



Antidotes for Healing the Human Body



Mouth and Throat

“...Who hath made man’s mouth...
have not I, the LORD?
Now therefore go, and I will be with thy mouth,
and teach thee what thou shalt say.”ⁱ

Our tongue is a very small member of our body, yet it has the monumental job of directing our course by what we say. The scripture likens the tongue to a rudder on a ship’s helm which is able to turn around the entire ship, and a bridle in a horse’s mouth, which is able to turn around its whole body.

The tongue can be unruly and can “run on and on” without a thought. Words spoken without thinking can cause a lot of trouble. How many times did we wish that we hadn’t said that? Sometimes, it is better to hold our tongue and think before we speak.

We cannot claim to be a lover of God and not discipline what comes out of our mouth. Discipline is a necessary element to curb human nature; otherwise, the tongue will continue establishing its own standards and voicing them to protect the selfish life.

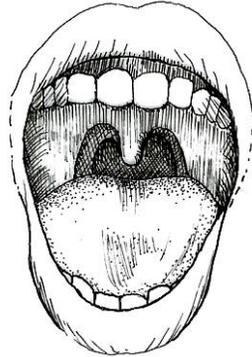
“Anyone who says he is a Christian
but doesn’t control his sharp tongue
is just fooling himself,
and his religion isn’t worth much.”ⁱⁱ

We learn what is in our hearts by what comes out of our mouths: what we say and how we say it. It is a study in itself. Jesus said that it is not what we put into our mouth that causes us to become unclean, but what comes out of it. This shows us the weight that our words have on producing unclean and unhealthy conditions.

“Death and life are in the power of the tongue:
and they that love it
shall eat the fruit thereof.”ⁱⁱⁱ



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Spiritual Causes of Mouth and Throat Problems

When we begin venting accusations on a habitual basis, impairments of the mouth and throat are set in motion in spirit. Mouth sores, cankers, and gum infections are caused by the following: taking God's name in vain, falsely accusing someone, running down another's character, or speaking evil of the truth. Causes of throat problems are lying, gossiping, refusing to confess, or not speaking up to defend an innocent person.

Antidotes for Mouth and Throat Problems

“Teach me, and I will hold my tongue: and cause me to understand wherein I have erred.”^{iv}

The energies that protect the throat work in a harmonious flow when we vocalize what is true about God, ourselves, and others. Mouth and throat problems can be healed by admitting we were wrong and speaking what is true and good.

“...the tongue of the wise is health.”^v

Speak out against someone who you know is doing the wrong thing. If you know about it and do not say anything, you are just as guilty, for your silence condones their actions.

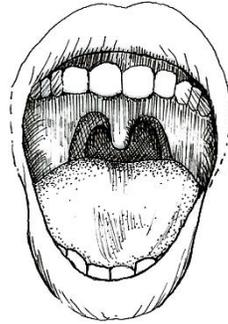
“Telling the truth gives a man great satisfaction and hard work returns many blessings to him. A fool thinks he needs no advice, but a wise man listens to others. A fool is quick-tempered; a wise man stays cool when insulted. A good man is known by his truthfulness; a false man by deceit and lies. Some people like to make cutting remarks, but the words of the wise soothe and heal. Truth stands the test of time; lies are soon exposed.”^{vi}

“Don't talk so much. You keep putting your foot in your mouth. Be sensible and turn off the flow! When a good man speaks, he is worth listening to, but the words of fools are a dime a dozen.”^{vii}

The lips of the righteous feed many: but fools die for want of wisdom.”^{viii}



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Antidotes for Mouth and Throat Problems (continued)

“Do you want a long, good life? Then watch your tongue! Keep your lips from lying. Turn from all known sin and spend your time in doing good. Try to live in peace with everyone; work hard at it.”^{ix}

“Be not rash with thy mouth, and let not thine heart be hasty to utter any thing before God: for God is in heaven, and thou upon earth: therefore let thy words be few.”^x

“Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.”^{xi}

Salt is a natural healing remedy for the mouth, gums, and throat. Salt spiritually corresponds to the truth. Truth spoken in season is a healing element for the natural and spiritual bodies.

ⁱExodus 4:11b, d, 12.

ⁱⁱJames 1:26 TLB.

ⁱⁱⁱProverbs 18:21.

^{iv}Job 6:24.

^vProverbs 12:18b.

^{vi}Proverbs 12:14-19 TLB.

^{vii}Proverbs 10:19-20 TLB.

^{viii}Proverbs 10: 21.

^{ix}Psalm 34:12-14 TLB.

^xEcclesiastes 5:2.

^{xi}Colossians 4:6.

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