Med Missionary

Course Content & Overview

8 weeks | Sundays on Zoom in weeks 1-6 | 90 minutes | 3 tests

Goal

Med Missionary Training is an 8-week online course that equips individuals to overcome their chronic health challenges as well as work as health and lifestyle coaches and medical missionaries who use plant-based culinary medicine, lifestyle changes, and natural remedies.

Our course combines the Gospel with medical missionary work as outlined in the Spirit of Prophecy to spread God's health message to help heal the sick in addition to equipping God's faithful servants to be effective medical missionaries in these dark times in earth's history.

Course Delivery

Med Missionary Training combines live Sunday sessions on Zoom during the first 6 weeks with video lectures and demonstrations, audio lectures, and downloadable resources throughout the 8-week course.

Course Content

Health Lectures: Teaching on nutrition, gut health, inflammation, the microbiome, and chronic health challenges.

Health in the Bible: Biblical health principles and their connection to daily life and service.

History of Medical Missionary Work: Audio lectures on the history and mission of medical missionary work.

Food Preparations and Culinary Medicine: Cooking demonstrations, plant-based therapeutic meals, meal planning, and practical food preparation.

Natural Remedies & More: Instruction and demonstrations on natural remedies, including poultices and hydrotherapy.

Sunday Lectures: Live 90-minute Zoom sessions on Sundays during the first 6 weeks, with recordings available.

Weekly Course Content: Health evaluation, shopping list, four-day menu, therapeutic protocol, devotionals, follow-up survey, five-week tune-up, and coaching and medical missionary work.

Resources and Q&A: Downloadable course materials and answers to common training questions.

Overview of Sunday Lectures

Each 90-minute Sunday lecture begins with a devotional, followed by an in-depth lecture with Dr. Joyce Choe, Mercy Ballard RN, and other medical professionals.

Week 1

How to use the Lifestyle & Health Evaluation form.

Week 2

Review of the Therapeutic Menu and shopping list, including proper meal planning utilizing plant-based, organic, non-GMO, soaked, and sprouted ingredients.

Week 3

Review of the therapeutic protocols for detoxing and healing “leaky gut” (the foundation of the majority of chronic disease); to decrease inflammation throughout the body; and how to develop daily routines and good habits.

Week 4

Natural remedies for gastrointestinal health, remedies for other ailments; use cases for poultices and hydrotherapy, and much more.

Week 5

Tune-up for coaching clients with severe or persistent symptoms, addressing weight issues, and helping clients continue in their healing journey.

Week 6

Lifestyle skills to coach others, fees, waiver of liability agreements, interest letters, and other considerations.

Assessment

There are 3 tests in total: one Health Lecture test, one History of Medical Missionary Work test, and one Health in the Bible test.

Certification

A digital certificate of completion will be made available for download to students who have successfully completed the 3 tests with a pass rate of 80% or higher on each test.