) a year industry.

Profit is also seen by the non-profit blood banks. In 1986, *Money* magazine reported that a unit of blood cost the blood banks \$57.50 to collect from the donors, it cost hospitals \$88.00 to buy this blood from the blood banks, and the patients pay anywhere from \$375.00 to \$600.00 for one unit of blood.

In September, 1989, it came out that blood is donated to a blood bank and then they often sell it to another blood bank and vice versa, raising the price much like the stock exchange. Blood banks collect over 13.5 billion pints of blood ever year and they sell over 30 million units of blood products for about one billion dollars. Blood banks don't like to use the term "profit." They use "expenses over expenses."

### ABSTAIN FROM BLOOD

Lets look at God's Word. In Genesis 9:4 we read, "*But flesh with the life thereof, which is the blood thereof, shall ye not eat.*" Eight (8) centuries later, God put that command in His Law to His people, the Israelites, which are our forefathers. Fifteen (15) centuries after that, God reaffirmed it once again to His people in the early church, "*Abstain from Blood,*" Acts 15:20 & 29.



## JESUS' BLOOD

The only blood we need to get is the blood of Jesus Christ, John 3:16 and Ephesians 1:7. All Christians should refuse to get blood. *Surgery Annual* put it, "Clearly, the safest transfusion is the one not given." The journal, *Pathologist*, noted the "Jehovah's Witnesses have long insisted that blood transfusions are not advisable treatment." It added: "There is considerable evidence to support their contention, despite proestations from blood banks to the contrary."

## PIG BLOOD

Scientists are now developing pigs to supply a new blood replacement. This would not be safe or Biblical. **DON'T USE IT!** The new plasma from pigs is even more expensive. No wonder, they are pushing it!

## ALTERNATIVE METHOD

Here is one way to stop the bleeding naturally. If you get cut, shot, or ripped open from a minor shaving cut to a bad sound, the bleeding can be stopped or slowed down by using red cayene pepper. Try taking one teaspoon of red cayene pepper in 6 ounces of water and drink it down in one or two minutes. You should see the bleeding stop. The cayene pepper normalizes the blood pressure all over and then the blood can clot.

Yes, you should still use the regular procedure of first-aid

for cuts, but you will lose less blood, thus eliminating the need for blood transfusions (which I hope you wouldn't get) or "saline" solutions. You should keep red cayene peper in the home and in each vehicle or wherever accidents could happen.

## ACCIDENTS WILL HAPPEN

Hunters, boaters, backpackers and eeryone should have access to it at all times. Vitamin K or chlorophyll, the green matter in plants helps in blood clotting too. You can make it by putting almost any green plant in some juice, blend it for a few seconds and drink it.

When facing surgery build up the blood both before and after with amino acids, vitamins, and minerals, especially iron if it's needed. This can lessen the bleeding during the operation.

## ABSTAIN FROM BLOOD!

If there is a great amount of blood loss, don't violate God's health principles by getting blood. I would suggest one of the non-blood expanders, like saline solution (0.9%) or Ringer's solution (there are others also). These are safer and not against Bible law. The salt water that was first used, in the dog experiment, is not available, as such, but these others are. Note the other expanders on the card.

## "NO BLOOD" CARD

The "NO BLOOD" card, of which a copy is seen at the end of this article may be carried with you at all times. The real card should have been sent with this newsletter (stapled). More are available through America's Promise Ministries or my office.

I pray this information has enlightened your knowledge.

Study the Scriptures to prove if these things be so. "We are fearfully and wonderfully made."

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### MEDICAL DIRECTIVE/RELEASE

I \_\_\_\_\_, direct that no blood transfusions be given to me, even though physicians deem such vital to my health or my life. I accept non-blood expanders (such as Dextran, saline or Ringer's solution, Hetastarch). I am \_\_\_\_\_ years old and execute this document of my own initiative. It accords with my rights as a patient and my beliefs as a Christian Kingdom Believer. The Bible commands: "Keep abstaining... from blood." (Acts 15:20 & 29).

This is, and has been my religious stand for \_\_\_\_\_ years. I direct that I be given no blood transfusions.

I accept added risk this may bring. I release doctors, anesthesiologists, hospital and their personnel from responsibility for any untoward results caused by my refusal, despite their competent care. In the event that I lose consciousness, I authorize either Christian Kingdom Believer listed below to see that my decision is upheld.

I always follow Yahweh's (God's) laws to the best of my ability and I demand this natural right and the First Amendment be followed as to my wishes.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witnessed By: \_\_\_\_\_

Phone: \_\_\_\_\_



