

Why Fomentation Treatments? 1918 Spanish Flu-like Pandemics, that's why!

The [Spanish flu pandemic of 1918](#) (click hyperlink to view a 40-minute documentary), the deadliest in history, infected an estimated 500 million people worldwide—about one-third of the planet's population—and killed an estimated 20 million to 50 million victims, including some 675,000 Americans. Did you know that there was a treatment for this killer flu that saved many lives? It was called the Fomentation Treatment.

In the December 13, 1918 issue of the Hutchinson Leader, the editor reported on the Norwegian Danish Seventh-day Adventist Seminary in Hutchinson, Minnesota. 120 students and faculty all lived under one roof – 90 came down with the Spanish flu. Statistically, between [9 to 18 should have died](#). The newspaper account was reporting on the fact that not one person died. This was very unusual. Why did no one die? I'll tell you the answer in a moment. But first I want you to consider a problem:

If COVID-19 became a full blown crisis in this country and if there was a 50% infectious rate we could expect that 80% would not need any medical help. 20% would need help and ¼ of the 20% would need to be in an Intensive Care Unit. This comes out to 165 million infected and over 8 million would need to be in an Intensive Care Unit. But we only have 94,837 ICU beds and most of those are already filled! Do you get the picture? We need to know how to take care of ourselves, our families and our neighbors!

The reason none of the 90 Spanish Flu patients died was because they were all living the Immunity Enhanced lifestyle outlined in the book, [Ministry of Healing](#), and they were each given fomentation treatments. These treatments stimulate the immune system, activating spontaneous blastogenesis of the plasma cells—the B cells of the lymphatic system which are designed to make antibodies. It is targeted chemotherapy that the body does all on its own.

In the 1918 pandemic, “between 50 million and 100 million people worldwide perished... equivalent to between 200 million and 425 million today.” The US mortality was 10-20% of those infected. A notable exception was Seventh-day Adventist sanitariums that treated patients with natural remedies which included fomentation treatments to stimulate the immune response.

“10 different Adventist sanitariums gathered their data on over 1,000 patients. Of these, about 670 were outpatients who went home to treat themselves and about 450 who were inpatients at the sanitarium. For these who were outpatients and self-treated, the mortality rate was 4%. For inpatients, the mortality rate was less than 1%. Considering that the mortality rate for those infected worldwide was between 10-20%, these statistics are amazing and offer hope.” Dr. Joyce Choe, researcher.

In 1917, Paul, a male nurse, graduated from the Seventh-day Adventist nursing school at Hinsdale Sanitarium in Hinsdale, IL, near Chicago. As part of his course work, he had learned to give fomentation treatments. He moved down to Collegedale, Tennessee to help with building a new school (Southern Adventist University) and to help as a school nurse for the male students. The school had moved to a new location and they had to build all of the buildings on a very limited budget. There were no dormitories built yet, so the young male students were living in tents that had very little heat. That particular fall there were two exceptionally bitter cold storms that came through dumping 18 inches of snow onto the ground, which for that area is very unusual.

The college students started coming down with the Spanish Flu. Paul, as the nurse for the young men, set to work providing hot water treatments, known as fomentations. He was given a tent and an assistant and the two of them worked tirelessly to care for these sick men. Not one of those students died under his care, even though their living situations were far from ideal. This is especially remarkable considering the very high mortality rate of this pandemic.

Oakwood College in Huntsville, Alabama, was also hit hard with the epidemic. Paul and his assistant traveled there and provided treatments to those that were sick. Once again, God blessed the treatments and their efforts. Not one of their patients died. They then returned to Collegedale where the flu had returned. Again they treated the sick with success.