



REBBE RESPONSA

The Rebbe's English Letters

Medical Advice

**Issue 93
Mishpatim, 5785**

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ב"ה

A Word from the Publishers

Dear Readers,

We hereby present **Issue 93** of *Rebbe Responsa*, a compilation of letters originally authored by the Lubavitcher Rebbe in English.

In this week's Parsha appears the statement – "Heal he shall heal", from which our sages learned that "permission was granted for a doctor to heal." This is not merely permission, but rather a Torah - given imperative. While *last year* we focused on why according to the Torah it is important to take care of one's health, this year we will focus on the Rebbe's advice for various ailments¹.

* * *

We take this opportunity to turn to our readers and ask anyone who may have English letters from the Rebbe in their possession to kindly consider sharing them with us, thereby enabling countless individuals around the world to benefit from the timeless wisdom and counsel they contain.

The Rebbe's English letters contain a wealth of guidance and insight on a vast array of topics written in a style relatable to Jews from all walks of life. For access to over 5,000 of these letters, we encourage you to download the Rebbe Responsa app.

May we merit the coming of Moshiach Tzidkeinu, speedily in our days.

The Rebbe Responsa Team

All Titles, Summaries, and Footnotes were added by the publisher unless otherwise noted.

¹ For a more extensive collection on this culled from Hebrew and English letters see *Healthy in Body, Mind, and Spirit*, vol. 2, ch. 7 (accessible at chabad.org/2307865); *Likkutei Sichos*, vol. 36, pp. 300ff.

1

Migraine Headaches

Suggestions to alleviate migraine headaches: create channels for blessing through addition in Jewish observance, medical consultation and possible solutions

By the Grace of G-d
10th of Sivan, 5725²
Brooklyn, N.Y.

Mr. E. . .
Middlesex, England

Greeting and Blessing:

I received your letter of May 31st, in which you write that your wife has been suffering from acute migraine headaches³, etc.

If you will write to me her Hebrew name, and also her mother's Hebrew name, as is customary in such a case, I will remember her in prayer for an improvement in health. You ask for any suggestion that might alleviate the suffering of your wife. First and foremost, I would like to emphasize that inasmuch as all blessings come from G-d, it is necessary to make the channels and vessels to receive G-d's blessings. By this I mean making additional efforts in the daily conduct in accordance with the Torah and Mitzvoth. This is true of every member of the family, and it is especially important in the case of the wife and mother who is called Akeres Habayis⁴, and who is primarily responsible for the conduct of the home, Kashrus⁵, etc., which has a direct bearing on the well-being of every member of the family. And no matter how satisfactory the spiritual life may

Source: carbon copy.

² = June 10, 1965

³ For more on the Rebbe's advice regarding migraines and headaches in general, see S. B. Wineberg *Healthy in Body Mind & Spirit* (SIE, 2006), Vol. 2, pp. 75-76. See also *Here's My Story*, issue 426.

⁴ = Lit. "Foundation of the home".

⁵ = Kosher Observance.

seem at any particular time, there is always room for improvement in all matters of goodness and holiness.

Having made such a firm resolution, namely to strengthen the adherence to the Jewish way of life, it would be well to consult a doctor again and ask him if he has any new suggestions as to a remedy for your wife's condition. It is not quite clear from your letter whether the present acuteness of the condition has anything to do with a change of life, as often happens in similar cases.

It may be advisable, with the approval of the doctor of course, to try some treatment by means of nicotinic acid,⁶ in doses prescribed by the doctor, if he is in agreement at all.

I would also suggest that your wife should try to engage her attention on various activities, and not only during the activities themselves, but also before and after, so as to turn her attention away from herself.

I hope your wife knows of, and observes, the good custom of putting aside a small coin for Tzedoko before lighting the candles.

Hoping to hear good news from you

With blessing

By (secretary)

⁶ See also *Igros Kodesh*, vol. 10, letter 3,201 (p. 239); vol. 15, letter 5,730 (p. 404); vol. 16, letter 5,844 (p. 67).

2 *Ulcer*

Advice regarding possible medical treatment for ulcer: First attempt to improve your peace of mind and diet; Auspicious time of Adar; Preemptive cure in content of letter

B. H. 5th of Shevat, 5736⁷
Brooklyn, N.Y.

Rabbi [Herbert Wiener]

Greeting and Blessing:

. . . P. S . After writing the above, I have just received your telephone message about the medical treatment suggested by your doctors, and your request for my advise.

It is well known that in a case of ulcer⁸ a very important factor is peace of mind; and this is mainly up to the patient, I therefore suggest that you should strengthen your Bitochon (real trust) in G-d, the Healer of All Flesh Who Works Wondrously. And the way to do it is by reviewing appropriate texts on this subject, such as, for example, Shaar Habitochon in Ibn Pakuda's *Duties of the Heart*, and the like, and reflect deeply on this subject.

In addition, it is also well known that a suitable diet is helpful in such a condition, and I believe helpful in all cases, the difference being only in degree.

Hence, inasmuch as the condition has been with you for some time, I suggest that you should first give a try to the above two remedies and see to what extend they can relieve the situation.

In any case, the auspicious month of Adar is only three weeks away, and in the meantime you can observe the results of the two measures suggested above.

Source: Photocopy of original.

7 = January 7, 1976.

8 For more on the Rebbe's advice regarding ulcers see S. B. Wineberg *Healthy in Body Mind & Spirit* (SIE, 2006), Vol. 2, pp. 63-65.

To ease your anxiety sooner, this letter is being dispatched by S. D.

Incidentally, the content of the above letter⁹, though dictated before your telephone message, may well be the "pre-emptive cure". For everything is by Hashgocho Protis¹⁰, and among human beings - even non-Jews - there is something that is called "premonition," or, what our Sages describe as **ניבא ולא ידע מה ניבא**.¹¹

⁹ The main body of the letter, before the P.S. quoted here. There the Rebbe discusses at length the call to every individual to fulfill their G-d given mission in this world, and especially someone in a position of influence.

¹⁰ = Divine Providence.

¹¹ *Rashi, Shemot 15:17*. "He prophesied without knowing what he prophesied."

3

Kidney Stones

Advice regarding kidney stones: Consultation with experts in Boston, various methods of treatments; Receptacle for G-d's blessings - improvement in observance; People with whom to discuss issues with children

By the Grace of G-d
4th of Shevat, 5713¹²
Brooklyn 13, N.Y.

Dorchester 24, Mass.

Blessing and Greeting:

I have received your letter of January 15th, in which you describe your health problem, particularly with regard to your kidneys¹³.

As far as I know there are in Boston great medical experts as well as research centers in this field. No doubt you have consulted them, though you do not mention the names of the specialists you consulted. It is probably necessary for me to call attention to the fact that there are various methods to break up a stone in the kidney, either mechanically or through medicines, but you do not mention what treatment has been applied in your case.

As you may know, in order to receive G-d's blessings it is necessary to prepare 'receptacles.' It would have been impossible for us to know the receptacles, but for G-d's mercy and infinite kindness, having given us the Torah and having revealed to us that Torah and Mitzvoth are the proper receptacles for us to receive His blessings. Not knowing you, personally, it is difficult for me to indicate to you how you can prepare for yourself such additional receptacles for G-d's blessings, but the important thing is to do better than at present in the religious observances, which will surely bring an improvement in your condition. One of the most

Source: Carbon copy

¹² = January 20, 1953.

¹³ For more on the Rebbe's advice regarding kidney stones see S. B. Wineberg *Healthy in Body Mind & Spirit* (SIE, 2006), Vol. 2, pp. 54-58.

important things in this connection is to see that the children receive a true Jewish education.

I would suggest that you meet with two of my acquaintances and discuss your children's problem with them, and they will be able to give you suitable advice:

With blessing,

By (secretary)

Rabbi Kastel, 24 Harlem St., Dorchester, Mass.

Rabbi Philip Krinsky, 31 Brichnal St., Dorchester, Mass.

4

Diabetes and Cystic Fibrosis

Will remember in prayer; Check Tefillin and Mezuzos; For medical issues with digestive nature, improve in Kosher observance; keep updated with recent medical research

By the Grace of G-d
3rd of Kislev, 5730
Brooklyn, N. Y.

Greeting and Blessing:

I am in receipt of your letter of Rosh Chodesh Cheshvan.

As requested, I will remember in prayer all those mentioned in your letter, especially your son . . . , when visiting the holy resting place of my father-in-law of saintly memory.

It would be well to have the Tefillin as well as the Mezuzoth checked, to make sure they are Kosher, if this has not been done within the past twelve months.

I must add a point, hoping that you will not take it amiss, and that is that where a problem arises which has to do with diet and metabolism, it is an indication that special care must be taken in matters of Kashrus of food and beverages. Thus, if in the past certain levities have been practiced, as for example in the matter of Cholov Yisroel and Pas Yisroel and the like, which under certain circumstances may be justified - a more strict practice should be observed in the family where there is a case related to matters of digestion, etc., with a view to eliminating such levities.

Although you are no doubt aware of it, I will mention it here nevertheless, namely, that there are special foundations and research centers specializing in cystic fibrosis and diabetes.¹⁵ And

Source: Photocopy of original.

¹⁵ For additional letters concerning diabetes see letter dated [29 Shevat, 5718](#), on the Rebbe Responsa app and Hebrew letter dated [13 Kislev, 5711](#) (*Va'ad Hanachos B'Lahak* weekly publication, Vayeitzei 5775).

although your son is undoubtedly under the care of a specialist, there are some specialists who maintain a close contact with such research centers, and others who maintain a looser contact. Therefore, it would be advisable to have the family doctor enquire periodically at such research centers if anything new has been discovered or is being tested. Such direct contact is important, because it usually takes quite some time until new methods or discoveries are reported in the medical journals. Even if one is au courant with all that is published in medical journals, it is still good to have someone make direct contact with the researchers.

May G-d grant that you should have good news to report, especially as we have now entered the auspicious month of Kislev.

With blessing,

M. Schneerson

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תנוח סגורל שניארטארה
להאנאויטש
770 אסטון פארקוועי
ברוקלין 13 נ. י.

By the Grace of G-d
3rd of Kislev, 5730
Brooklyn, N. Y.

Greeting and Blessing:

I am in receipt of your letter of Rosh Chodesh Cheshvan.

As requested, I will remember in prayer all those mentioned in your letter, especially your son , when visiting the holy resting place of my father-in-law of saintly memory.

It would be well to have the Tefillin as well as the Mezuzoth checked, to make sure they are Kosher, if this has not been done within the past twelve months.

I must add a point, hoping that you will not take it amiss, and that is that where a problem arises which has to do with diet and metabolism, it is an indication that special care must be taken in matters of Kashrus of food and beverages. Thus, if in the past certain levities have been practiced, as for example in the matter of Cholov Yisroel and Pas Yisroel and the like, which under certain circumstances may be justified - a more strict practice should be observed in the family where there is a case related to matters of digestion, etc., with a view to eliminating such levities.

Although you are no doubt aware of it, ~~but~~ I will mention it here nevertheless, namely, that there are special foundations and research centers specializing in cystic fibrosis and diabetes. And although your son is undoubtedly under the care of a specialist, there are some specialists who maintain a close contact with such research centers, and others who maintain a looser contact. Therefore, it would be advisable to have the family doctor enquire periodically at such research centers if anything new has been discovered or is being tested. Such direct contact is important, because it usually takes quite some time until new methods or discoveries are reported in the medical journals. Even if one is au courant with all that is published in medical journals, it is still good to have someone make direct contact with the researchers.

May G-d grant that you should have good news to report, especially as we have now entered the auspicious month of Kislev.

With blessing,

M. Schneerson

5

Spine Surgery

Will remember in prayer; Regarding corrective spine surgery, consult doctor who does not favor surgery

By the Grace of G-d
2nd of Kislev, 5724
Brooklyn, N.Y.

Mr. . .
Chicago, Ill.

Greeting and Blessing:

After not hearing from you for a long time, I received your letter of November 13th with the enclosure. As requested, I will remember in prayer those mentioned in your letter, and may G-d grant that you should have good news to report.

You mention the problem of your niece, who has a curvature of the spine¹⁶, and has been advised to undergo corrective surgery.

Although you do not mention any other details about her condition, I trust that you have consulted specialists in this field. However, in view of the fact that you write that the doctors are not certain of the results of the surgery, and that it is, in addition, a long and painful process, it may be advisable to consult with the doctor whose name is given below, who is both a specialist and a surgeon in this field, but generally does not favor surgery, having a different approach and method of treatment. It would be well to hear his opinion before deciding on surgery

With blessing

By Nissan Mindel

Source: Photocopy of Original.

¹⁶ For more on the Rebbe's advice on surgery and avoiding surgery that is not deemed fully necessary see S. B. Wineberg *Healthy in Body Mind & Spirit* (SIE, 2006), Vol. 2, pp. 54-58.

Newly Released

The letter that appears here is being published for the first time and has been granted to us from a personal collection.

We turn to our readers and ask that anyone who may have letters from the Rebbe in their possession, to kindly consider sharing them with us, thereby enabling countless individuals around the world to benefit from the timeless wisdom and counsel they contain.

Listen to the Doctor!

Reiteration of telephone message - follow doctor's suggestion and try bed rest; report good news

By the Grace of G-d
10th of Adar I, 5733¹⁷
Brooklyn, N. Y.

Mrs. . . .

Blessing and Greeting:

I duly received your two telegrams and subsequent telephone message. Although my reply was conveyed to you over the telephone, I am repeating it here for the record, namely, that it is advisable to follow the suggestion of the doctor to try bed rest for a week, and then act on the basis of the results. I note that you are actually following the doctor's recommendation as above.

May God grant that you should have good news to report in all above, including the essential blessing that together with your

¹⁷ = February 12, 1973.

husband you are bringing up your offspring to a life of Torah, Chuppah and Good Deeds.

With blessing,

M. Schneerson

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ברוקלין, נ. י.

By the Grace of G-d
10th of Adar I, 5733
Brooklyn, N. Y.

Mrs.

Blessing and Greeting:

I duly received your two telegrams and subsequent telephone message.

Although my reply was conveyed to you over the telephone, I am repeating it here for the record, namely, that it is advisable to follow the suggestion of the doctor to try bed rest for a week, and then act on the basis of the results. I note that you are actually following the doctor's recommendation as above.

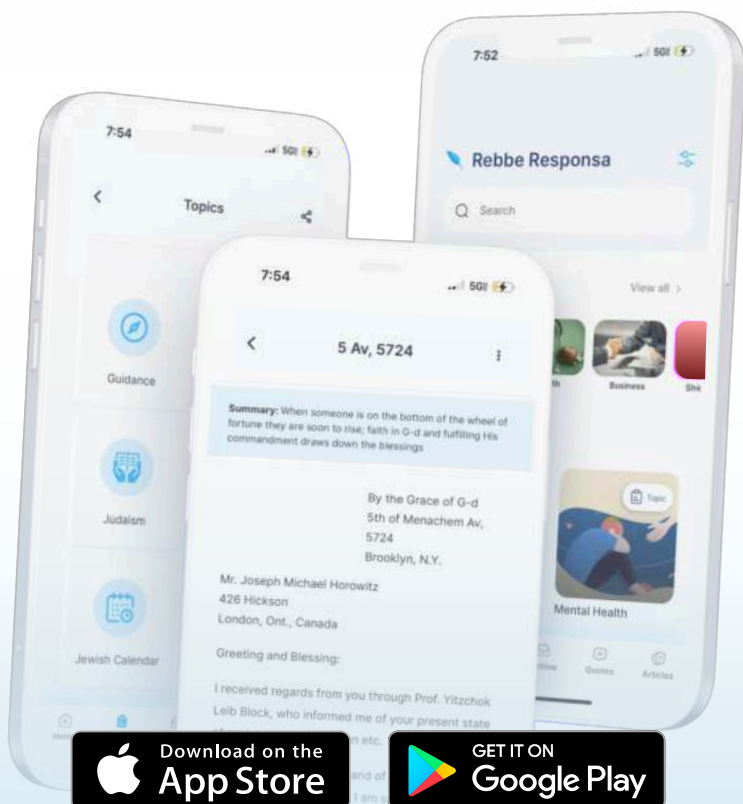
May G-d grant that you should have good news to report in all above, including the essential blessing that together with your husband you are bringing up your offspring to a life of Torah, Chuppah and Good Deeds.

With blessing, *M. Schneerson*

**Rebbe Responsa**

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