

“Eating Spicy Foods | Should Adventist Eat Spices?” was posted on YouTube on 9/28/21 by Amazing Discoveries. A Dr. Barbara O’Neill who is said to be a “Naturopath & International Speaker” is the main speaker. Mackenzie Drebit and Matthew Schanche were moderators. I attempted to post a YouTube comment asking where “Dr. Barbara O’Neill” got her degree entitling her to be called “doctor” but my post wasn’t answered nor did it appear for others to read.

There is a caption on the video that says, “Clip from ‘Truth Matters’ podcast Episode 5” so some of this information has been disseminated before as “truth.” The video starts, “a lot of people get confused about, ah, cayenne because it’s a stimulant.” Barbara says we need to define what kind of stimulant it is. She believes that caffeine, alcohol, many drugs and tobacco are all nervous system stimulants. Caffeine is known to be a stimulant. Tobacco and alcohol are only associated with nervous system stimulation when you’ve become addicted to them and come off of them. A guy that’s dead drunk is not having his nervous system stimulated.

At 0:32 Barbara claims that cayenne, also referred to as “cane” in the video, is a “blood stimulant.” She says “Anything that moves blood is incredibly beneficial to the body.” Barbara may not be aware that the heart moves blood and not cayenne pepper. She then uses Scripture to buttress her position when she says, “Leviticus 17:11 states, the life of the flesh is in the blood.”

She says “if you move blood to the area you’re moving life to the area.” There are various ways of moving blood to an area. If you suffer a blow to the face, blood will come to the area which causes swelling and maybe a bruise. That’s doesn’t equate to moving life to the area. Here is another example of moving blood to an area.

“Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard’s stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments.” *The Ministry of Healing* page 325.

“Gastritis is commonly associated with alcohol ingestion as well as aspirin, caffeine, and NSAID use.” *Current Diagnosis & Treatment Emergency Medicine* (8th edition) page 258.

Please notice that the effect of “pepper,” per the Spirit of Prophecy, causes an “inflamed condition of the drunkard’s stomach” and that a similar condition is caused by “irritating condiments.” The “itis” at the end of “gastritis” indicates inflammation of the stomach. Something that is inflamed has increased blood in the area. If, as Barbara claims, “anything that moves blood is incredibly beneficial,” then alcohol and caffeine should be beneficial. To claim that cayenne **pepper** is somehow a sanctified Seventh-day Adventist spice when the Spirit of Prophecy counsels against the use of **pepper** is pretty silly.

At 3:22 Barbara says, “I’ve even seen a lady come out of a heart attack by giving her cane pepper by mouth. We put about half a teaspoon in her mouth, she, she, was half conscience

[sic], her, her pulse, was faint, it was in the middle of a cooking class and we had people everywhere. We quickly put the cane pepper in her mouth, I gave her some water. Within two minutes the man holding her pulse said the pulse is strong.” Mackenzie Drebit, “Speaker of Preparation for the Crisis,” then nods knowingly.

OK. Barbara diagnoses a “heart attack” by, well, by just looking at the patient and checking the pulse. It’s good to know you can treat heart attacks with “cane pepper.” When this becomes known by mainstream medical practitioners the cost savings should be enormous. LOL.

Barbara explained how the “cane” worked. Allegedly it “thinned the blood” and “opens those capillaries.” For the record, it takes a bit longer for anything to thin the blood than the two minutes provided by the miraculous recovery of the patient and in a heart attack you need much more opened than “capillaries.”

At 4:25 Barbara claimed that cayenne pepper would also strengthen arterial walls. Another big LOL. Matthew Schanche “Host of AD’s Prophecy Report” nodded approval. Then Mackenzie mentions Jethro Kloss, a quack herbalist of renown. Mackenzie then says something I can agree with regarding “hot peppers;” he says, “they all can work the same.” Right. Go back and read what the Spirit of Prophecy says about **pepper**.

Regarding pepper, Barbara says, “I like to call it a tingle rather than a burn.” Well Barbara, pretty much anyone else in the world would probably call it a burn. Barbara then says that a “doctor” in Jethro Kloss’ books said regarding cayenne pepper that “it’s impossible to abuse it and it’s impossible to cause a lesion.”

There was a time when Walter Veith was the head guy at Amazing Discoveries and I learned a lot from him. One has to be careful with independent ministries because they can be started by someone with good intentions that runs things correctly and then fall into the hands of persons with zeal but not enough knowledge as has apparently happened with Amazing Discoveries.

Seventh-day Adventists have a long history of neglecting to read the Spirit of Prophecy books and of failing to follow the counsel therein if they have read them. Along with this, there are with some a lack of common sense. There was a sister years ago that was going to treat her uterine cancer with vegetable juice. Well, it didn’t work.

Seventh-day Adventists with their stand on unclean meats and meat eating in general are looked on as strange by much of the world and that’s OK. It does not help at all when a ministry that is supposed to be representing the Seventh-day Adventist messages on health and last day events publishes blatantly stupid health advice that is actually contrary to the Seventh-day Adventist health message.

Here is some information on Dr. Barbara O’Niell gleaned from Wikipedia. Amazing Discoveries had its chance to provide information on the degree that entitles her to the title “Dr.” and failed to do so.

1. She was banned from providing free or paid health services when the New South Wales Health Care Complaints Commission found “she lacked any health related qualifications, a degree, diploma, or membership in an accredited health organization.”
2. It was found she “provided dangerous, unsupported health advice to vulnerable groups.”
3. She recommended baking soda and dietary changes for cancer treatment.
4. She claimed that cancer is a fungus.

Go to Wikipedia and read more if you like.

Amazing Discoveries has become a disgrace to Seventh-day Adventists.

Some more should be said about Jethro Kloss who both Mackenzie and Barb revere as some kind of health authority. Jethro was a Seventh-day Adventist who published a book titled *Back to Eden* in 1939. It was a great seller and I’d heard about it but had never owned one or read any part of it. I recently bought one on eBay; the 55th edition published in 1994. Regarding cayenne pepper Jethro says on page 106 that “it should never be classed with black pepper” because black pepper is irritating “but red pepper is very soothing.”

I have heard Seventh-day Adventists say that cayenne pepper is fine to eat and never understood why. I may have had some in the past without knowing it but to the best of my knowledge, I have never had any in my house until my wife, at my request, bought some and brought it home today. I tasted a little of it and can now testify that it’s not soothing and not like, as Barb said, “a tingle;” it burns just like any other hot pepper. Barb either has a good imagination or a defective tongue.

“Some have so indulged their taste, that unless they have the very article of food it calls for, they find no pleasure in eating. If condiments and spiced foods are placed before them, they make the stomach work by applying this fiery whip; for it has been so treated that it will not acknowledge unstimulating food.” *Counsels on Diet and Foods* page 340.

Do you understand what “fiery whip” means?

“Do not eat largely of salt; give up bottled pickles; keep fiery spiced food out of your stomach; eat fruit with your meals, and the irritation which calls for so much drink will cease to exist.” *Counsels on Diet and Foods* page 420.

Did you notice that the word “fiery” appears? Is this too hard? If it is, email me at mlohne@yahoo.com and I’ll explain it to you.

Here is some more advice from Jethro (or maybe his posterity since my edition of *Back to Eden* has been modified by them).

“An excellent herb combination to use in leprosy is one heaping teaspoon of red clover blossoms, one teaspoon of yellow dock root, one teaspoon of calamus, one teaspoon of burdock, and one-half teaspoon of mandrake.” *Back to Eden* page 386.

OK, if you get leprosy, and it could happen, you can try Jethro’s concoction or you can actually have your leprosy cured with multidrug therapy.

You can read Jethro’s book and believe cayenne pepper is soothing just like others who believe the cayenne pepper legend or you can actually read some books like *Counsels on Diet and Foods*, *The Ministry of Healing* and *Temperance* in the original English. If you understand English, it should become clear what foods are good and which ones aren’t. You don’t need Jethro’s book but if you must have one, Amazing Discoveries sells it.

Yet another video was posted on YouTube featuring Barbara O’Neill (but without the “Dr.”) on 10/14/21 titled “Intimated And Censored: What Really Happened To Barbara O’Neill? | TM Episode 6.” After I posted my comment the title was changed to “Intimidated And Censored: What Really Happened To Barbara O’Neill? | TM Episode 6.” The following conversation ensued.

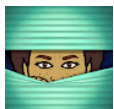


Martin Lohne

I see the "Dr." has been dropped from Barbara O'Neill's title. Why?

She has been "Intimated?" Maybe you should consider using another word.

She has been "Censored?" Do tell. Also please explain why it's OK for some to be censored and not others.



Crystal

Interesting--I've never seen Dr. with her name. I've never heard her call herself a doctor.



[Martin Lohne](#)

[@Crystal](#) You can look at the Amazing Discoveries YouTube video that was posted on 9/28/21 titled "Eating Spicy Foods | Should Adventist Eat Spices?" and you will see in the note below the video that it says "Dr. Barbara O'Neill." That's the video where she claimed she saved someone with a "heart attack" by administering cayenne pepper.



[A Daily Daughter](#)

[@Martin Lohne](#) do you agree with her being banned? Have you tried / experienced some of the remedies advocated and have a bad reaction? Just curious.



[A Daily Daughter](#)

[@Martin Lohne](#) I will definitely now go watch that video. Thanks for advertising it 😊

REPLY



[@A Daily Daughter](#) You're very welcome.



[Martin Lohne](#)

[@A Daily Daughter](#) No, I don't agree with her being banned. I think any mentally challenged person should be able to talk but that doesn't mean they should be interviewed on the 6 O'Clock news. I also don't think a YouTube channel that is supposed to be representative of the beliefs of consecrated Seventh-day Adventists should be disseminating information that is contrary to sound medical practice and contrary to what is taught in the Spirit of Prophecy. Doing that is an ugly smear on all Seventh-day Adventists.

On the above referenced video, Barb was given the title of "Dr." Is she a doctor of any kind? If so, Amazing Discoveries should be ready to disclose what degree she has and from what institution. And you know what? I posted that very question in the comments section of that video and the comment never appeared so I was apparently "banned." Do you agree that I should be banned?

Lastly, just curious. Am I supposed to try some of her remedies and see if I have a bad reaction? LOL. Many ridiculous remedies have been advocated by various ignoramuses over the years and I feel under no obligation to see if they work or if I have a bad reaction to them.



[Latter Rain](#)

But she isn't a doctor, she is allowed to talk about health issues, but not to use a title that implies she has completed a medical school degree. That would be very concerning for someone to use a title they haven't actually received



[A Daily Daughter](#)

[@Martin Lohne](#) no obligation to see for one's self. But obligation to spread that someone is advocating harmful / untrue health information 🤔?



[Martin Lohne](#)

[@A Daily Daughter](#) I presume you have had the opportunity to watch the aforementioned video by now. If you have done so, you heard where she claimed she had saved someone having a "heart attack" by putting cayenne pepper in the mouth of that unconscious person. If that isn't "advocating harmful / untrue health information" I don't know what is.

Amazing Discoveries is in the business of spreading the message that some are advocating harmful and untrue religious and health information. Should they be immune to having their own error exposed? Am I excused if I fail to object to such error?

In addition, cayenne pepper, unlike what many Seventh-day Adventists think, is not a sanctified Seventh-day Adventist spice. Anyone who takes the time to read about spices in the Spirit of Prophecy will find that cayenne pepper fits well into what Sister White refers to as a "fiery whip" and shouldn't be used.

And finally, attaching the title of "Dr." to ones name is not ethical if one doesn't have the training that entitles one to that title. In fact doing so can be considered fraudulent.



[Martin Lohne](#)

[@Latter Rain](#) Right.



[LAN](#)

[@Martin Lohne](#) She doesn't call herself that. People call her what they want I guess.



[LAN](#)

[@Martin Lohne](#) Hmm...define 'sound medical practice'



[Martin Lohne](#)

[@LAN](#) So you believe that Amazing Discoveries just pulled that title out of thin air with no basis for it? I guess that's possible.



[Martin Lohne](#)

[@LAN](#) I really have to define that for you? OK. Here are the relevant definitions from the Oxford English Reference Dictionary (revised second edition).

Sound - "(of an opinion or policy etc.) correct, orthodox, well-founded, judicious."

Medical - "of or relating to the science of medicine in general."

Practice - "the professional work or business of a doctor, lawyer, etc."



[LAN](#)

"There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying." T5, p. 443



LAN

[@Martin Lohne](#) 🙏



Martin Lohne

[@LAN](#) I am well aware of that quotation. Perhaps you aren't aware of what substances with "powerful properties" she was referring to and you should remember that penicillin was only discovered in 1928 which would be about 13 years after Sister White's death. In addition, I'm aware that there are medications that are overused or that shouldn't be used at all. That said, to claim that Sister White endorses the theory that in this day and age nothing but pure air and water, cleanliness, a good diet, purity of life and firm trust in God are the only things that should ever be used to promote healing especially when you consider that she had radiation therapy for a skin cancer is a bit extreme. In addition, if you have done enough reading you will know Sister White said that at times an angel guided Dr. John Harvey Kellogg's hand during surgery; that would be while the patient was sedated with a powerful drug.

A class of medications that is much overused is antibiotics but they have their place. Years ago, I left for a two week trip to visit with family in Norway. I had what I thought was a simple cold before I left for which I didn't take anything. I have been a vegetarian for decades. I live in the country so the air is pure. We have our own well so our water is about as pure as you can get. I take a shower at least daily and sometimes more than that using clean water. I had trust in God. During the trip I got chills, fever and worsening cough. So, what was I to do? Should I hole up some place in Norway where I could be treated with pure air and water? How long would the healing take? Should I root around in the Norwegian countryside to find some herbal remedy? Is there such a place in Norway where I could be treated by such methods? Well, I took the antibiotic and promptly improved.

I have no issue with you treating everything with pure air, pure water, etc. Good luck when you get pneumonia, need surgery or some such thing.

SatanIsDead.com
InfallibleBible.com
AdventistsToday.com
SabbathSchoolGuide.com