

Dr. Ben Rall Edited

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SPEAKERS

David Sandstrom, Dr. Ben Rall

D David Sandstrom 00:00

Can you tell the National Nation the listeners what designed to heal means to you?

D Dr. Ben Rall 00:04

This reality that the body is designed to heal hundreds of trillions of cells doing hundreds of trillions of things a second, like it's fascinating to me. Okay, so I when I say designed to heal that is very much for me Doc a scientific statement as much as that is theological statement. Okay. I mean, I'm talking very pragmatically, your body is the most powerful healing entity that has ever existed. That's just that as a scientific fact. Now, I think there's some, you know, there's some scriptural support and, and implications to that. But so when I say that I mean that very much. As a doctor as much as I do a Christian and the whiny, wimpy, impotent prayers we often pray anyways, they don't even faithful prayers, because we don't even really believe he can still heal, which is just unbelievable to me that I asked them who do you think's beating your heart heal? Who healed the broken bone who healed the cut on your hand? What is that? You know? So these people that will tell me like they're not sure if God still heals. I'm like, Well, don't tell Him that because He's the one sustaining your life right now. Like we're constantly healing every second, we're healing.

D David Sandstrom 01:11

Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential, so that you can look and feel your best at any age. I'm your host, David Sandstrom, Naturopathic Doctor, and Biblical Health Coach, and this is episode number 136. Today, we have in the show, Dr. Ben Rall. Dr. Ben is an author podcaster, husband, dad, and a Doctor of Chiropractic, who's built one of the largest chiropractic care practices in the country, which operates on the idea that your body is designed by God to heal. So much. So he authored the book Designed to Heal and has a weekly podcast of the same name. Dr. Ben's passion is to

share stories, tips and research on how to live better physically, mentally, and spiritually. He's also a tenacious pursuer of truth in the world of health and wellness. Dr. Ben, Welcome to Natural Health.

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Dr. Ben Rall 02:03

Hey, Doc, I am so excited to be here. This is like, I don't know kindred spirits or brothers of another mother or however you say that. But yeah, like I'm just I'm honored to be here and excited to talk today.

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David Sandstrom 02:16

Well, I'm honored to have you on and we were just chatting just before we hit record. And I want you to know what the audience know that I've got Ben's book here Designed to Heal. I read it every day.

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Dr. Ben Rall 02:25

I've got yours right here. Yeah, yours is yours is a little more technical than mine. So it's taking me a little I'm learning more taking notes. Mine is a little easier.

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David Sandstrom 02:36

That's awesome. I'm glad you're enjoying it. Well, I've been a fan of the podcast. And it's just, it's just a pleasure to have you on the show today. I really appreciate that. So Dr. Ben, I want you to know that it's my contention that God does want us healthy. But before we get into that, I would like to know, I know that we're very like minded when it comes to being a little skeptical about our our nation's healthcare system, and we're looking for alternatives. What was your red-pill moment that cause you to kind of start asking those kinds of questions?

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Dr. Ben Rall 03:03

Yeah, it's a great question. And I I'm with you, I mean, I agree. And I would probably say I'm a little bit more than skeptical at this point, right? I mean, I would say I'm, I'm pretty much full blown of the belief that it needs we need a revolution in the healthcare system. There may have been a time decades ago where it just wasn't as dangerous and it wasn't as corrupt as it is but those days are gone. Now I often say there's it's good people in a bad system so that I'm not out here beating up on the people that work in that I think any industry of course, but so I'm talking about the system itself. However, it is a it is an absolute disaster. When I look back at my, my, my red-pill moment, Doc so I was at my own health journey. My I was a boxer, I was an elite athlete, I was training for the 1996 Olympics. That was my whole goal and dream and and I ended up in the Olympic Training Center in Colorado Springs and I got sick Okay, so I didn't grow up with this understanding of health and healing. I go to the doctor they took a you know, scans upper GI lower GI and I remember when I woke up the doctor standing over me holding these pieces of you know, just it's like the printout pictures of inside of you and he's

holding them over my head. I'm still just getting conscious and he goes, show me all these bloody ulcers and black look like just like like tar spots in there. And he said there's so many they stopped counting yourself out. You have all these lesions and ulcers inside your digestive system. So many we stopped counting precancerous lesions, they called them I said, What do I do? They said you take these drugs. I said for how long they said forever. So I got put on these drugs and it's kind of the rest is history. I got sick it shut down my digestive system. I went from 165 pounds to 245 pounds. I'm going in every six months getting my scans redone. My lesions are either getting worse or staying the same. I'm having all the side effects of the drugs. I mean, we've heard this story unfortunately so many times. But here's what happened. So Somebody said you should go to a chiropractor. I said, Well, you know, I wasn't anti chiropractic, I just didn't understand what they would have to do with me getting, you know, helping my digestive system. And I probably thought what many people would think, which is like, well, wouldn't they have told me that right? Like, what the doctors have told me that if it was really that kind of a thing. So anyway, I went there, and the rest is history. He didn't examine me found out in my instance, I had pressure on areas of my spine that were affecting my digestive system. I've been on these drugs for three and a half years. Through one week of getting adjusted, I got off my medications, I lost 67 pounds in four months, I got off the medications, it changed my life. And then I began asking the question, so that'd be I didn't get read pill I got unpilled, right, I stopped taking the pills was my moment. But it was that wake up call doc, right? Where I said to myself, Okay, if that happens, right, if that's how many other people out there are on these drugs, and that's their problem, how many other of those nerves affected my digestion, but as there are other ones that are affecting other areas, and I just had that like wake up moment. And then ultimately, Doc, just to finish that story, I end up in chiropractic school, and we're in our schooling, you worked on cadavers, and you do the human dissection. And when I opened up the human body, and I saw the inside of God's creation, I just, I just never could unsee it, I never it changed everything. For me, I just realized that divine design is so beyond like, the job of a doctor is not necessarily to figure it all out and be smarter than the creation is never going to figure out the Creator. We don't need to we're not supposed to write, we just need to honor it and work with it. I'm not against knowledge and learning and science. I'm simply saying, that has to have its proper perspective. So when that happened to me, I was like, I was all in after that. And then just, you know, 20 some years into this. You know, I can't imagine really living living any any other way.

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David Sandstrom 06:50

Yeah, yeah, really good. Thanks for sharing that story. Very inspirational. I'm glad you're you're better today. And I'm glad God is using your pain to help other people. That's, that's really awesome. Praise God for that. So I know that the phrase designed to heal is important to you. It's never your podcast, it's the name of your book. And it's the foundation of the way you you practice health care. Yeah. Can you tell the National Nation the listeners? What designed to heal means to you?

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Dr. Ben Rall 07:19

Yeah, no, Doc, I know you personally are a man of faith and unapologetic about that you don't read a book called The Christians Guide to Holistic Health without you know, you don't really pull any punches here. Yeah. However, this understanding of the body is designed to heal. You don't even have to be a person of faith to understand this. Okay. I mean, it's the reality. I mean,

the medical term is maybe homeostasis, or, you know, the body keeps its temperature at 98.6 plus or minus, right. If we're just sitting in our environment, I my room I'm in right now is probably 70 degrees, but my body's out 70 degrees, internally, right, there's this our body is constantly healing. Okay, so it doesn't it's not a big leap. To understand that you cut your finger and you see it heal a broken bone reknits itself, you know, your body digests I mean all you know now different people have different understanding of how incredible that is. But I think even on a very basic level, a person maybe catches a cold or you know, gets a cold or has symptoms, you know, they they get better and a little bit and you know, we've all walked through COVID These last few years so people learned a lot during that time or some of them got really brainwashed during that time whatever side of that you're on right but the fact that the body is designed to heal now compared to and then another term I use sometimes for that Doc is is vitalism this idea that our bodies more than the sum of its parts right that compared to mechanism mechanism is like a car right if I go out I kick in the side of my car I don't expect to come out tomorrow and that'd be magically healed right it's the dents gonna probably still be there so it's parts and pieces now that approach that makes sense I take it to a mechanic and they they put a new door on it or they repair it but a body's not like that right I think about it like this alive body and a dead body they have the same parts I mean that's not the difference in them what they have a heart lungs liver kidneys even a brain and a spine but there is but one is alive and one is dead okay so it's that's something it's that you know I call it divine I call it God I call it the Holy Spirit I call it that's I have no problem calling it that some may not call it that but we are all the necessities somewhat level a level of universal grace right i mean it rains on the non believer as much as the believer right a non believer is going to have a fever to burn off its diseases now there's certain promises to believers that are beyond that. But this reality that the body is designed to heal hundreds of trillions of cells doing hundreds of trillions of things a second like it's fascinating to me Okay, so I when I say designed to heal that is very much for me Doc, a scientific statement as much as that is theological statement. Okay. I mean, I'm talking very pragmatically your body is the most powerful healing entity that has ever existed. That's just a that is a scientific fact. Now, I think there's some, you know, there's some Scriptural support and, and implications to that. But so when I say that I mean that very much as a doctor as much as I do a Christian.

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David Sandstrom 07:19

Yeah, you know, I love it that you use the word vitalism. Because that's what I learned in my naturopathy training is that when if a seed is vital, it's said to have life in it, if you plant that seed in the ground and water it, it's going to sprout, something's going to grow. So if a seed has vitality in it, it will grow. And the same is true with us. And that was a great metaphor we use with the cadaver versus a living person, the same same parts are all their same, you know, muscles, tissues, organs, so they're all there. But what's the difference? The vitalism? The It's the Spirit living inside of us, I would say it's, it's Christ who works in and through you.

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Dr. Ben Rall 10:51

Yeah, that's interesting. I've never heard that term. So that's how they call that even in it. That is just another fascinating concept right there, Doc, that a, a seed, and there's, there's probably, there's probably a sermon in here somewhere, right? I'll probably have to do a show on this now. But ya know, that that seed, I think this is so powerful. There's a seed, if that seed could sit dormant on a windowsill, right, or in a in a garden shed for years, sometimes, right?

And if it doesn't get you know, tampered with, or dried out, or whatever that seed, if it gets put in the right environment, right can sprout into whatever, an apple tree or carrot or pepper or whatever, yep, as long as it has what it needs. Okay. And we talked about it a lot in the show, I'm sure you use the metaphor too, right? I mean, a plant, if the plant starts to wilt, and the leaves are wilting, right? We don't fix that plant by painting leaves green and propping it up with sticks, right? We might give it some water or set it by the window or something like that. Yeah, yet yet. Yet, if yet, and I say this, oftentimes, Doc yet if, let's just say the plant needed water, so you gave it some water. And if it wasn't, if it hadn't lost its vitality, if it hadn't lost that vital spirit in it, then it's going to it's going to come back, right, it's going to heal up and the leaves will perk up. And you won't even probably give it a second thought. But you're not going to probably call the new station and say, Hey, we have had a resurrection at my house, right? You have to come see this plant that was once was dead, and now is alive. And I say this to convict people at times, especially for your your natural health nation, which is people, sometimes some people doc have more faith in their plant's ability to heal than they do the power that God put inside of their body. And that is a disservice to the body of Christ that concerns me. Because literally, they are like, oh, yeah, no, that plant like they don't even think about it. But they're running to the doctor, right for every pill, potion lotion, diagnosis, label jab that they can get their hands on. And yet, I just I struggle with that. I struggle with that, scientifically, I struggle with that, you know, from a faith perspective.

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David Sandstrom 12:45

Yeah, that's, that's a really good point. You know, we could we could go down a lot of rabbit holes here. But, you know, and why is it that when we get sick in our day and age here in the United States, the first thing that comes to mind is you go to the doctor, because The Bible teaches that we are to go to the church. In Leviticus 14, there's a detailed description about a hue of the lesion on your skin, you go to the priest, and he would be the one that would diagnose that as leprosy or not. And then it's a new concept New Testament concept as well. James chapter five was it is anyone you sick, let him go to the elders of the church, and they'll pray over him anointing with oil. So so we're to consider the spiritual component to who and what we are, you know, we are a spirit, we have a mind. And we live in a body. And that's what my whole book is about is about treating, or addressing all three parts of a human being not just the physical, that's important, you know, nutrition, sleep, exercise, movement, all that. It's super important. But we we can't afford to neglect to neglect the spiritual and mental emotional components of a human being. That's a big part of it as well. Any thoughts on that?

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Dr. Ben Rall 13:47

Yeah, well, I think I know I well, I think you said it. You said it very well, you know, and we have to remember write the book, James. I mean, that's Jesus's, you know, half brother there, right? Like, I mean, he knew the guy, right? I mean, that's a short wise book right there. That really is a very convicting book. And I think you're right, but a lot of us we've we've flipped the script, even as believers, I don't want to get on a on a COVID rampage, right. But it broke my heart during that time to watch the response of the church, okay. We, we turned the scriptures, I think, I don't know we closed our Bibles or we read them backwards. I don't know what happened. But it seems to be the opposite of what it said, My My Bible says lay hands on the sick and they shall recover, not stay home and hide in fear, right. Even if you look at hospitals, dark hospitals, historically, like like the history of hospitals were were founded by Christians. I

mean, they they were the ones in the during smallpox and things like this, where as a matter of fact it was one of the things that identified them as Christians. They said, Why are you here? Like, how Why are you taking risking your life? And he said, they you know, they said, because that's the call of Christ, right to serve others. And so what so it exposed I think much of what has happened in today's modern American church. And so the only thing I would would add to that is just this appreciate it. And then of course in the medical model, they completely now they may do a little lip service. I mean, we're I live in Florida we have a hospital system called Advent hospitals and, you know, they come from the Seventh Day Adventist, you know, umbrella, but the functioning of that hospital I mean, I've been in enough times taking care of people, you know, they're still bringing them you know, jello and white bread barbecues and you know, whatever, like, they're not in there, believe you, me, there's still a medical system, given every drug you can and they mandated jabs on their employees and all that stuff. So let's make no mistake of this. Okay? My point, my point in this is we instead of put, we have put God at the tail, right, he's our last resort. Right? Right. You hear this often said, well, like, you know, I've done everything, I guess. Now all I can do is pray,

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David Sandstrom 15:43

Has it really come to that you're praying?

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Dr. Ben Rall 15:45

And it always just like, gives me just this like, oh, because it's the opposite, right? Just like you said, I don't mean that because you say a doctor because I say it. I say because the word of God says it better. Okay. And that and then because we use it so much as a last resort, and the whiny, wimpy, impotent prayers, we often pray anyways, they don't even faith filled prayers, because we don't even really believe He can still heal, which is just unbelievable to me. Then I asked them who do you think's beating your heart heal? Who healed the broken bone? Who healed the cut on your hand? What is that? You know, some of these people that will tell me like they're not sure if God still heals? I'm like, Well, don't tell Him that because He's the one sustaining your life right now. Like, we're constantly healing every second, we're healing. But we've been propagandized, Doc, like you said, why do we, why do we just run to the doctor? Yeah, that is not a natural thought for you. That's not a natural thought that has been programmed into you. Because of all the things that I'm sure you talk about on your show all the time. It's not a natural place for us to live. But by the time a lot of us wake up to the things that you teach on, for example, we really do need to be kind of on brainwashed right, to get a different perspective and realize, Wow, I really do have a lot of fear, or I really do have a lot of right, you know, reliance on medical model, or I've handed my faith over to somebody else. So yeah, so, great point.

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David Sandstrom 17:01

Or pride, or, you know, I haven't handled my finances, and it's bringing stress, you know, there's a lot there's a lot of things that would I would come out of the I would say come under the spiritual umbrella. But, you know, most people wouldn't look at it that way. But I do.

Forgiveness, for instance, you know, am I holding on to unforgiveness? And am I am I suffering from resentment and bitterness as a result? Everyone would acknowledge even the medical community would acknowledge that you could get an officer from that. But anyway, ah.

D Dr. Ben Rall 17:28

That's a good point. Yeah. Yeah. And talk to your point, where is a person I think the work that you do is so important. You know, typically, even like, even though you said, you know, the medical establishment will, will will, will acknowledge that, but yeah, but they're not going to bring that up to you on your visit, right? They're not going to ask you those things. It's going to be a pill. Right? It's a pill. Yeah. And so, you know, most people don't ever even get that brought up to them. So and then to your point, and then the church has largely stepped out of that game, right? So they don't even talk about it. The church doesn't talk about it anymore. The hospitals don't talk about it anymore. And in medical profession, so it's like who's left to really, you know, bring this important message to the people and it's not I'm not patting ourselves on the back I'm just saying it's people like yourself, right? That are it's podcasters. Hey, yeah, kind of right. And holistic doctors or doctors at least believe and understand, you know, how the body's designed to heal.

D David Sandstrom 18:18

Yeah, yeah, absolutely, definitely true. You know, and I want to shout it from the rooftops I want as many people to hear the messages as as possible. You know, and here's part of my message is that I want to ask you about this. It's my position that God wants us healthy in Third John one, two, it says, I pray that you would be in health and why does God want us healthy? Well, Ephesians 2:10 says that we are His workmanship, created for good works that God planned beforehand. So if God wants us here for to do some good works, he's not going to put obstacles in our way he's not going to put stumbling blocks in our way. He wants us to be able to have all the vitality all the energy, all the mood, everything we need, he's going to equip us to do that work that he has for each and every one of us that unique work to advance his kingdom and ultimately bring Him glory. So that's my position but I've had some friends some close friends of mine that I'm in a Bible study group with accused me of preaching name-it-and-claim-it. What are your thoughts on that? Would you would use call that name-it-and-claim-it?

D Dr. Ben Rall 19:20

Interesting? Yeah. So you want you you're gonna you're gonna throw me that landmine you want me to step in?

D David Sandstrom 19:25

Well, I could talk to you but I think it's more powerful. It's someone else.

D Dr. Ben Rall 19:29

So I first for starters, I completely agree with you. We are I mean, this isn't even the scriptures

So first for starters, I completely agree with you. We are I mean, this isn't even the scriptures are obvious about this right that his plans for us are to prosper, okay? Greatness, his likeness and image were created. You know, the workmanship people was together in our mother's womb. Now, what often happens is a few things. One is people go like well then what about and then they use some example right? What about the little child that's born with a deformity or or a tragedy that happens, right? A young child with cancer or right? It's kind of these, it's like a non believer well if God's so good, what about Hitler? Right? These kinds of concepts, okay? When it comes to health, physical health, here's what I, here's, here's kind of my position that I that I will often say, I do believe that He knows our days, right? It says that he knows the number of our days. So I'm not here, my position is not to say, do these seven things, or 17 things or 29 things and you're going to live, you're going to live longer, or you're going to you're going to not get this or you're going to you know, that's and I'm not saying that there's not science to support those positions. I'm just saying that's not the hill that I'm going to die on. And what I mean by that is because people die of for other reasons, people die, not just from heart disease and cancer and medical error, they die from car accidents and falling off the ladder and things like that. So, my my, I think that I agree meaning, but those years that he gives us, whatever those years are, right, those you know, whether it's 120 years, or 80 years or 50 years, those years are designed, were designed to be vital, okay. And most of the time, the things that your friends are talking about are my friends or conversations I'd have over the years with friends and family a lot of times, and what I'm talking about is the the things that we do to ourselves to destroy our health, okay, now, sometimes they're knowingly, sometimes they're unknowingly, meaning we didn't realize that the the food had this chemical in it, we didn't realize that, you know, the artificial sweeteners were dangerous for us, and we were drinking them. So we there was just confusion, ignorance, lack of knowledge, right? Sure. Is deadly, we understand that. So I have grace for that spectrum of this, okay. But to believe, and I always wonder to when people say that same thing, they said, you duck like its name-it-and-claim-it. I said, Here's what confuses me. Oftentimes, people they're like, really, they're like wildly okay okay, naming and claiming disease. This is where I lose my mind a little bit, right? Yeah, they're more than happy to carry their diagnosis and their label. And they want doctors to speak spells into them every day and give me a label, give me a diagnosis. Tell me, they don't doubt that for a second. Right? It is just like, up I've got this. And it's like, alright, write it down on a card, put it in their wallet, and, you know, bring it into my office and show me the 86 drugs that they're on and the 38 labels they've been given. Right? Yeah. Then when I come in, and I say that you're designed to heal, and then somehow that's blasphemy. Like that's considered false hope? Or how dare I say that? I said, my evidence that you are designed to heal far outweighs the evidence of that whispered spell for man, right that is the deceiver it says that Jesus's name above all names, okay. And that means above cancer that means above heart disease, that means above all those things. So, I do not entertain that for a second. Now, let me give you an a metaphor or an example of how I how I see this doc because listen, those name-it-and-claim-it or they sometimes they call it a prosperity gospel or something like that, listen, we all understand that there will be suffering, we understand that there'll be certain things we understand that there is that there is sin in the world, right, we understand that we also understand what Christ came and did we understand that there is a new covenant, we understand that, that that he has paid the price for those sins. However, if I was a, if I was like a, like a marriage counselor, Doc, and a couple came in to me, and they were really struggling there. They who knows they're just really having a hard time. The only thing you want me thinking about as their you know, marriage counselor, is them having total victory, right? Like that's all that you want me thinking about? How are we going to you know, let's I have full belief and reconciliation for you and in full victory and the best marriage you've ever had. You don't want me thinking like well, you know, maybe they're just not going to make it Oh, that was really bad what she or he did to you I guess you probably can't recover I guess there's no

restoration redemption forgiveness mercy grace available for you. Like it's it's stupid when we say like that. Right? Right. Yeah, we have been so programmed to believe that to come against disease, in the name of Jesus is blasphemy or name-it-and-claim-it. If you believe that? And I'm gonna sorry, Doc, you may just you can cancel this part out if you don't believe that. Read your Bible. Okay, because that's not what the Scriptures say. That is not what the scripture say I was taught to you and you know, it's a crazy miracle and they'll hear it preached about very often and then get off his question, but you know, the part where Paul is it's like, late at night, Paul's preaching. It says it's getting late and there's a guy on the windowsill and he falls out three stories, and he dies. Okay, so Paul's preaching, the guy falls out the window falls asleep, which is that's just kind of a funny story falls asleep by Paul's preaching. It lands on the ground and he dies. It says that Paul goes downstairs. It says he lays on him. He's resurrected. They go upstairs they eat and then Paul continues to preach preach the sermon. Yeah till the sun comes up. Right. And I think to myself, so that you guys, that's not just some little story. In the Bible that's made, you know, some fable. That's that's a historical event that happened. And Paul is post resurrection Jesus, okay, this is not this is this is this happened after Jesus, you know, died and was raised. So that same power, that same resurrection power is available. And my question is, why has your faith and so eroded that when you hear and if that story bothers you, then the Bible must bother you? Because that's just the Bible. Right? Like, why are you taking Why do people take such? You know, problems with that, like, we should celebrate praise? God? It's amazing. No, it's, it's fascinating. But yeah, go ahead, you know,

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David Sandstrom 25:49

Me too. I want you to know that Ben and I are not making this stuff up, we didn't just lock ourselves in a closet for three days and come up with these ideas. We read them in the Bible. And we've discovered them these truths along the way to our life experience, right that the what the Bible declares, is true. And I would say that if someone is is of the opinion that well do you don't have very little defenses against illness, if you get sick, you just have to go to the doctor and follow doctor's orders. If you have that opinion, you are a victim of very well funded very sophisticated marketing campaigns. That's, that's the bottom line, it's really about money, they want to make money off of us, they don't really want us to get better. You know, I'm not saying there are good people in healthcare, there are there are some really good people, I'm talking about the system itself. Yeah. And that is designed for profit, and they want to make money off of us. And if you're going to have people doing things to make lifestyle changes, to not need Doctor services, or pharmaceutical services, then you're not going to make as much money, we got to gotta understand that that's the environment we're operating in. Not not the allopathic medicine doesn't have its place it does, you know, if I get a broken arm, man, I need I need a doctor to set that limb, you know, I fell out out of a ladder, about 26 foot fall a few years ago, and I needed a good surgeon to put my foot back together and are great, very grateful for their services. But there's we got to understand how and when to use them with the with chronic health talent challenges, they lose their luster, that style of healthcare just goes out the window, really, they don't their bag of tricks, it runs dry,

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Dr. Ben Rall 27:26

You know, Doc, I'm thinking about, you know, we're told to, you know, test everything against the word, right of the Word of God. And, you know, when we even do that, oftentimes, I'm just, you know, if you're a strong person of faith, it's likely that you do that when you're listening to

a sermon, or you're maybe reading reading the book. I mean, I do it with your book, right? And I mean, that as a as a friend, right? It's part of my job. As I'm reading your book, I'm like, okay, or if you're reading mine, you're like, hey, he might be a little sideways here, I better send her a message, right? Or whatever, I compare it to the Word of God, and just make sure that it's lining up, okay. But for some reason, I think you bring up a good point. And that's why I've heard people even call it that science or the medical model has almost become a religion. Okay. And it certainly has a pseudo religion, where my point is, this is take the same skepticism that you may take to a pastor or something like that, right? Take that same skepticism to the medical model, like it's a man made metric. It's a man made system, my friends, like there's probably other systems that you have a problem with that exist out in the world, you're probably, you know, there might be things I'm sure there's things happening in the world right now that you are not okay with, right that you think man, the world has really perverted this, the secular world has really perverted God's truth here, okay. So that's no different. So you bring you bring up those good points, hey, if I fall off the ladder, I need a surgeon for my foot. Great, or you know, or whatever. Now, the surgeon is not going to heal my foot, right, he's gonna put the bones back together so they can heal. But the cut that he made to get in there is going to be healed by the power of God, the bones that are going to reknit them are healed by the power of God, the pill doesn't heal me. Okay, so, so keeping a proper perspective, and just because they might have one thing that they do, that's, that's okay. Doesn't mean that everything they do is okay. Right. I mean, if I treat my wife nice Monday through Friday, but then I go out and cheat on her, you know, Saturday and Sunday, I don't think she goes, Oh, you know what, he's a pretty good guy Monday through Friday, you know, cut them a break. So sometimes, but that's what we do, right? We think, Oh, well, hey, of course, you know, this has nothing to do with whether a person is nice or not. And the scriptures warn us about this, right? It tickles our ears. It tells us the things that we want to hear. And that's what has happened in healthcare. It's not your fault. Don't worry about it. There's nothing that you could be done, then they blame your genetics. And they blame right which essentially, again, as believers we're considered we're called new creations in Christ, right? We're living grafted into the body of Christ. It's a different, it's different. And this is what I was talking about earlier. Once you have been saved. It's a different ballgame. We have a different level of protection as believers in Jesus Christ, and you have to know this like it's so it says more than just a philosophy, right? This is more than just like, hey, Jesus is my I mean, the Jesus, like, there's literally a transformation that happens. And to your point earlier doc, which is only allowed to happen because of the empowerment of the Holy Spirit in us, right, which is this is not you talking. This is not me talking, what maybe our voices but I hope and pray that it's wisdom, right? Like, like Peter, give talking to the Sadducees. Or, you know where he's saying like, they're like, man who's this guy? He's just a normal guy, but he's pretty smart. Right? He's got some wisdom to share. smart, right? Yeah.

D

David Sandstrom 30:26

Well, I want to go back to one thing he said earlier is that, you know, the problem was not with us, it's with it's with The Bible. Go read your Bible. And I know it's a strong statement. But you know, I'm gonna I want to share a couple of verses here, that you've been band might be referring to here. Proverbs chapter four, verses 20 through 22, my son, give attention to my words, incline your ear to my sayings. Do not let them depart from your sight, keep them in the midst of your heart, for their life to those who find them, and health to all their body. Amen. That's the word of God. And then another one of my favorite verses here is Proverbs three, seven and eight. Do not be wise in your own eyes, fear the Lord and turn away from evil, it will be healing to your body and refreshment to your bones. You know, and I think I don't want to

get too caught up in that turning away from evil heart here. Because proverbs three, five and six is trusting the Lord with all your heart, lean on your own understanding, in all your ways acknowledge Him and He will make your paths straight. Then it says, Do not be wise in your own rice field, Lord. So what he's saying here is, you know, just take a turn, take there's a fork in the road, you know, you can you can go your own way or follow the world, the flesh, the evil one, or you can follow God. And when you follow God, things tend to work out for you. No, no guarantees here. It's not name-it-and-claim-it. We're not trying to paint God into a corner and and make him perform like a circus animal. That's, that's name-it-and-claim-it. No, what we're saying is obedience, fear the Lord in obedience to His written Word, His clear instructions, has our has our well being in mind, God loves us enough that when he gives us an admonition, it's for our benefit. And if it gives us a prohibition, it's for protection. There's never a time when those two truths don't apply. So when you look at scripture that way, this all kinds. The Bible just becomes a plethora of useful information for health and well being.

D

Dr. Ben Rall 32:14

Wow, yeah, that's beautiful. And I was thinking I think it's right Daniel Daniel three I think we're me know Shadrach Mishach and Abendigo right when they're, they're thrown into the fiery furnaces because they're not going to bow down to this you know, golden idol and you know, and King Nebuchadnezzar and he's upset about throws him in but to your point, doc when, when you see it through this lens, you read that story differently. Meaning you read it. So it says when so it says literally says he turned up the furnace, seven times hotter. It says five of the soldiers died. Just putting them in there. Yeah, from the heat, right. This was not a joke. And again, this is his, this is history. This isn't storytime at the library. This is history. Okay. And it says and then and then it says, of course that they came out untouched. They said they didn't even spell like fire, their clothes were not burned. They were they were completely protected. Okay, so this is a promise of God, that as believers, but but listen to what they did. They were living the faith-filled life, right when they said, Hey, listen, I'm gonna throw you in there. They said, Hey, listen, we're fine. Right? And matter of fact, they said, Listen, we have full belief and faith that he will that our God will protect us. But even if he doesn't, right, even if he allows us to be taken, we're still not bowing down to you. Right? Like like so so there's no way to do it and so Intel you're you're very right when the scales quality as the reason that book that you that my the book that I hate to call it my book, because it's probably like you feel about your book. Like I don't even know if I wrote it, you know what I mean? It's just God told you to write it, you know. So I don't like to say like that in my book is just a devotional. So it's just scripture on every page. And then a little bit of context, but but the Lord's woke me up and he said, Hey, I've never heard the audible voice of God, but I've heard him speak to my spirit. I know that some people have, I just haven't. But he said, You know, I want you to go from Genesis to Revelation and pull out healing Scriptures, right from just from beginning to the end. And honestly, my first thought was like, I literally kind of thought, like, well, I don't know if I don't know if there'll be enough that was being honest. I was like, Well, I don't know what, what kind of book that will be right? And so I just just started doing it. And the problem then became, I couldn't contain it to just 365 I mean, it's 365 as a daily devotional, but there could have been way more. Okay. So there's physical healings, there's a relational healings, there's, you know, mental health, it healings, it's amazing fear, anxiety, all these things. And so you're right, like, that's a really good point, Doc. I haven't really thought about it like that. If you, I'll challenge some of your listeners. So even those that have read The Bible, if you go through it now with an eye for his healing his eye for his protection, His goodness, His, his desires for you to prosper. I don't mean in the worldly sense, although he's not opposed to you know, he's Jehovah Jireh, right he's provider, it says, You know what kind of, you know, those of you with a, you know

have an earthly father, who would give their son if he asked for bread a snake right or a rock? No, of course not. But how much more does our Heavenly Father love us? Okay, so we're talking about a heavenly perfect father here, right? He's not going to give you a snake or a stone when you ask for bread. And so it's just, I just think you're right, doc, we've just been sold this kind of perverted, nasty kind of negative gospel, we absolutely need the fear of God. You said that I'm I am not discounting that for a second. It's that it says the beginning of wisdom is the fear of God. Like, oh, my goodness, make no mistake about that. That is I couldn't agree more. Yeah. And then comma, he is a good father. So yeah, go ahead.

D

David Sandstrom 35:42

Yeah. All right. And like any loving Father wants what's best for the children? How much more when God tells us to do something that it's what's best for us. I mean, it's just you just have to submit to that. You just got to just say just humble yourself and say, Hey, God knows best. Alright, he knows he knows better than I do. He, he's omniscient. And by the way, he is our Jehovah Rapha, God, our healer, right. And here's another verse, Psalm 41, three, the Lord will sustain him on his sick bed and his illness, you restore him to health. All right, this is this is the word of God, folks. And, you know, we're not we're not name-it-and-claim-it. You know, we live in a sinful fallen world, people are going to get sick people are going to die prematurely. We know that happens. But doctors and nurses will tell you in a published medical literature, you can find this everywhere, is that somewhere around 80 to 90% of all doctor visits are stress related. And stress is for the good part. under our control, you know, we have influence on that, you know, something's going to happen to us. We're born with a set of genetics. That's true, sir, I would suggest that a genetics have a smaller role play a smaller role than most people been led to believe. We have things that are out of our control, but a lot of it is in our control in I don't want to have a physical trial, they have to go through some some trial, some ailment or illness, because of some poor lifestyle choices that I've made right? So I think the safest way to do that is you know, immerse yourself in the Word of God and do things his way. You know, and in no, no guarantees, but things tend to work out when we do.

D

Dr. Ben Rall 37:19

Yeah, you know, Doc, I think the the way I like to say that, too, is it's, it's, it's really ends up becoming a life without fear, meaning, you know, who's your provider, right? You know, who's your Sustainer you live in in the bounds of that, okay? You're gonna think about the story of David and Goliath. We think about it, and it's amazing. And, you know, David takes out this big Philistine and everything. And it's an amazing story. And we use that metaphor a lot but but the story itself if you just spend a little time on it is even more interesting, right? David was, was kind of this littler guy. He was really just there delivering food to his to the brothers and some other people there. And he shows up and he's like, You guys are what is the problem? Right? What do you guys not? This guy's calling you out? Why are you not fighting him? And they're like, you know, afraid and scared. And he's basically like, but my God says this, right? And so that was his faith that led not his ego. How was his faith that led him to go take out Goliath. Right? Right. And so we have to realize my biggest concern, or one of my concerns with the body of believers is we're more like, those guys than we are like David or Joshua and Caleb, right, when they sent them into the Promised Land, and they ended all 12 of them, they come back and 10 of them are like, no way they're scary. We're just grasshoppers. There's nothing we can do. And Jake, Joshua and Caleb, who went and saw the same thing. They saw that they

saw the same whatever environment and they said this is the land that he has promised us right. And and so it's this it's like what perspective as a believer Are you going to take into this thing? Are you going to take this weenie wimpy? Like you know, I would rather err on the side of radical faith right? I would rather err on the side of I don't think it's as possible I'd rather err on the side of like thinking too much of God than too little of God right so yeah, I just get a call me crazy call me extreme but I still think that the God that made me by the way I didn't create myself right the God that knit me together the only reason I can even sit here and exist and see you on here and talk and he watches over me while while I sleep he knows the hairs on my head that God that God by the way that is holds the universe and is and is doing that for billions of people on the planet right now. Yeah, so my my chips are on that God. Right? Yeah, not some new new synthetic chemical made in the laboratory that they're trying to market to me to tell me that God forgot.

D

David Sandstrom 39:47

Amen, brother. But you know, that's that's actually good, good transition, and that is I wanted to ask you. I write in my book about the conflicts of interest between the FDA and the USDA. The FDA has the responsibility to promote drug safety, but they also want to promote the medical industry. And then the the USDA, they want to promote food safety, but they also want to promote agriculture. So there's some conflicts of interest there that we've got to be aware of. Can you had any any thoughts on that? As far as you know, we talked earlier about being skeptical. Why should we be skeptical about getting our health advice from the federal government?

D

Dr. Ben Rall 40:27

Now, that last sentence was almost an oxymoron there, right? Why should we be skeptical getting our health advice from the federal government? And I'm like, Yeah, you have anything, but the federal government gets your advice from there. However, to try to be serious for a second, I do talk a lot about this on my show, as well. And I just had a guest on this last week who work in the FDA, he was a psychiatrist, and he worked in the FDA. And then he also worked for a pharmaceutical company, and he shares some inside, you know, inside stories about what that was like. And if you don't know much about that, it will shock you. Okay, because it's often all that's done behind closed doors. So there's a reason that you don't hear a lot about this. We hear occasional stories and guys, like you and myself that are attuned to that right? Are our eyes turned towards skepticism? They're a little bit we're gonna, we're a little bit concerned about that. So, but the term you might hear more about now, is agency capture. Right? So this is a similar idea. But I'll give you one, I'll give you a statistic. Right. Right now about 80% of the operating budget of the FDA is paid for by Pharma. Okay, so that's, I mean, come on my friends, right? Like, if I paid 80% of your salary, I'm probably going to have some influence on you. It's just the reality of that situation. Do you think? Right, so these aren't angels and Jesus working at the FDA, these are humans, right, that are that are subject to the powers of that. And that's what this gentleman talked about. And there's numerous stories of that. So, but it's hard to believe because it kind of hurts our hearts, right? It kind of it almost, it's like the rug gets pulled out of you a little bit when you have to realize that these agencies that we've been told to trust the federal government, the FDA, the CDC, the the the USDA, these types of groups, it's hard to believe that they're corrupted or they're captured. But But my friends, they're depending on you to believe that because that allows the show to go on, okay, they

want you to think that they're not corrupt. These are the most, you know, are drug companies don't just so let me just put this in perspective that I'll get off this question, Doc. So the pharmaceutical companies are the most sued and fined, you know, industries in the world. Okay, so so that they have the most lawsuits they have that they paid the most, you know, billions and billions that will tell the trillions now, but some of the lawsuits are billions in themselves, okay, with opioids and with all these other drugs. Now, so like, so that company that we just told you are the most sued by the way on the, on the study, and some of the polling that they've done, pharmaceutical companies are or the least trusted industry. Okay, so that group funds the FDA by over 80%. So I'm just asking you, as a listener, that's bad news. This this corrupted, you know, industry that is captured, it's just trying to make money off of your disease. They're funding the people that are, quote, doing the studies and, and, you know, doing all the, you know, passing the drugs and do that, and then these are just arms of the government. So I say this to you. To the listener. I know in the beginning, that can be a little hard to hear, okay. And I would almost say it like this, Doc, don't trust me. Don't trust you. Right, go look into this yourself. And it's actually worse than you and I are saying, right, I mean, it. We're not even being extreme here. Okay. And so I question everything that comes from the federal government. You guys, that's why this that's how this country came into existence. Right? We're supposed to question those things. It's part of being a patriot. It's part of being a member of society. We're an a certainly a member as a believer, right? We are called to be skeptical of the things of this world. Okay. And so that doesn't make you a bad person. Don't you're, you're made to feel guilty for asking questions. Then when they've tried to roll that jab out and a half an hour to the whole world, right. It's okay to say time out. I need to know a little bit more information before before I participate in this. And so in some ways, it's super simple, but until like you said, Doc, until that scales fall off of our eyes like Paul, I can tell that moment has happened. It's it's gonna be it's hard to see it as weird as that sounds.

D

David Sandstrom 44:35

Yeah, absolutely. We you know, if you want to go check out that episode, it's it was published on January 29. And you entitled it a drug company is invested in doctors having a favorable picture of a drug. And that's with I'm gonna probably get his name wrong. Joseph Whit Doring.

D

Dr. Ben Rall 44:51

Yeah, he's Yosef. Yeah, he's from Australia, but then he came over the US. Yeah, exactly.

D

David Sandstrom 44:56

You know, and as you said, You're absolutely right. I mean, I know a lot more on Other than the average person does about what goes on behind the scenes there, because this is my thing I, you know, I really, I geek out on this stuff and I do the research. But I was shocked at some of the things he said, as an industry insider. It's really a shocking I would encourage anybody go listen to that. And it's the Designed to Heal podcast. Check it out. Appreciate that. Sure thing. So your practice in Orlando. Kissimmee. Yeah, yep. And do you do telehealth?

D

Dr. Ben Rall 45:27

We don't you know, it's interesting. So I don't do telehealth, I do have some virtual doctor friends that, you know, holistic doctors that do that, you know, I in many ways, Doc, I'm still a kind of an old I feel weird saying this, right. I mean, I'm, I've been in practice for about 20 years, just over 20 years. And so I guess I'm almost old fashioned still. Right? So I'm still kind of this old school, I like to see people I like to, you know, I'm a chiropractor. So I can say this. I like to lay my hands on people, right? I can say oh, with a with a bottle of adjustments. So in that regard, I appreciate you asking, but I don't really get into the telehealth, I do offer. Like I look at my shows Doc as my version of telehealth, right, which is because most doctors now there's a time and a place for I've got some great holistic doctor, friends, you being one of them. But a lot of doctoring is lifestyle, right? And we can you can learn that through just reading your book and listening to your podcast and my podcast. So I always want to empower people to do that, right? So learn about your body that made God made for you learn about basic nutrition, learn about toxicities. Now, again, like you said, there's a time and a place for traditional medicine or you know allopathic medicine, there's a time and a place for integrative medicine or holistic medicine, those types of things. But most of your health care is you on a daily basis of how you move how you eat, how you think that type of stuff. So spend your time there, right? And sure, occasionally, you need to come see me or come talk to you or however you do that. But I don't do virtual. .

D David Sandstrom 46:47

Yeah, okay. So if someone wants to when we've already alluded to it, but someone wants to become more familiar with your work and get to know you, what's, what's the best way to do that?

D Dr. Ben Rall 46:56

Yeah, so are our podcasts, I do have a website, DrBenRall.com, they can follow us there. And I'm pretty free with my email. And I don't personally I'm not on social media at my clinic is and stuff like that. So they can reach out to me, they're my team that manages that. But I'm not a I don't live there a lot personally, but they always for me the messages and I tried to be as responsive as I can to that. So yeah, if you want to follow our work, or, you know, listen, the podcast is probably the best way. And you can reach out to us through that. Thanks for asking.

D David Sandstrom 47:24

All right, very good. And before I let you go, what would you consider and take your time in in answering this if you want, but what would you consider to be the most important thing we talked about today? What would you like listeners to take with them the most?

D Dr. Ben Rall 47:39

You know, Doc, I'm gonna get a little personal for a second. If you were to ask me that 20 years ago there was probably a time where holistic health had become an idol in my life. Right? I mean, I was so amazed at the benefits of it. Right? I was so amazed at the lies that we had been told and I wanted everybody to know about it. And there was probably a season in my life

where I became I had pride about that, right? And it really became health became health almost became an idol. As weird as that can sound right. But anything can become an idol. Your family can become an idol, okay. And so I had to have this this moment, or I realized that I it's one of the commandments that you have no gods before me. And so when I when I, I had a moment that happened to me one time driving home from the office, where, again, I God was just kind of speaking to my heart. And he said, you know, Ben, you talk a lot about healing. And that's awesome. Right? And you, you know, helping people and all that stuff, he said, but he talked a lot about healing. But you don't talk a lot about the healer. And that messed me up. Right? I never I never practiced the same since that day. Wow. So we don't know, right? We try to take care of ourselves. I see you here. You're fit healthy guy. But none of us know when it's our last day. Right? So the only appropriate answer that I could give you and I can say it now, honestly, right, which is you need to make it you need to be right with the Lord. Right. He's very clear about this. And he is he is he is your healer. He is a great physician. This is who he is. And so if I ever would get on a show or you would ever get on a show right or you know, I'm sure you're like me Doc I don't take this lightly right I don't do this show lightly. Were responsible for the words that come out of our mouths. And I don't ever want to leave somebody lead somebody down. Let me let me never be somebody that causes another to stumble. Okay, and so yes, eat good but the apple doesn't heal you Yes. You know don't have toxins in your body but you know, that won't heal you. And chiropractic adjustment doesn't quote, heal you naturopathic principles don't heal you. In a sense, right? Ultimately, it's the power of God within you and at the end of the day, even Laz, even Lazarus died. Again, even the guy that Paul brought back late, you know, late on and came back to life. Eventually that guy died again, there's only one guy that's there's only one guy that rose from the dead and is still alive. And his name is Jesus Christ. Okay, that is the most important thing that we talked about today. If that is not you, and I'm not a preacher, this, you know, I don't even play one on TV, but we're called to be ministers of reconciliation, we are called to take the gospel. And that is my that is part of that is my job. That's part of what I do as believers, I think we're all called to do that. So if you didn't get anything out of this, you know, I don't care if you get adjusted or go do jumping jacks today, or, you know, do all that stuff. Talk to God, get right with the Lord. And I promise you, he will, I will let you down. Doc will let you down. At some point, we're not perfect. He will never let you down. Okay, at some point, we had a last thing I'll say we had Dr. Contreras. On one time, he runs the the oasis of Hope down in Mexico, holistic Cancer Center. And on the opening line that he said, he's a man of faith. They've had the Center for 60 years, his dad ran it, and then he runs it now. But he said, he said, the first thing that we want to do is make sure that people know Jesus, because they'll live forever. And then after that, we want to try to give him a few more years here. Right. And I think that's an interesting thought, right? Yeah. Like, at the end of the day, I mean, you were talking about having some good vitalistic gears in our life, right and getting this thing, whatever the workout is called us to do on this planet that we do that? Well, we run our race, just like Paul said, we finished that race. And we are to do that, well, we are to pursue that. However, that little dash of our life, that little part is a small part of eternity. Okay, so get right with the Lord, you're gonna spend your life somewhere, you sure want to know where that's going to be. So it's an honor. Thank you for that question. Doc, I don't get asked that a lot. That should be how every show should end.

D

David Sandstrom 51:44

I appreciate your your candidness in this and your honesty there. Just real quick. I know, we're running out of time. But I was attending a health conference a number of years ago, and this medical doctor was up there talking. He was a holistic MD. And he was doing his lecture and opened it up for questions. And somebody said, you know, we'll we'll How do I how do I get the

right drugs? Or I forget what the question was. And he kind of, he responded with? Well, the first thing you need to tell your patients is that health starts with a personal relationship with Jesus Christ. And I thought, Wow, this I'm looking around the room. This is a secular room. This is we're not a church here. Yeah. But he understood that that the most important part of human being is our spiritual condition. And yeah, the physical is great. I mean, yeah, we want we want to be vital our last 10 years. Absolutely. We want to be active in have our mental capacity and all that. But yeah, where are we going to spend eternity? And, you know, who are we worshipping? And what are we worshipping? Amen. that's more important, really. So appreciate that. It's a good place to close. Dr. Ben, thank you for being here. I appreciate you. Thanks.

D

Dr. Ben Rall 52:45

Man, that was fun. Let's do big do this more often. Doc, and then I'm gonna have you on my show. I want you to talk to my people. So I will team up our tribes. Okay. Excellent. Let's take care. Thanks, doc.

D

David Sandstrom 52:56

For more, go to the show notes page at DavidSandstrom.com/136. There you can find links to all the resources that we mentioned, a video version of the podcast and a whole lot more. If you've been listening to the show, you know that I'm trying to get to know my audience better. If you have a health question or you have a comment, you'd like to chat with me. You can do that by setting up a zoom call. Go to my website DavidSandstrom.com/CoffeeTalk all one word, and you can schedule a 10 minute zoom call with me. I'd love to hear from you. If you're enjoying this content, would you tell a friend about it? You know, natural and holistic health from a biblical perspective is relatively hard to come by. And if you have a like minded friend, I'm sure they were appreciate you letting them know about the show. Thank you in advance for doing that. I appreciate you. Thank you for listening, and I'll talk with you next time. Be blessed.