

Special Report

\$29.00

*A Healthier You*  
**Starter Kit**

Includes selections from the writings of:

- Dr. John R. Christopher
  - David Christopher
  - Kurt King, M.H.
  - John Keim
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## Introduction

Welcome to “A Healthier You” Starter Kit. We have packed this special report with a lot of great information as you begin (or continue) your journey to become “A Healthier You.” You will find writings from Dr. John Christopher, David Christopher M.H., Kurt King, M.H., and John Keim.

We encourage you to use what you learn from this special report to jumpstart a healthier lifestyle. We have included information near the end of this special report about three of the best sources for herbal and natural healing knowledge – The School of Natural Healing, Christopher Publications and A Healthier You Radio.

## Who is Dr. Christopher?

**Dr. John R. Christopher**, known popularly as "Dr. Christopher" was one of very few nationally prominent doctors of herbal medicine of the middle third of the 20th century, a "dark ages" of herbalism and was responsible for the herbal renaissance of the 1960s.

He was born November 25, 1909 in Salt Lake City, Utah, to Jean Ramone and Lorena Roth Raymond who put him in an orphanage where he was adopted by Leander and Melissa Ann Craig Christopher. He was called Raymond, and nearly died of the croup, when a stranger appeared at the door and gave his father instructions on dealing with the phlegm, announcing that Raymond would have an important mission in life. The father believed this to be a vision and the family took heed.

Raymond suffered from Rheumatoid arthritis and was not expected by his doctors to last past the age of 30. His adoptive mother suffered from diabetes and dropsy and Raymond decided to become a doctor, preferably one that did not cut people open since he disliked the sight of blood. A chance meeting with a doctor who diagnosed using iridology and treated with herbs inspired him to learn naturopathic medicine.

An automobile accident nearly killed him, although chiropractic treatment provided relief. During his painful recovery he picked up the Mormon scripture The Doctrine and Covenants and read Section 89, commonly known as "The Word of Wisdom," a health code for the church. This referred to eating meat sparingly and called grains, nuts, fruits and vegetables wholesome. He changed his diet to fruits, vegetables, grains, nuts, and seeds and experienced dramatic improvements in his health.

In 1939 he wrote **Just What is the Word of Wisdom?**, a booklet that described this experience and outlined his ideas about diet and health. During World War 2 he obtained Conscientious Objector status and worked at North Fort at Washington's Fort Lewis, where he was assigned to supervise a medical dispensary. Here Raymond Christopher, a buck private, gave orders to pharmacists and therapists, all of whom outranked him. But he observed orthodox medicine and realized that the natural cures he had been using could help people who were not being helped.

He was widely ridiculed by his commanding officer Major Shumate until he cured a soldier, upon a dare, of serious impetigo by using black walnut hulls tinctured in rubbing alcohol. Upon the visible evidence of his success Major Shumate allowed him to set up a laboratory on the base and he became the only practicing herbalist in the United States Army during World War II. His black walnut tincture was also used for fungus infection and jungle rot. When soldiers learned that Private Christopher could cure jungle rot, his patient load multiplied.

Eventually this tincture was successful in curing scrofula, eczema, ringworm, shingles and chronic boils.

John Raymond Christopher did not die before the age of thirty-five, as the squadrons of physicians had predicted. His gentle practice of natural healing helped him overcome the chronic conditions he was born with, as well as the life-threatening injuries he sustained as a young adult. He succumbed instead at the age of seventy-three due to complications of a severe head injury. He had slipped on the treacherous ice outside his beloved Covered Bridge Canyon home, nestled in the mountains outside Spanish Fork, Utah.

The above information is taken from "An Herbal Legacy of Courage" by Dr. Christopher's son, David Christopher. You can read the entire text free online at [http://www.herballegacy.com/Herbal\\_Legacy\\_of\\_Courage.html](http://www.herballegacy.com/Herbal_Legacy_of_Courage.html).

## Why Natural Healing?

Studies show that over half the population of the United States will use some form of alternative medicine this year. Tens of thousands of people rely on herbs instead of drugs when they feel ill. What is causing this trend? What has changed in the last 40 years that has so many people turning from their doctors and drugs to herbology and other forms of alternative medicine?

**MEDICAL MISTAKES:** In a landmark study in the New England Journal of Medicine it is estimated that one million patients nationwide are injured yearly by errors during hospital treatment and 120,000 people die as a result (NEJM, Leape et. al 1991 Vol 325 (3):210).

**DANGEROUS DRUGS:** A study published in the Journal of the American Medical Association found that an estimated 100,000 people die every year due to *correctly* prescribed medications. Every drug has side effects, some of them are very lethal (JAMA Leape et. al July 5, 2000 Vol 284:95).

**HERBS ARE SAFE:** For thousands of years, herbs have been used to treat and prevent disease. In that time, very few adverse reactions have been reported. When adverse reactions do occur, they are usually the result of a mixture of herbs and pharmaceutical drugs.

**LOOK TO THE CAUSE:** In order to effectively deal with health problems, herbalists look to the cause of disease instead of just the symptoms.

**HERBS WORK:** Natural healers throughout history have witnessed the healing power of herbs. The School of Natural Healing has received thousands of letters and calls from people delighted with the results of herbal remedies.

## Dr. Christopher's 3-day Cleanse

| This cleansing program will purify the body so it may be healed. If you are overweight, this program will take you down to your normal body weight, and if you are underweight, it will bring you up to normal. The purpose of the entire program is to eliminate mucus from the body so that the patient is healed in a natural way.

| Remember, there are no incurable diseases--only people who think they are incurable.

| After cleansing the body with this program, continue with the mucusless diet and other health-preserving procedures outlined in this booklet. In this way, you will not only help rid the body of disease-causing impurities but also maintain and build vibrant good health.

### *The Detoxification Procedure*

| The detoxification procedure we recommend is taken in part from Dr. N.W. Walker's book, *Raw Vegetable Juices* (Phoenix, Arizona: Norwalk Press, Publishers, n.d., pp. 68-71)

| Supreme cleanliness is the first step towards a healthy body. Any accumulation or retention of morbid matter or waste of any kind will retard our progress towards recovery.

| The natural eliminative channels are the lungs, the pores of the skin, the kidneys, and the bowels. Perspiration is the action of the sweat glands in throwing off toxins which would be injurious if retained in the body. The kidneys excrete the end products of food and body metabolism from the liver. The bowels eliminate not only the food waste but also waste matter known as body waste, in the form of used-up cells and tissues, the result of our physical and mental activities, which if not eliminated cause protein putrefaction resulting in toxemia or acidosis. The retention of such body waste has a much more insidious effect on our health than is generally suspected, and its elimination is one of the first steps toward perceptible progress toward health. The cleansing procedure will effect such elimination quickly, particularly for adults.

### *Juices*

| First thing in the morning we drink sixteen ounces of prune juice. The purpose of this prune juice is not primarily to empty the bowels, which, however, it will do anyway, but rather to draw into the intestines from every part of the body such toxic matter or body waste as may be there, and eliminate it through the bowels.

| If nothing were done to replace in the body something in volume equal to the quantity of matter so eliminated, then the body would naturally be dehydrated to that extent. Therefore, we replace the toxic or acid material so removed by drinking fruit juices. This has an alkaline reaction on the system. There are various types of juice therapy--apple, carrot, grape, citrus, tomato, etc.--but use only the one chosen for the three days, and chew each mouthful thoroughly.

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One of the most effective blood purifiers known is the common apple. Dr. Edward E. Shook states in his Advanced Course, Lesson number 30, page 4:

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"There is no other remedial agent or herb in the whole range of known therapeutic agents, that can compare with the apple tree and, although it would be difficult to say which of its many virtues is the greatest, we suggest that its abundance of nascent oxygen compound is probably the main reason why it is such a precious food, blood purifier, and unfailing remedy for so many forms of diseases."

|  
Other juices, of course, may be used, depending on the individual's preference and condition. Those who live in the citrus belt may use a combination, prepared fresh in the following proportions: four to six grapefruit, according to size; two to three lemons, according to size; and enough oranges to complete a total mixture of two quarts.

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The combination may be varied, as you may prefer. Grape juice may also be used; however, frozen grape juice is not recommended because many unacceptable additives are combined in nearly all cases.

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The brands of juices sold in the health stores grown on unsprayed and organic soils, are definitely superior to other types that are sold in grocery stores; nevertheless, for many years we have seen many tremendous cures done with brands such as Church, Tea Garden, Queen Isabella, and Welch. They still have great potency, but are not preferred when better juice is available.

|  
After taking the sixteen ounces of prune juice first thing in the morning, within one half hour take an eight ounce glass (regular tumbler) of apple juice. Swish each mouthful thoroughly in the mouth (called chewing) so the saliva will mix with it, thereby getting all the nutritional and healing value from it. In fact, all meals should be eaten without liquids so the food is chewed thoroughly enough to become a liquid by being mixed thoroughly with saliva, which is the key that opens the door to digestion.

|  
We repeat, do not gulp the juice. In this way, there will be no danger of regurgitation to a weak stomach, but it will be very soothing and affable. By using the saliva properly, the healing program is greatly accelerated, for the rest of the digestive juices then are able to function properly instead of haphazardly. When desired, drink a glass of plain water (preferably a glass of distilled water), followed another half hour later with more apple juice. One gallon of apple juice is consumed throughout one day. This, of course, is an approximate and suggested dosage, as age, ability to hold liquids, etc., determine the capacity for each specific case. The alternating procedure, however, has proven to be the best way, with any juice you may choose for the therapy.

|  
Do not eat anything all day, although if you become very hungry towards evening, you may take an apple or two with the apple juice, and carrots or celery with the carrot juice, or other suitable vegetables or fruits with the respective juice.

## *Other Aids*

| During the three-day cleanse, take one or two tablespoons of olive oil three times a day, to aid in lubricating bile and liver ducts, etc.

| Breaking up the mucus during juice cleanse generally causes constipation throughout these three days; use more prune juice, or take some of our Lower Bowel Tonic, two or more capsules three times or more a day.

| Begin the castor oil fomentation (described on page 19) during this three-day juice cleanse.

| Continue this detoxification for three consecutive days. Approximately three gallons of toxic lymph will have been eliminated from the body and will have been replaced by three gallons of juices. This will result in speeding up the re-alkalinizing of the system. If there is a jaundice condition or pain in the liver-gall bladder area, also use three times a day formula number 3 (on page 178).

## *After the Three-Day Cleanse*

| Preparatory Fast: After the first three days of cleansing, if a person has the desire or ability to do so, it is always profitable to fast one to three days using only distilled water, then a day of juice, before returning to salads and other regular foods. Do not eat any heavy foods immediately after a cleansing period or after a fast, but add these to your diet gradually. This is the best and smoothest way to get back onto solid foods.

| On subsequent days, begin taking vegetable juices and vegetables and fruit, preferably all raw. For breakfast, for example, eat fruit in season, sliced, chopped or grated, some honey for sweetening, and one or two tablespoonfuls of finely grated unsalted almonds sprinkled over. Also drink one or two glasses of fresh fruit or vegetable juices thirty minutes before or after eating fruit. For lunch, eat more fruit and one pint fresh raw vegetable juices. For dinner add any one of the salads given in the menus in Diet and Salad Suggestions (by N. W. Walker, published by Norwalk Press).

| If there is the slightest tendency toward appendicitis, also take high enemas, two, three or more daily for one week or longer if necessary.

| **Cleansing Symptoms:** As the cleansing begins the housecleaning process throughout the entire system, it will be accompanied by periodic aches and pains in the areas where the cleaning action is most acute and the wastage is loading the elimination system. There are times when you will feel very rough! Do not panic on your days after cleansing or during your periods of healing. In fact, the cleaning action may produce all the symptoms and effects of severe illness, but the patient should here act with knowledge and not blame the temporary problem condition onto the cleansing solution that is taking place--for patience is required here, and much comfort should be

derived in the realization that the healing process is well under way, and the sooner such discomforts come and are felt, the better.

| This elimination and cleansing will not be accomplished instantaneously, and one should not expect these lifetime accumulations that are packed into the system to be miraculously squeezed and flushed out of the tissues and organs in some "colonic fashion." This will all take time. You will have high days and low days, and these will take place in cycles. These "cleansing sicknesses" come in cycles of seven days, seven weeks, seven months, and seven years in most cases, and on each of these cyclic periods there will be healing and cleansing crises. As the toxic poisons break loose and are dumped into the blood stream so they can be eliminated from the physical body, you will feel pretty rough and quite frequently during a crisis you may feel worse than you ever did before starting the program--but again, do not panic! These crises are, again, merely toxic poisons trying to get from your body (wherein they heavily load the excretory channels) and are doing you the favor of leaving as rapidly as possible (causing pain and discomfort in the elimination process). But the bad days will become fewer and fewer and the good days greater and greater, if you are faithful to the program. Professor Arnold Ehret's book Mucusless Diet Healing System (which can be purchased from any health food store) may help you to understand some of the reactions you might experience while ridding the body of toxins, wastes, and mucus.

| Do not be unduly alarmed if you feel somewhat weak during or after this detoxification. Nature uses our energies for a housecleaning within us, and we soon regain greater energy and vitality as a result of a cleaner and a healthier body. It is good to do the three-day cleanse monthly or several times a year.

## *Three-Day Cleansing Program Quick Reference*

### **Supplies you will need:**

- 54 ounces or 2 quarts prune juice
- 9 ounces olive oil
- 3 gallons selected cleansing juice
- 3 gallons distilled water

### **Cleansing Steps:**

Step One: Prune Juice - 16 oz. or more upon arising in the morning

Step Two: Olive Oil - One or two tablespoons three times a day

Step Three: Cleansing Juice and Water - 8 oz. of fluid every 30 minutes, alternating 8 oz. of juice with 8 oz. of distilled water

### **Suggested Time Schedule**

7:30 a.m. ....16 oz. prune juice and 1-2 tbl. olive oil

8:00 a.m. ....8 oz. or more cleansing juice

8:30 a.m. ....8 oz. or more distilled water

9:00 a.m. ....8 oz. or more juice

9:30 a.m. ....8 oz. or more water

*Continue alternating juice and water every half hour until noon.*

12:00 p.m. ....8 oz. or more juice and 1-2 tbl. olive oil

*Continue alternating juice and water every half hour until 5:00 p.m.*

5:00 p.m. ....8 oz. or more juice and 1-2 tbl. olive oil

*Continue alternating juice and water every half hour until early evening*

8:00 p.m. ....8 oz. water every hour until retiring

### **Remember:**

**One Juice For Three Days.** Select any juice (apple, carrot, citrus, tomato, etc.) but use only that juice for the entire three days.

**Juice Only.** Do not eat anything during the three day cleanse, except matching fruit or vegetable with cleansing juice – apple with apple juice, etc.

**Chew Your Juice.** Make sure to swish each mouthful of juice thoroughly.

**Constipation.** Use more prune juice or take the lower bowel formula if you develop constipation during the cleanse.

**3-Day House Cleaning.** Repeat your juice detoxification for three consecutive days.

**Fourth Day and On.** After three days of juice cleansing, begin to take vegetable juices and vegetables and fruit, preferably all raw.

**Becoming Weak.** You will probably feel somewhat weak during or after this detoxification as your body uses all its energy to houseclean.

**Enema.** If there is the slightest tendency toward appendicitis, take a high enema, but only use enemas in cases of emergencies and not as a crutch for an inactive bowel.

**Continued Fast.** Once you have completed several three day juice cleanses, you can fast one to three more days using only distilled water.

**Cleansing Symptoms.** As your body begins to cleanse, you will probably experience periodic aches and pains as your body cleanses out its toxins and poisons, but this results in faster cleansing and quicker healing.

## Dr. Christopher's Extended Herbal Cleanse

When we are dealing with long-standing health problems we cannot expect to totally cleanse or cure the body with one or so three-day cleansing routines. Therefore, to rid the body of chronic conditions or to prevent their occurrence, an extended herbal cleanse is an excellent path to follow. This should be used in conjunction with the mucusless diet.

Upon arising, we take one or two (more if needed!) of the lower bowel formula. This would then be repeated one hour before lunch, and prior to retiring for the night.

Then, twenty minutes before eating we would take two of the liver-gallbladder formula, which would then be repeated prior to each meal.

Next on the program we would be taking two of the kidney formula mid-morning and also mid-afternoon. This routine would be followed six days, resting on the seventh. We would resume taking the herbs on the second week, adding two capsules of the blood purifying formula after each meal. We would again do this for six days, resting on the seventh day. This procedure would then continue every week for six weeks, after which we would rest one week. We would repeat these intervals for six months and again resting for one entire month. At the end of this seven month program, we will assess our progress and determine if another seven month program would be beneficial.

The one week delay in adding the blood purifying program is *absolutely essential* because of the extreme effectiveness of the formula. What we are doing is opening the eliminative channels of the body, allowing a pathway of elimination for the ensuing toxins eliminated by the bloody cleansing formula.

## Dr. Christopher's Mucusless Diet

We should not put mucus into the body faster than it can be taken and eliminated. With this preventative diet, not only are the sinuses, the bronchi, and the lungs cleared, but also the constipating mucus (catarrh) in the tissues of the body from the head to the bottom of the feet.

### **Harmful or Mucus-Forming Foods**

Secondary, denaturized, or inorganic food substances are to be eliminated from the patient's diet.

**Salt:** For those who are accustomed to large amounts of salt, this may sound difficult, but if you will substitute coarsely ground pepper and savory herbs, adding powdered kelp, you will find that the craving for salt will immediately begin to disappear. The black pepper is a good nutritional herb and helps rebuild the body when used in its natural state. But, when pepper is cooked in food, the molecular structure changes, so it becomes an inorganic irritant (as high heat changes the cayenne, black pepper, and spices from organic to inorganic), and this is the only time when damage results. The use of salts of a vegetable or potassium base (such as Dr. Jensen's, Dr. Bronner's, and other various ones, which in some cases contain some sea salt) is all right, providing it is not overdone.

**Eggs:** No eggs should be eaten in any form.

**Sugar and All Sugar Products:** You may use honey, sorghum molasses, or blackstrap molasses, but no sugar of any type.

**Meat:** Eliminate all red meats from the diet. A little white fish once a week, or a bit of young chicken that has not been fed commercial food or inoculated with formaldehyde and other anti-spoilage serums, would be all right (as these are the higher forms of edible flesh), but do not use them too often.

**Milk:** Eliminate all dairy products, which includes butter, cheese, cottage cheese, milk, yogurt, etc. These are all mucus forming substances and, in most cases, are extremely high in cholesterol. As a substitute for butter or margarine (hardened vegetable oils, etc.), you can train your taste buds to enjoy a good, fresh, bland olive oil on vegetables, salads, and other foods and you will discover this is one of the choicest foods there is.

**Flour and Flour Products:** When flour is heated and baked at high temperatures, it changes to a mucus-forming substance. This is no longer a food, which means it has no life remaining therein. All wholesome food is organic, where unwholesome food or dead food is inorganic. This is the key to our whole mucusless program.

## **Dietary Suggestions: Regenerative Foods**

If this diet is followed as outlined, we guarantee that after a short period of time you will have much more satisfaction from the foods we recommend for better health than you ever had from the food of your former diet. You will also come to your normal weight. If you are overweight, you will lose with this diet; and if you are underweight, you will gain after having passed your "new low," as mucus must be expelled from the body before the good flesh can be restored.

Do not be concerned because this diet omits meat and the commercial types of protein, and don't worry about adding protein, as you will get all that you need in these foods. The gorilla is built on the same order as the human being, and he gets all the protein he needs from just fruit and nuts (and for the human, the greens will round out the body requirements). You can prove this program to yourself!

### **Morning**

It is best not to "break-the-fast" (breakfast) until at least noon, except in cases of young or very active people. You will find that this will not be hard to do when you use items that we recommend (such as wheat germ oil, cayenne, etc.). These will lower the appetite while providing the need nutrition, so you will feel satisfied and will have taken these items even the second time during the morning because it is time to eat the regular noon meal but if (after taking the lower bowel tonics, wheat germ oil, cayenne, apple cider vinegar, honey, molasses, herbal teas, etc.), you have room left, are hungry, and want something to eat, the best food to start the day is a good low heated whole-grain cereal; however, this should be cereal in its wholesome state (with life in it). Or eat fresh fruits.

The cereal is prepared by first soaking the whole grain in water sixteen to twenty hours, then heating in stainless steel double boiler at a very low heat, 135 degrees or under, which can be done by pouring hot water over the grain and then applying low heat. It can also be prepared in a thermos bottle, as follows: Take a wide-mouth thermos bottle (pint, quart or whatever size you need for your size of family or individual); fill it in the early afternoon or evening one-third full of high-protein turkey red wheat; then finish filling the thermos bottle with boiling water (turning the container on its top and back once or twice, so that during the evening the water circulates completely into the bottom, or else some wheat in the bottom will not be treated).

When you uncover your vessel in the morning, after low heating the grain all night long, it should be ready for consumption. The wheat is popped open, is soft and very tasty (as none of the flavor has been lost in cooking); this procedure is still improved by pre-soaking. With a little oil or fresh butter added, it is a very delectable food. Some folks like to add cinnamon, nutmeg, allspice, etc.

Wheat contains all of the potential nutrient values needed in the human body. The wheat herb or wheat grass especially is a complete food, as it provides you with protein, calcium, and all the needed enzymes, vitamins, minerals, etc., to rebuild and regenerate the cell structure of your body. The grain is alive until it is killed in some chemical storage procedure, or high heat. The test for germane wheat (which is still in a "wholesome" state, having the life therein) is to plant is and see if it will grow.

This test is also valid for testing cooked wheat, and when low-heated in stainless steel, it will retain the life power and will grow! The foods, prepared in this manner, are organic; consequently, this is the manner that grains must be prepared for use. We are told in holy writ that "all wholesome grains and herbs are for man, and grain is the staff of life," but it does not say that it is permissible to grind it to a face powder fineness or to heat it above 212 degrees F., and change the molecular structure from organic to inorganic, and thereby make it very mucus-forming. The results of man's inventions indicate otherwise. Sprout the grains if you wish, in preference to popping them open with moist heat.

Sprouted grains are excellent and nutritious but if you give a growing child a bowl of sprouts for breakfast, he is hungry in a short time, so a good serving of soaked, low-heated grain tastily prepared will "stick to his ribs" for hours. Alternate the wheat with barley, millet, buckwheat, rye, oat groats (whole, not rolled oats).

## Noon

If you prefer only a light lunch, then have a tossed salad--a salad as large as you want of mixed vegetables and leafy greens, using homemade olive oil dressing:

1 cup olive oil  
2 tablespoonfuls apple cider vinegar  
Pinch herbs, black pepper, etc.

Make this dressing to your own taste, for there are so many varieties you can make--avocado, onion, garlic, etc.--but do not use the processed dressings of the commercial market.

Juices may be taken during the afternoon: carrot, grape, apple, etc. Dried fruits and nuts are very nourishing and beneficial, and the latter are better (as a whole protein) when used in combination with the garden greens. If a person has cancer or is inclined toward cancer, do not overdo eating protein, such as nuts. This is one thing that does damage to the pancreas and, in these cases, eat the nuts only in the morning. But stay away from peanuts and concentrate on almonds. A person with a cancerous condition should use from eight to ten almonds in the morning and the same at noon. But do not take any protein from evening time until the next morning, allowing sixteen to eighteen hours for the pancreas to clear and start to work on enzymes again. All

protein should be taken early in the morning. And, of course, in cancer cases, never any secondhand or secondary protein, such as meats.

Proteins are a fad and are highly over-advertised. All fruits, vegetables, grains, nuts and seeds have protein in them. If you are eating a good live mucusless diet and wonder what to eat for protein, ask any gorilla. Their body organs are built just like a human's, and they live a number of years longer than humans. They are one of the strongest animals, for their weight, on the face of the earth. They are fruitarians, eating that which grows above the ground, fruits, grains, nuts and seeds. We enjoy underground roots and tubers, but they do not dig as we do; so with carrots, potatoes, beets, etc. added to the above-the-ground vegetation, we should do better than the gorilla.

We kill the cow to eat the steaks for the protein she gets from eating grass. Let's get our protein fresh and natural, not secondhand as from animal's flesh or from something in its dead state concocted by man. Commercial protein will work on the effect and give quick relief from certain ailments, but overuse of commercial types will overwork the pancreas and other glands, causing low blood sugar (hypoglycemia) and/or diabetes (high blood sugar). The natural live protein in foods on the mucusless program will be used as needed and the surplus discarded from the body naturally when not needed. The sedimentation of the commercial type of protein of lower vibration remains in the gland of the body and causes future trouble.

Regular meals can start off with a nice cup or bowl of potassium broth. Dehydrated vegetables in the form of potassium powder or broth can be purchased from most health stores or you can prepare your own. Some health books provide instructions for making potassium broth. You can add the left-over, savory vegetables and here you have one of the most exotic-tasting, low-heated vegetable soups that is imaginable. The broth starts the meal off, and is followed with salad. There are thousands of salad combinations, and with some investigation and experimentation, you will never run short of interesting ones.

After that, serve the low-heated vegetables (many types can be prepared with various savory herbs, and these can be removed from the low heat just before serving), and these will always be tasty and beneficial as long as they are low-heated and are still in a wholesome state. At least five to six vegetables should be eaten each day, of which two should be green, leafy ones. A small amount of bland oil (such as olive oil) added to the baked potato, baked squash, etc., is very good. If you are using cayenne regularly, you may use fresh butter on your vegetables.

You can explore and concoct some very interesting, intriguing meals with a little daring and imagination, and you will never need to worry if you eat copiously until you are satisfied, and you will have all the nutrition that is needed for ample physical strength; use casseroles with whole grains, etc.

You can prepare delicious casseroles with barley, rye, millet, wheat soaked as above and while low heating add fruits or vegetables, tasty herbs, etc. All lentils, beans, soys, etc., prepared this way are alive and good eating. Soys and most beans can be soaked for two or three days and then low-heated twelve to twenty hours adding onion, garlic, peppers, etc., during low-heating.

Do not drink liquids during mealtime. Mix food thoroughly with saliva. Wait 1/2 hour after eating before drinking.

## **Evening**

This is generally the heavy meal of the day, but you can reverse this at will if you like, eating the heavy meal maybe at noon, then the light meal with a salad at night. If you prefer a warm meal, start off with a cup of vegetable broth (regular potassium broth). The broth should be followed with a salad, then the main course is steamed vegetables that have been prepared at low-heat. Be sure to always cook in stainless steel, Pyrex, or some approved vessel, but never in aluminum!

Juice or nuts, dried fruits or fresh fruits are all excellent. Whenever you use a fresh fruit, use it alone, only one type of fruit at a time. When you want to eat some other type of fruit, wait for one half hour or more at least before eating it, and this will prove much easier on your digestive system. The monodiet is also recommended for people on a healing routine. If the individual feels he is well and healthy, a fruit salad or mixed fruits at times is permissible.

## **Supplements for Maintaining Good Health**

**(or Six Things You Should Do Each Day for Maintaining Good Health)**

### **Cayenne**

Start by taking ¼ teaspoon of this herb three times a day. Gradually work up to 1 teaspoon three times a day. Dissolve the cayenne in 4-6 ounces of distilled water. Drink this, and then chase it with more distilled water. Cayenne is a pure stimulant, increasing the functional activity and energy in the body. It is a specific food for the heart and blood vessels and helps them regain their elasticity. It equalizes the blood circulation throughout the whole body, thus it is valuable for any hemorrhage (whether internal or external) and for restoring normal blood pressure. Cayenne heals stomach and intestinal ulcers, stimulates the peristaltic motion of the intestines, has antiseptic qualities, and much more. Cayenne is the strongest of the three categories of Capsicum (paprika, red pepper and cayenne). Any Capsicum that has over 25 BTU's (British Thermal Units) is classified as cayenne. At times you can purchase cayenne with as much as 10,000 BTU's, so decrease your dosage if it is too strong (too hot) for you. To assure that you get good quality cayenne, we recommend that you buy it at a health food store.

### **Honey and Apple Cider Vinegar**

Place one tablespoon of honey and one tablespoon of Apple Cider Vinegar in warm water, so that the honey will liquefy. Sip this amount three times a day so that at the end of the day a total of three tablespoons is consumed. It can be taken immediately after the cayenne. Use only apple cider vinegar, which contains malic acid, as opposed to white distilled or white wine vinegar, which contains harmful acetic acid. Be sure not to get "cider-flavored" vinegar. Apple cider vinegar dissolved mucus, has antiseptic qualities, aids in proper coagulation of blood, builds healthy blood vessels, and aids in digestion.

### **Vitalerbs**

Vitalerbs is the ultimate whole-food formula, perfectly balanced the way Mother Nature intended with vitamins and minerals. Vitalerbs provides the body with the essential nutrition from which the foundation of health is built. Vitalerbs contains organic juice powder from Alfalfa, Barley and Wheat Grass, Rosehips, Oatstraw, Purple Dulse, Ginger Root, Dandelion Root, Kelp Herb, Spirulina, Irish Moss, Beet Root, Nutritional Yeast, Cayenne Pepper, Blue Violet Herb and Carrot.

Take six capsules three times a day for therapeutic needs or two capsules three times a day for maintaining good health. You can find Vitalerbs wherever Dr. Christopher products are sold (to locate a store that sells Dr. Christopher products or to shop online go to <http://www.christopherwebsites.com>).

### **Blackstrap Molasses or Sorghum**

Take one tablespoon three times a day. It provides an abundant and easily assimilated form of calcium, potassium and iron. Be sure to get unsulphured molasses from a health food store.

### **Wheat Germ Oil**

Take one tablespoon three times a day. This is a rich source of fatty acids, vitamin E and octacosanol. Vitamin E is believed to play a role in stimulating the immune system, preventing formation of abnormal blood clots, and it is an anti-oxidant; it prevents oils from becoming rancid. Octacosanol is believed to be the agent in wheat germ oil that provides the energy-giving effects (improving endurance and vitality, and speeding recovery time). Wheat germ oil can be found in most health food stores.

NOTE: Some individuals' schedules may require that they take 1 ½ tablespoons of molasses and wheat germ oil two times a day instead of one tablespoon three times a day.

## Corrective Aids

by Dr. John R. Christopher

**Castor Oil Fomentation:** In order to get rid of hardened mucus in the body, which may appear as cysts, tumors or polyps, the following fomentation is to be used.

Soak a piece of outing flannel or baby's diaper in castor oil, squeeze slightly so it won't drip much, then place over entire frontal torso (neck to groin and side to side). Place a hot water bottle over the castor oil application over the liver area (the liver is on the right side, just above the waist). It should be noted that a heating pad is not too highly endorsed here, unless a wet towel is placed between it and the castor oil cloth – but even then, wet heat such as the hot water bottle is best. Leave all this on for 30 to 60 minutes. The hot-water bottle may have to be refilled with hot water several times because it cools rapidly.

The next three days, over the same area covered by the fomentation, massage in a circular motion toward the heart with olive oil for 5 to 10 minutes.

The seventh day is a day of rest, not only from the fomentation, but from every part of the program. Drink only water the entire day – and every seventh day thereafter will be done the same way. On the eighth day, begin again with the castor oil for three days and so forth, along with the mucusless diet, the herbs, etc., until healing is accomplished.

In the use of the fomentation, the castor oil goes through the skin into the liver area and lymph glands and starts drawing out the poisons and flushing them out, while the olive oil goes in and heals and rebuilds new tissue. Depending on the case in hand, this procedure may have to be carried on between six weeks to six months to properly clean up the system.

**Exercise:** It is necessary that all patients do some jogging, which is a bounding motion. This helps to improve circulation, tone the organs, and slough off the dead cell accumulation faster. Each person should work up to a mile of jogging daily, but start out with ¼ mile or less. Never jog to the point of exhaustion because all the good that is done each day will be undone as a result of over-exertion. If for some reason the jogging cannot be done outside, do it inside the house in front of an open window. This will especially vibrate the peristaltic colon muscle and give it tone, will revive the uterus from a prolapsed state in the female, and help heal the prostate in the male.

**Deep Breathing:** To keep this from being complicated, we are not going to give you specific Yoga breathing exercises or anything at all difficult here. The main thing is the *deep* breathing of fresh air in through the nose and out through the mouth. Breathe deeply enough that it actually hurts when you breathe. Do this morning and night, no less than five or ten minutes. This will start the day and finish the day off with pep and energy – doing this just before retiring

at night will give you the best sleep you have ever known. Deep breathing is the “breath of life,” and it will take oxygen to every cell in the entire body. Each cell will die unless it gets the breath of life, and the only way you can get enough of this lifegiving element is through inhaling oxygen and air through the nose. This principle is so important and yet so overlooked. A person can live 110 days without food and sixteen days without water, but only a few minutes without breathing. This is something we pay very little attention to, and shallow, unhealthy breathing is “normal” today. We completely ignore deep breath which is the breath of life.

**The Vital Circuitry:** Another essential item in building up the health of each patient is the release of static electricity in the body by removing the shoes and stockings or socks and shuffling the feet through the lawn and grass ten or fifteen minutes a day. Regarding the buildup of static electricity, what happens is this: in the process of giving life to the physical body, the hair acts as an antenna and pulls electrical energy from the atmosphere. As this electrical force comes in through the top of the head, it distributes so many amps and/or ohms to each organ, cell, gland, etc.; then the rest of the electricity is supposed to pass out of the body again into the earth through the feet; but when we wear rubber or synthetic-soled shoes and wear stockings or socks, that electricity in the body and we become mentally confused and frustrated from it.

Above all *think positively – think health!* Recognize that you already have a degree of health and be grateful to the Lord for this health, and thank Him today with a positive prayer for the health that you have. Thank Him for the perfect health that is yours *now*. Jesus said, “The field is white, ready to harvest.” Health is yours *now* if you think positively in this way.

## How to Make Herbal Tea

To make an **infusion** (a tea made from leaves, flowers or stems): Bring distilled water to a boil. Remove from heat. Add the herbs to the water and steep 10 to 15 minutes. Strain and serve plain or with an optional teaspoon of honey.

To make a **decoction** (a tea made from bark or roots): Add herbs to cold distilled water in a pot. Slowly bring the water and herbs to a boil on medium heat. When it reaches boiling, turn down to low heat and simmer 30 minutes. Strain and serve either plain or with an optional teaspoon of honey.

**Beverage teas** (infusions or decoctions) are usually made with 1 slightly rounded teaspoon of the herb to 1 cup of water.

**Medicinal Teas** can be made much stronger, using as much as 1 to 2 oz. of an herb to 1 ½ pints of water. One ounce of leafy or flower herbs is about one handful.

## Herbal First Aid

You never know when you will need first aid:

“What if there was no electricity? What if food distribution is shut down? What if there is a national disaster? What if you had to survive in the woods? What if you were attacked by an enemy and had to flee?” (Kurt King, Master Herbalist and author of *Herbs to the Rescue*).

Herbal first aid helps you be prepared for the “what if’s.” It doesn’t have to be as drastic as a national disaster or having to survive in the woods, though. What if you are walking in a parking lot and your daughter falls down and skins her knees badly? What if one of your children runs through the neighbor’s yard (that has been sprayed for weeds) barefoot and gets poison running up her leg? What if you slice your leg open while plowing the snow? What if you are on a trip and someone gets hypothermia? By knowing basic first aid and having some basic supplies on hand, you can treat each of these “what if’s” (by the way – each of these experiences has happened to David and Fawn Christopher and their family – and they knew how to take care of them using herbal first aid).

### **Why Herbs?**

Shouldn’t you just go to a hospital? Can’t you just use the first aid kit that has been under your bathroom sink for 20 years? Here is what David Christopher, Master Herbalist and Director of The School of Natural Healing, said:

“Herbs are the safest, most effective tool available for health care. Unlike drugs, which have a myriad of side effects that can and do cause harm, herbs can be used with confidence and you will do no harm. Many people are aware of the wonderful tonic effect of herbs that, when taken in small quantities over a long period of time, miraculously correct old chronic conditions; but...herbs can work just as fast and even more effective than patented, synthetic drugs in dealing with acute emergencies” (*Herbs to the Rescue*, Forward).

Please note that we are not saying to never go to the emergency room – doctors are great for certain situations – only you can make that decision. You should be prepared, though – to handle any emergency – as Kurt King points out, “What if?” What if you can’t get to an emergency room? What if the situation required immediate care – before you could get to the hospital? What if you are camping and are many miles from help? You can feel confident knowing that you could handle almost any situation.

This guide will cover a few basics (Herbal First Aid is taught as an entire class). We can’t possibly teach you all you should know! But we will help you know what herbs should go in a first aid kit, what resources you should have, and how to handle a few emergencies. We will give you resources for other herbal first aid situations.

Your primary weapon is knowledge. For example – if you get into some Poison Ivy in the woods, did you know that the cure is always growing nearby? If you have educated yourself then you will be able to find the plantain nearby, know how to use it, and get on with your day. Without making this sound too much like an advertisement, we are confident that your very best source of education is The School of Natural Healing. Dr. John R. Christopher had the vision to see a Family Herbalist in every home and a Master Herbalist in every community. The Family Herbalist course will teach you how to handle most medical situations at home. You won't find a Family Herbalist who doesn't feel like they got much more out of the course than they paid for it.

We also encourage you to go on an herb walk in your area. Check with your local health food or herb store to see if they are aware of any. Take a camera, a notebook, good hiking boots and a hat with you and enjoy an herb walk. After doing an herb walk (as long as it is led by someone qualified) you will be able to identify many different herbs in your area.

To get you started, there is one herb you shouldn't be without - cayenne. Why cayenne?

“Cayenne helps restore normal body functions, relieves rheumatism, counteracts putrefaction and infection, relieves nervous irritability and spasms, condenses and firms the tissues, excites intestinal peristalsis, relieves spasms, promotes expulsion of gas from the gastrointestinal tract, seasons and flavors foods, induces vomiting (in large doses), is hot and penetrating, stimulates local circulation and skin redness, increases saliva and aids digestion, causes profuse perspiration, stops bleeding, is a general all around stimulant to activity and energy, and heals wounds” (information from Dean Alter, Master Herbalist).

## **FIRST THINGS FIRST**

by Kurt King, Master Herbalist, author of Herbs to the Rescue

There are six basic steps that apply in any first aid situation. They are:

- 1) Stay calm and think first before you act.
- 2) Check if person is breathing and if there is a heartbeat. (Pulse check on wrist or neck arteries. Visually notice chest action for breathing.) If person is not breathing or pulse cannot be found, administer emergency CPR immediately.
- 3) Check for severe bleeding (hemorrhage).
- 4) The next priority is to examine for shock (Shock is a serious condition of acute circulatory collapse, usually brought on by severe blood loss or trauma). Then examine for head injuries, fractures, lacerations and dislocations.
- 5) Begin treating person accordingly using a good “bed-side manner,” calming and reassuring the person to help prevent shock or hysteria.

6) Find adequate shelter for the injured person, out of the harsh elements. Keep person warm, calm and reassured that all is going well.

## **HERBAL FIRST AID KIT**

How do you know what you need to have in a basic herbal first aid kit?

The following list is not a comprehensive list – just a few of the basics!

X-Ceptic – Alcohol Extract  
Complete Tissue & Bone Ointment  
Valerian Nerve Formula  
Cramp bark  
Slippery Elm Bark  
Herbal Eye Bright  
Eye Cup  
Distilled Water packet  
Red Raspberry leaves  
Echinacea  
Cayenne Pepper  
Tincture of cayenne  
Cayenne Deep Heating Balm  
Plantain Ointment (Stings & Bites)  
Black Ointment  
Sen-Sei Ointment  
Ginger Root  
Tweezers  
Band-aids  
Scissors  
Ace bandage  
Herbs to the Rescue – by Kurt King

## **WHERE YOU SHOULD HAVE FIRST AID KITS:**

1. Keep a kit in the trunk of each of your vehicles
2. Take a smaller kit with you when you travel by plane or train
3. In your home

## SHOCK

by Kurt King, Master Herbalist

Shock is a serious condition of a severe circulatory collapse. Most often it is caused by extreme blood loss, or traumatic injury without any blood loss.

The symptoms of shock to watch for are clamminess of skin, washed-out look, rapid weak pulse, low blood pressure, shallow rapid breathing, nausea and vomiting. Also watch for partial or complete loss of consciousness.

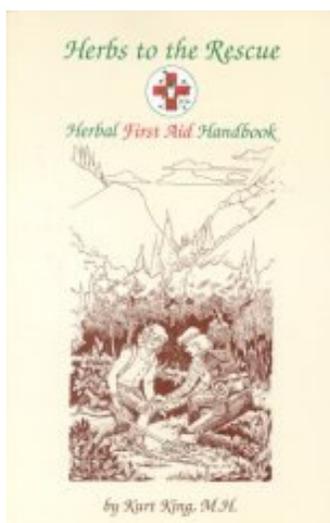
A state of shock can be induced by people with fear in a minor injury. In every accident follow as if shock could occur and treat as if it could occur even up to several hours later. Shock can be more serious than the injury.

If a person is conscious or unconscious:

1) Administer 1 dropperful of Cayenne Tincture under the tongue, followed by Shepherd's Purse tincture, 1 dropperful under tongue (to normalize circulation).

2) Lie the person flat on their back, with legs and thighs elevated.

3) Make sure the person is warm – replace any wet clothing. A person in mild shock can still produce body heat. A person in severe shock loses the ability to produce any body heat. When this happens, no amount of clothing will help to restore body heat. Hypothermia and irreversible shock then takes place, and the person can die. In severe shock, external heat needs to be applied. The best heat source is from another person, one or more, to come in contact skin to skin in sleeping bags (like a cocoon) with the person in shock. Internally, keep administering Cayenne Tincture and Nettle Tincture to improve circulation and produce internal heat. All future heat loss to the person in extreme shock should be avoided.



*“Kurt and I [David Christopher] sat down together recently, swapping herb stories, discussing case histories, and exchanging remedies. In the course of our reunion, and after much discussion, we decided that a usable book on herbal first aid was greatly needed.*

*“Because of time restraints, I bowed out of the project and encouraged Kurt to write the book. After reviewing the book I can say that he’s put together a wonderful guide to not only first aid but health care in general.*

*“At the risk of sounding trite, let me say, study this book, use this book, and please ‘don’t leave home without it.’” (Herbs to the Rescue – Introduction by David Christopher).*

*Kurt King's excellent book, "Herbs to the Rescue: Herbal First Aid Handbook" is a book that you need a copy of with every herbal first aid kit you have. While only 90 pages long, you would be hard-pressed to come across an emergency that this book doesn't cover. And for only \$7.95, you can't afford to be without a few copies!*

*To learn more or purchase a copy, please visit:*

[http://www.christopherpublications.com/King\\_Herbs\\_Rescue.html](http://www.christopherpublications.com/King_Herbs_Rescue.html)

## Treating Burns

### **Safety Precautions**

by John Keim, author "Comfort for the Burned and Wounded"

REMEMBER: Prevention is much easier than curing!

- DON'T EVER set hot water or any hot liquid on the floor for any reason whatsoever.
- DON'T leave the handles of pots and pans sticking out over the edge of the stove.
- DON'T handle hot pots and pans with an apron that you are wearing.
- DON'T carry hot water in a kettle holding it in front of you. Carry it in a pail at your side.
- DON'T pour kerosene, gas or anything flammable into any stove.
- DON'T store kerosene, naphtha or gas jugs side by side, no matter how well marked.
- DON'T store naphtha or gas jugs inside a house.
- DON'T fill lights, lamps, etc. more than  $\frac{3}{4}$  full. Cold fuel expands when brought into room temperature and can explode.
- DON'T ever leave a room where a candle is burning.
- DON'T set candles close to curtains or anything flammable. They should be in proper candle holders.
- DON'T fill gas or naphtha lights in a room where there is a flame (stove, lamp, etc.). Fumes travel fast and can easily explode.
- DON'T refill gas lanterns and lights until you are sure that they are absolutely out. Flames in the mantels tend to go out slowly.
- DON'T let matches lay around. Keep them out of the reach of children.

### **Treating Burns**

by David Christopher, M.H. and founding member of A.H.G.

There are a lot of misconceptions in treating and caring for burns. Those that have been burned need not suffer pain and disfigurement nor undergo expensive and questionable plastic surgery.

The first myth that causes excruciating pain is the supposed necessity of exposing the burn to air. Adherence to this myth has caused extreme pain and suffering. Airing out burns is not necessary and is counter-productive.

The next myth that causes undo pain and scarring is that one should not use oil on burns. Olive oil based herbals prevent scarring and alleviate pain.

The third myth is the necessity of debridement. Clearly, leaking fluids, decaying tissues, and bacteria need to be removed but not by the present methods using wipes and brushes. I can not think of anything so tortuous. In fact, nurses who care for burn patients take special psychological training enabling them to continue their duties regardless of the screams of their patients. It is even more heartrending when they change dressings for children who have been badly burned.

## Herbal Protocol

First- submerge wound in very cold or ice water. If clothing is involved, submerge affected areas in ice water clothes and all, and then carefully remove clothing from these areas. This is to prevent pulling off the skin.

Second-apply burn ointment (see Herbal legacy - [http://www.herballegacy.com/Burns\\_Sunburns.html](http://www.herballegacy.com/Burns_Sunburns.html) Comfrey Paste) or simply combine Dr. Christopher's BFC salve (now called Complete Tissue and Bone ointment) with an equal amount of pure raw honey. Mix well and apply thickly (1/16 inch), then apply soft fresh leaves (plantain, dandelion, even the soft parts of spinach or lettuce) then apply gauze to secure the leaves, then cover with soft padding and secure with an ace bandage. (Caution: gauze applied directly over the ointment, when removed, will pull off the new skin that the body is trying so hard to make). Non stick pads will trap bacteria and fluids and worsen the condition. Leaves allow oxygen in the air to counter the bacteria but still provide a comfortable barrier. The dressing should be changed 2 to 3 times daily, depending on elimination.

John Keim offers some additional tips for dealing with burns in areas of the body that bend (at the joints, between fingers, toes, folds or tissues around the neck, abdomen or under breasts):

After covering all exposed sections of the skin loss with salve and leaves – remember – leaves must be placed between folds and digits of the hands and feet to keep them from growing together.

The palm and fingers of the hands in particular must be straightened and flattened while healing. A child has a natural tendency to close the fingers and cup the palm. If left unprotected, they will head like a claw and cupped palm seriously disabling them for life.

After dressing the hand in the usual manner, a piece of corrugated cardboard can be cut out to the width of the hand and length from fingertip to wrist, placed on the back of the hand on top of the dressing. Wrap flattened palm and fingers up against the cardboard with a gauze roll.

For elbows and knees a similar approach is needed. Daily exercise and straightening of the muscles is necessary to keep them from shortening permanently. An aggressive effort must be used while exercising even though it is painful, to avoid a lifetime of disability.

Another important thing is your diet. Supplementing it with foods of special benefit is important after the body has recuperated from initial shock and is ready to take nourishment.

The first intake besides water should be electrolytes (in 1 quart water add 1 tsp. salt, ½ tsp. soda bicarbonate, 2 tablespoons honey plus some orange or lemon juice). For large burns, four to eight quarts a day may be taken. After that freshly pressed vegetables juice from raw foods such as carrots, celery, spinach, cabbage, beets, etc. may be used. A large percentage of juice may be carrot juice. If using red beets only use a small portion with other vegetables. These juices should be offered to the patient from three to six times daily.

Figs, prunes and prune juice [and Dr. Christopher's Lower Bowel Formula] may be included to promote healthy bowel movements.

The School of Natural Healing also encourages you to add Jurassic Green (1 t – 1 T three times a day) and Vitalerbs (6 capsules three times a day during healing for a total of 18 capsules a day) to your diet – especially during healing.

### **Case History**

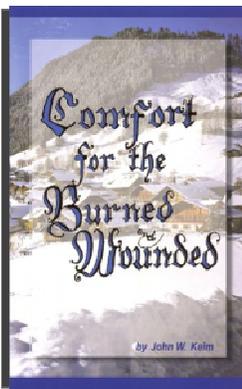
Glory, age 5, was on the floor doing her homework when her brother passed by carrying a load of books. He tripped on the cord to the crock pot, which spilled its contents of hot soup on Glory's abdomen and legs. Panic ensued, resulting in running around with scalding hot clothes. Her Dad rushed in and immediately put her under a cold shower.

They removed the clothes and rushed her to the hospital. On the way they applied the honey that they grabbed on their way out the door.

At the hospital the prospect was grim. They applied Silvadene or some such product and pain killers. Needless to say, there was no progress or relief for three days, yet they would not release the child to the parents. The mother called me on the second day and I taught her the herbal protocol for burns. Instead of releasing the child they transferred her to Shriner's Hospital in Galveston, Texas. The family followed. At Shriner's one of the top surgeons in the country explained about shaving her head and removing the skin from her head to graft into the legs and abdomen. This was necessary because according to modern medicine, "the damage was too great and could not heal without horrible disfigurement."

The parent's pleaded for time at home for mental calming of the child, good sleep and familiar food and surroundings.

A miracle ensued that they were able to take the child home. Here they applied the protocol mentioned earlier. They saw more progress in one day than was evident in the hospital in 10 days. Today she is doing great and is mostly scar free. If they hadn't wasted time in hospital care, she would have healed faster with little pain and no scarring.



It is impossible to share all that you need to know about burns in this short booklet, but this is a very important thing for you to know how to deal with at home. We highly recommend you add the book "Comfort for the Burned and Wounded" by John Keim to your library and first aid kit. This can be purchased from Christopher Publications for just \$14.95. At that price you can afford to have more than one copy so that it is always on hand when needed. It also makes an excellent gift (especially when packaged with some Complete Tissue and Bone Ointment and raw honey). To order the book please visit: [http://www.christopherpublications.com/Keim\\_Comfort\\_Burned.html](http://www.christopherpublications.com/Keim_Comfort_Burned.html)

## School of Natural Healing



The School was founded in 1953 by Dr. John R Christopher. He wanted to pass on his herbal legacy so that others could learn how to take care of many health issues right at home.

The School is directed today by Dr. Christopher's son, David Christopher. Under his leadership and direction thousands of people all over the world have learned how to safely and effectively apply principles of herbology for better health and healing.

Because of the knowledge you will gain through The School of Natural Healing you will:

- feel confident in taking care of yourself and family
- become more self-sufficient
- save thousands by being your own primary health provider
- become a great resource for family and friends
- understand what foods help the body fight infection
- maintain a healthy lifestyle
- lose weight and keep it off
- learn to reduce high blood pressure or cholesterol naturally
- learn how to have a safe and healthy pregnancy
- and much more.

The School of Natural Healing offers all courses through correspondence. That means you learn these principles at home on your own time. You will have access to the world's greatest herbalists and natural healers through books, audio and video.

The introductory course, Family Herbalist, is only \$495. This is the fundamental course that will give you the basics of Natural Healing and Herbology and allow you to take care of many health challenges at home.

We encourage you to take responsibility for your own health by enrolling in The School of Natural Healing today.

## Christopher Publications

“Books for Your Health and Well-Being”



Christopher Publications is home to all the writings of Dr. Christopher, including the popular book “School of Natural Healing”.

On the Christopher Publications website you can purchase all books published by Christopher Publications as well as many other books of interest to herbalists.

Visit Christopher Publications today at

<http://www.christopherpublications.com>

## [A Healthier You Radio](#)

Since 1991 Master Herbalists David & Fawn Christopher have done a weekly radio show broadcast out of Utah County called A Healthier You.

The title of the show says it all - the show is dedicated to helping you become healthy - naturally. During the years they have covered about every conceivable health topic - from Asthma to Cancer, Heart Disease to Stroke, Pregnancy to Weight Loss (and everything in between).

For years the only way to hear A Healthier You if you lived outside of the broadcast range was to purchase an annual membership that gave you 12 out of the approximately 50 programs broadcast that year.

We are excited to tell you that A Healthier You is now available online! Hundreds of hours have been spent converting the past shows to a digital format so that you can access the invaluable database of past shows. This database of shows will help YOU to improve your health and become more independent.

A Healthier You is a membership-based site. For a nominal membership fee you can join and support this valuable program.

Membership to A Healthier You gives you access to the entire database of shows that you can listen to or download whenever you want. You will get every single new show the Christopher's broadcast. This will give you the most up-to-date, relevant data about your health.

By listening to A Healthier You and applying what you learn you can live a longer, happier and healthier life.

Here is what one listener said:

"I learn something new everytime I listen. Now the shows are on the internet and I can choose what I need to listen to by topic. This is a great resource that just keeps helping and encouraging me. Thank You David & Fawn!" --Judi C., Benson, AZ

We are sure that you will agree with Judi that this is a great resource.

If you are outside the listening area (Utah County), you can listen to the show live every Saturday morning on the Internet from 9-10 AM Mountain Time.

To learn more about membership or to listen live to A Healthier You visit:

<http://www.ahealthieryouradio.com>

## **Free Herbal Call Hour**

with Master Herbalist David Christopher

Are you looking for answers to your natural healing or herbal questions? David Christopher, Master Herbalist and Director of The School of Natural Healing, offers free tutorials Monday – Thursday, 1-2 p.m. Mountain Time. You can reach David by calling 1-800-372-8255.

David also offers private tutorials and speaks to groups nationwide. For his current rates call The School of Natural Healing at 1-800-372.8255.