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## Interview with Enos Yoder

Lurette Frost

Enos Yoder

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Researcher's name: Lurette Frost  
Event: Interview with Enos Yoder  
Place: Yoder's Natural Health Care on Crooked Rd.

ES: Enos Yoder  
LF: Lurette Frost

LF: This is tape accession number ELFS-LSF-A022001A. This is Lurette Frost interviewing Enos Yoder at Yoders Natural Health Care on Crooked Rd. On the 22<sup>nd</sup> of February 2001.

ES: This is only the 20<sup>th</sup>, isn't it?

LF: oh yes, the 20<sup>th</sup> of February. How long have you live here?

ES: 32 years. In this place.

LF: And always in Knox County?

ES: No, I was in Jackson County Ohio for four and a half years before that I was in Indiana.

LF: And have you always been Amish?

ES: Always Amish. I grew up that way.

LF: And what brought you to Knox County?

ES: Well there was a small group here starting a religious group and they needed more people in the group, so we decided to move in here. Help them with the church and stuff.

LF: When did you start the natural health care center?

ES: Oh, I don't know may be twenty years ago, but then I did some of that work all my life from a young boy on up.

LF: Was your family involved?

ES: No, it was just me.

LF: Just you, just always took an interest in it?

ES: Yeah, I had a natural talent, a healing talent that the lord gave me and then I could tell I did have it because when I was young I took care of the horses at home and I could feel were the pain is in their leg and I could feel were it was at. That is a sign that you've got healing hands. My sister was one of the first ones that I worked on that I recall that

was of any importance at all and she couldn't hardly walk any more. Then I laid my hands on her knees and didn't feel any pain right there so I put it on the side of the knee and there was something with pain. And then she got up and walked away with out any pain. After I held it about fifteen minutes and she never walked that way afterwards. She is still living.

LF: And when was that?

ES: That was way back when I was just a teenager.

LF: Wow, so just by touch you healed her knee?

ES: Yeah.

LF: Where did you learn the stuff that you know about healing?

ES: Well this comes from various sources, seminars, a little bit of reading, and gods seems to send people in my ways that tell me how to do things. It just came.

LF: Could you tell me a little bit about what you do, how you heal people and how you diagnose them and how you treat them?

ES: Ok, there is, basically it is reflexology to pinpoint the problem. We have new reflexology charts that we made and I will show you those before you go. They are very precise. A powerful diagnostic tool. If a certain pinpoint in the foot hurts, you know what organ is affected, whats not working right. And if we were in the office we could show you right away, but I will show you before we get done. The new charts and how it works. And then you can hold the areas on the feet that hurt and it affects the areas of the body that are making that hurt. So if you have heart problem, you find it on the foot, it is very easy, you can even find the micro valve on the heart, it is that precise. And you can hold that area with your hands, if you have the healing hands, which many people have but don't know it. And then it will quite busying and heating in your hand and then the heart ??? And the sore spot is gone. And then we have a lot of other things we do. This book is notes for my book. This is page 53 and it is quite a bit of it used in here already. And some of it is already typed up and edited. That book is going to be a valuable thing for people that wants to understand about their body. The title of the book is supposed to be *Healing Your Body God's Way*.

LF: Is the book to talk about reflexology? Is that the

ES: That is just one point. There are so many things entering into that book. Your are going to be amazed about whats going to be in it.

LF: Cool, and you said something about a lot of people have healing hands but don't know it. How could more people find out that they do have healing hands?

ES: Ok, if you hold your right hand up and feel for mine ... pause... feel that warmth and pushing?

LF: kind of. Yeah.

ES: You got it.

LF: Very interesting.

ES: A lot of people are two times that far a way even three once in a while. You have more power yet. I don't know what you call that kind of energy but it's, you have a bunch of it. Worth while that you could, if a baby was sick you could lay your hands on the baby's alignments and things and it would go away. It is nice to be grounded when you are doing it because you might draw some of that stuff into yourself and it might bother you a little bit after the treatment is over. That is why I work when I am grounded.

LF: And what does that mean, work when you are grounded?

EY: Feet be grounded on a grounded surface.

LF Yeah, ok.

EY: Like cement is partial ground and steel is better yet. I have wires that go to the ground.

LF: Do you feel that a lot of the people you meet have healing powers?

EY: A lot of them in my classes. I am supposed to be teaching classes again in March. This time it will be local, more or less, it is just on the other side of Mansfield. It takes three days to teach what is in this little book plus a lot of hands on works to show people how to do things. Most people that attend the classes have the healing hands. Practitioners and people, who just want to help their family, understand their own problems better and get their own problems worked out in the class because we work on each other. Hands on work.

LF: How long are the classes? How many classes are there?

EY: Three days, but they are not intense days so you can assimilate better what is being taught. If you have too long a day and thing come in there too rapidly you end up with the end of the day knowing nothing. That's the way with me any way, but if you have changes, like two hours of class work then an hour an a half on hands on work and then another hour and a half of class. Then you can retain much better then if you had it all jammed into. You can do that all in one day but you can't do a good job of it. And they can't retain it. I have some people that will attend two or three times to get it al the way it is.

LF: Do you think that people, in order to be healed in that way that they really need to believe?

EY: No, they will believe when they get healed. Some people are skeptical because of some reason and then they find out that there is something to Gods healing. Half the people don't believe in miracles today but God is the same yesterday, today and forever. It didn't change. If we have faith, we can have just as much happening today as there ever was. My minister is not only physical, but mental and emotional as well too. Spiritual, emotional.

LF: You said that somethings, if you are not grounded that you can take the sickness in. Have you ever...?

EY: I have experienced a little of that, yeah. I had three cases of very bad prostate trouble one day and was not grounded that day. Ever since then I have had a little bit of trouble. So it pays to ground yourself so you don't, a big enough chance anyway, working with sick people day and night.

LF: And are you ever sick?

EY: Oh I get a little bit sick sometimes, but I am relatively healthy compared to what I used to be before I studied health problems. I know when they come on and what to do about it. And it doesn't bother me much.

LF: So you diagnose people through foot reflexology and then you

EY: Lay your hands on and give them products to help them recover.

LF: What kind of products do you give after that?

EY: Herbals, vitamins and minerals and supplements and all natural harmless products. They seem to work a lot better with Gods work then drugs do.

LF: Do you ever suggest a diet change?

EY: Sure do. Like if they have arthritis or something then we have an arthritis diet sheet and if they have fibo glyseam then we have directions to follow for that. We now have a tea for diabetics. SO far the reports back on the product has been that 100% of the people had improvement.

LF: And what are some of the diet changes for arthritis?

EY: No citrus fruit except lemon, no coffee, pop tea or chocolate, not an over abundance of protein, go light on protein.

LF: I talked to this man named Dale Glass, and he had arthritis and he changed his diet and he stopped using dairy products.

EY: That's not tall right away. Some people, it bothers a little to have dairy products but it bothers more for sinus and that kind of trouble, dairy product do. We need the calcium but the way that the milk is processed today it's not healthy any more out of the store. If you get it right from the cow then you have something worthwhile drinking. So nearer you can get the food the way it was grown or produced the better off you are. After it is all processed, and additives, coloring, flavorings, preservatives and junk added to it till its not all food any more and the liver has to sort all of that stuff out that's not food. So we are having trouble because of the processed foods. There is different diets for different problems.

LF: Do most of the diets try to keep people way from processed foods?

EY: No not so much the diets that we use, but it probably should. I can't think what I was going to say. Ever since last summer, I had something like a miny stroke and some of the words don't want to come out when I want to say them. My left side lost part of its dexterity. So I have to put up with it.

LF: do you see any connection between people growing their own food and that kind of being a healing process as well, having a connection to what they put in their body.

EY: If they grow their own food they know what they out in it, other wise they don't know what all is in their food. If people would know how things were processed, a lot of things would not have much use on the grocery shelf, because people would know what all they do to it before it gets there. Do you have time for a little tiny story?

LF: Plenty

EY: This one County wanted to be the healthiest County in the State so they made up some regulations and got rid of all the boos and the bad things in the stores. They weren't allowed to sell bad stuff and they encouraged people to grow their own vegetables and stuff and eat healthy and see if they can't be the healthiest counties in the State. So a couple years later the big wheels started coming through there to see how things were working. He saw these people so happy, and their gardens looked beautiful. But then they came past the cemetery and there was afresh mound of dirt in the cemetery so they pulled into the next farmhouse and wanted to know how their plans going. The guy was very enthused and said it is going great, people are happy with it. And then they said we saw a fresh mound of dirt in the cemetery when we come past. And he said, well oh that was the doctor, he starved to death. They weren't sick any more.

LF: what kind of vitamins and herbs do you...?

EY: A wide assortment, not just one companies stuff because no company has everything we need. And I hate to start new products, we are getting to big an assortment, but once

in a while something comes along that is good enough that we still have to add it to our list. Like the diabetes tea, this one was just added recently, after a little research and selling it cheap to people then if they report back what happens. Now we find that everyone has positive remarks to make about the tea. They like the tea. Sometimes when something is good it is not very tasty. We have a kidney and bladder tea and we sell more and more every year. Ordinarily it would take care of kidney and bladder infections in two days. And for men if they have prostate and testicle problems it usually takes close to a week to clear that up. That is almost unheard of in any other product that we know of. We've got the recipes on how to make the tea and now it takes more and more every year.

LF: Do you guys make some of your own vitamins and minerals?

EY: The tea, kidney and bladder tea we do. And we have a few things that we have made special for us from the companies that make stuff. But other wise it is just ready produced, however you want to call it, preparations.

LF: What companies do you use? Are they Amish companies?

EY: No there is no real Amish companies that ... We use Great American, Golden Pride, Natures Sunshine and NOW products are good. NOW Foods, they are cost effective, you can afford the price of them and yet they are quality. There are a couple different dozen companies that we buy from and the name of all of them. I've got a wonderful forgetter.

LF: Oh yeah.

EY: It's getting better all the time, one of these times it will be good enough and I can forget everything.

LF: When somebody comes in do they tell you what they are feeling and what they think the problem might be?

EY: Many come and are told not to tell me. Say he'll tell you what's wrong. That's more convincing then to tell what it is and then have me say yes or no. Because if I can tell them and they haven't told me a word about it, it's convincing.

LF: Yeah. So they come in and you feel their feet for where you find the problem?

EY: You go all over those points. I take about 10 minutes to go over all the points in the foot and then it's accurate diagnoses. You wouldn't even get that good in the hospital in two weeks. And it doesn't cost as much at all.

LF: And then you hold their feet in the spot for a while...?

EY: The biggest part of our operation is working on the feet and then so there are a few things you have to do otherwise on the body. Like gallstones, kidney stone attacks and

things like that you have to hold the body. Kidney stones should be released in 12 –15 minutes and gallstones in 15-30 min should be released so they expel out of the body. Migraine headaches, it is the most devastating headache there is; yet it is the very simplest to relieve in one minute. So we teach people how to release their headaches.

LF: So you teach people how to do it for themselves too?

EY: Anytime, I am a natural born teacher, I love to teach other people what I know. I don't want to keep it to my self because I can't treat everybody.

LF: So you teach people, you have classes but also when people come in you...

EY: That is a good time to council them. Sometimes their spiritual and emotional needs are as big as their physical and they interrelate.

LF: Do you, how do you help with the spiritual and emotional needs?

EY: I have bible reading guides that I pass out and that's very effective for understanding the bible and understanding themselves.

LF: Could you tell me a little bit more about how you got started really and once you realized you had these powers how did you continue learning and come to have this health center?

EY: Well, practice a lot. Some things were just given to me to understand, I don't know hoe, the lord just provided and then seminars and little studying other wise. I had a hearing problem myself and over a couple of years time I was getting very deaf. It was hard to put classes on when you could hardly understand what the people were asking. So, I had people pray for me and then somebody comes up and tells me what to do for it and it worked. I can hear very good now.

LF: So can you heal yourself?

EY: Sometimes some, I like to work with someone else who is also a Christian person to work on me. We sometimes exchange treatments.

LF: You talked about how you went to seminars and learned from seminars. Were they seminars with in the Amish community or

EY: NO, just other seminars. The Amish don't hold seminars very much. They have the small groups ocasionally but not very big. I suppose I have spoke to more of them then most. I like to teach and give and the bigger the audience, the more it turns me on.

LF: Were the seminars herein Knox County?



EY: Most of them were not. All the way from the East Coast to the West Coast. Like the cancer control society convention in Pasadena, California, a three-day convention, I attended that. There are all kinds of get togethers and expose on health. I always end up picking something good up.

LF: Are they usually alternative health care seminar?

EY: Yeah, if it's not alternative, I don't hardly ever attend it.

LF: So with foot reflexology, are there a large group of people that do this in this country?

EY: oh yes, it's getting very well known anymore. We have an association in a lot of different states and then we have the national association. And then the Natural health professional group, they have people in every state I guess. They have classes and seminars; I'd say 30 –40 per month with different teachers. Thousands and thousands of people have been certified under Natural Health professional.

LF: Are you certified?

EY: Yeah.

LF: So does that mean that you kinda have...?

EY: I have enough experience in class and stuff and demonstrated to them that I know what I am talking about.

LF: Ok, so it is not only foot reflexology but everything?

EY: Reflexology is just a portion, a tip of the iceberg. But it is very good because you understand what you are doing. Eye radiology is also very good at pinpointing people's problem, but I didn't study that.

LF: What is that?

EY: Eye radiology, read the iris in the eyes. Under a magnifying glass the iris gets really big. Twenty minutes after you break a bone in the body you can tell in the eye where the bones broken and if there is more then one break or not. In the eye. In the foot it would show too were it was broke.

LF: So you always do reflexology but sometimes you think people need vitamins and herbs to continue the healing process.

EY: That's right, and a change in their diets. You want to keep the body some what alkaline rather then acidic, because cancer grows well in an acidic condition. Arthritis thrives in acidic condition

LF: So you have general suggestions for peoples diets even if they are not sick, just to kind of prevent them, prevention.

EY: Yeah, don't go on a crash diet, don't go on a salt free, fat free, anything else free. Any food that is salt free, caffeine free and fat free and all that stuff, there is usually something added that's worse then what they used to put in.

LF: So how has your life changed since you began healing others?

EY: Well, I've just learned a whole lot on taking care of my self too. And if I wouldn't have been very sick a lot of times before I would have never had the compassion and patience to help people that are sick. That happens with a lot of natural health professional, they find out when they get healed themselves, then they are ready to heal others.

LF: And is there one major sickness that you had that made you realize that?

EY: Not just one major, several majors.

LF: Was that when you were a young kid?

EY: In some sense it has only been about 18-20 years that I have been fulltime and overtime on healing. Probably have about nine thousand people in my files. Some of them don't even know I am here anymore.

LF: So who are the people that come to you?

EY: The people that hurt. If they didn't hurt then they didn't know they were sick. Most of the people heard somebody else give results. It is by all word of mouth, I don't need advertisement. They come from many states and even other countries.

LF: Is there a large Amish population around here?

EY: The biggest Amish population is a little farther east. This is side branches of the Amish community of Holmes and Wayne County.

LF: Are a lot of people that come to you Amish?

EY: Not a whole lot, not a big present, most of them are other people.

LF: Christian or?

EY: Most of them are Christian. They want a Christian doctor.

LF: So how do people hear about you from other states and come here.

EY: Oh, just from people that live in this state and sometimes people just travelling through. Like the little boy from Alaska that was autistic, couldn't take eye contact with anybody. If there were lots of people around he would get very nervous and he never asked anything. He never spoke a word in his life, he was four or five years old. In 20 minutes on my chair he started smiling and peeping at me and I knew he could talk, I figured he could talk. Then I asked him a question and he answered and it about brought tears in the mother's eyes. He could talk very plain but slow the first day and then the next day when they checked back to see if everything was ok, he was talking faster. He was from Alaska, I don't have a record of him, I didn't make a file out for him, but I know his name was Nathaniel. That's about all I know and that he was from Alaska.

LF: Did they come all the way from Alaska to see you?

EY: No, they came to Ohio, his father traveled a lot on business and he heard about it. He brought the boy in. The next morning I told him I would like to see him again before they move on (flip tape) ...

LF: So that must bring amazing feeling when you can help someone so much.

EY: I somebody receives the lord or renews his relations with the lord with the same physical change, that is a real blessing to me. It goes deep.

LF: So do you think that when some people who come here are not Christian that they really start to feel the powers of it?

EY: Yes, I think they do some, but most of them are Christian. We had several that defiantly were not Christians.

LF: And it works for them too.

EY: And they consider more about what the truth is.

LF: So how do most Amish people treat themselves? Do they go to traditional doctor?

EY: Yes they do, but they are also coming away from it like the other people are breaking away and going the natural route.

LF: Do you think that a lot of the drugs that traditional doctors give are really hurtful to people?

EY: Definitely, sometimes that is all the problem is, reactions from the drugs. Instead of giving them another drug to overcome that reaction, we will just try to give them something to make them well safely.

LF: Along with changes in the diet is there a more holistic, like changes in their whole life.

EY: I would have to study a little bit on how to present it because it is true that their lifestyle has a lot to do with their health. Here's a page that we might go over if you have time for it?

LF: Yeah.

EY: Avoid aluminum foil and cans and cook ware, avoid microwaves, that is very bad for people, and hydrogenated fats, they will clog up your arteries and veins. Artificial sweets a lot of times more dangerous and fattening than sugar. Highly refined and adulterated foods, near natural as possible. Fluorinated water about 18 things that can happen to you when you use fluorinated water.

LF: What is fluorinated water?

EY: Fluorinated, fluorine in the water. Most big cities have it, but some of them are ruled out now. They have found out how dangerous it is and they ruled it out of the big cities, some of them. Pop, Coffee, mountain tea, tobacco, strong drinks and chocolate, decaf is worse, unscreened computers, avoid them. Don't like under a high power tension lines or real close to transformers and the lights should be full spectrum so you don't have to work under artificial lights. Sunshine is very important. Then Amalgam caps and root canals are generally avoided by the conscious people, the health conscious. Unhealthy clothing, that's acrylics and different materials are not very healthy. Certain styles of clothing are not healthy like bad shoes and then you wonder why you have a backache, walking on pointed toes and high heels. Scavenger foods, that like the shrimp and the lobsters and all those things that clean up the ocean, to keep the ocean clean and people eat that fish and stuff and it is not healthy at all. Really what was forbidden in the old bible, that's non-kosher foods is still not the best for your body. Don't buy your salt off the shelf in the store, get some good un-adulterated salt to help retain fluids in your body. We need salt but we don't need that stuff that they add to it. Make it free flowing. Read God's word every day, that's God speaking to you. You need to have him speak to you everyday and then when you pray you speak to him. A two-way conversation, we need that conversation and connection. Keep in touch with God. Like according to your means. Some people ruin their health worrying about their debts and stuff because they are living far beyond their means, when they could just have that worry free, try living a little different. Help your fellow man. That is a very important thing to be well yourself, help your fellow man. Avoid peeled carrots, those little fingerlings carrots, they are fluorinated to keep it from spoiling after they are peeled. That's the end of that particular chapter in the book. Of course in the book I expand a whole lot more on each item.

LF: You said something about kosher foods. I talked to someone who is a Seventh Day Adventist about where they got their eating habits from and do you look back to the bible for some of that?

EY: It is worthwhile to look back to what the bible said because those things are still not very compatible to our bodies.

Pause

LF: Do you try to eat kosher?

EY: Pretty much, I shun pretty much the foods that are not good and I have to eat for my self stuff that doesn't make your euristic acid go up in you system. To stay more alkaline. Diseases don't usually function well in people that are more alkaline. Calcium is one thing that helps to keep you alkaline. It should be a calcium that is absorbable rather than just goes through you and just ends up in a septic tank.

LF: So to keep your alkaline levels low you eat a lot of calcium and are there things you don't eat?

EY: You can get a chart at the health food stores that say which food make more acidic or alkaline conditions. Most vegetables are alkaline and too much protein will make your euristic acid go up.

LF: Do you eat meat?

EY: I eat meat, but I try to keep it at the lower levels. I am not a heavy meat eater because of my acid condition.

LF: Would you say that the Amish community is healthy in the way that they eat? Do they live natural lifestyles with the foods they eat?

EY: I think there are fairly healthy, but not all together. They cook and eat too rich. They are known for their cooking. There is a difference in Amish communities. I know one community were about every week they go out for a big supper and then they go to bed on that big supper. If you eat too many things in one meal and too much, the more variety of foods you have on the table the more you can eat. If it is all one food you get filled up and satisfied. I mean if there is not a big variety. They are very sick compared to other Amish communities and I contribute that to part of the over doing of foods. The big supper every week, come together here or there with two to three dozens people and then have a big feast. The people that work in factories, the Amish people, the man comes home with a grocery bag full of groceries every night. They don't grow very much of their own food and it makes a difference too. And they have more sicknesses and hospital bills. But the poorer communities were they grow and produce all their own food as much as possible and sell it in town. They don't have a big high income, they seem to be the healthiest. We traveled 5000 miles with a health expert one time and we noticed the difference in the different communities. A lot of difference.

LF: The lifestyle changes would be kind of slowing down the pace and growing your own food and being more involved in everything that you take in.

EY: Work for a living instead of work for money and try to live for means. It used to be that more people did that, work for a living. They did their own canning and grew their own vegetables and butcher their own animals and then they knew they had good stuff.

LF: I wonder why that has changed so much.

EY: Well its just, America is going fast paced.

LF: Is there any one person that you can think of that you really changed their life by your healing?

EY: I don't want to brag but it might be worthwhile to say something about. The one girl who was supposed to die at 29 years old. She was given the strongest pain pills that they were allowed to give to them to ease her pain until she passes away. And in about 10 days she was back working for the doctors. The first treatment we got all the pains alleviated and she got back on track with the lord and she said she cried for most of the first day and a half. I said did you cry for joy, she said I don't really know why I cried, but I just couldn't really handle it. And it took seven months after her first couple initial treatments till she had time to come back again.

LF: And what was she dying of?

EY: She had a lot of different diagnoses, hydra of myalga for one. I have dozens of doctor friend that agree with me that there really is no such thing, just a barrel of things you don't know what to do with.

LF: So you are friends with some traditional doctors too?

EY: Oh yes, they come here too when they need help.

His next appointment is here

He shows me the office and told me to talk to the secretary who was working today.