

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## 2 Steps to Better Health

by Doreen Spackman, M.H.

People want to have better health and we see advertising from billboards to magazines, right now most stores are full of exercise equipment, diet drinks, miracle shakes, a magic pill, and the list goes on. So what is the best thing to do? Which advice will help most? Is it safe? Will it really work? Can I go back to eating how I want to when I'm done losing the weight? How do I get rid of these headaches? I want to have a better quality of life. Why can't I do the things I used to? There are many questions, so what do we do, here are 2 thoughts... if we want to be different than we are today then we have to do something different. Let's keep it simple, natural and easy.

First-Drink distilled water-Why? Our bodies are over 65% water; our cells need clean water to be healthy. We are made up of cells that need to be nourished and they need to be able to eliminate without being clogged (cancer is only damaged cells) let's keep them clean and healthy. Distilled water has a major role in eliminating toxins from the body. My husband was wrestler in High School and had a calcium deposit in his back about the size of a tennis ball he was told it would need to be removed surgically he never had it removed and 30 years later it was still there. The only thing he did different was drink distilled water and now it is only the size of a -O- capsule. If we want things to be different we have to do something different. He decided that maybe things really could be different, so he tried more healthy changes. You can read more on water at <http://articles.herballegacy.com/water-2/>.

Cleanse! Cleanse! Cleanse! There are many types of cleanses but let's keep it simple, natural, and easy by eating more fresh fruits and vegetables. Your body will naturally begin cleansing when you eat fresh fruits and vegetables. We live at such a wonderful time where fresh fruits and vegetables are in abundance and a wonderful variety too. Let's have fun eating!!! I love to eat 3-5 fruits a day. One thing to remember is, eat fruit on an empty stomach, it has all of the fiber, enzymes and water bound to nutrients, to digest and eliminate itself while fortifying us with the many nutrients it contains. These include but are not limited to Vitamin A, B1, B2, B6, C, E Niacin, Folate, Pantothenic Acid, Calcium, Potassium, Phosphorus, Magnesium, Iron, Selenium, Manganese, Copper. Oh! And did I mention this is only in a medium size orange. At this time of year I eat 2 a day plus a grapefruit, banana, and an apple. Just look online for vitamins in fruit you might be amazed at the wonderful nutrition of the items in the fruit section of your local grocery store, fruit stand, co-op or neighborhood farm and orchard.

There are only 3 of us in our home and we can go through a case before they go bad. I could go on about the benefits of buying in bulk but that is for another time. Remember chew your food well to get those digestive juices going. I eat fruit in the morning and before dinner. Remember your fruit

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will digest faster than processed foods so eat it first or there will be a traffic jam in your digestive system when your processed foods are slowly moving through, then if you eat your fruit after your meal it will be cruising at top speed and continue to push through your processed slow moving food. You are going to probably hear rumbling and have some bloating and gas but the fruit isn't the problem, you needed to make sure you ate the fruit first because it has everything it needs from start to finish while the processed food is waiting for other aids to help break it down. Depending on the source fruit takes 30 minutes to 2 hours to digest; processed food, dairy, and meat take 5-9 hours. As a side note, I was/am hypoglycemic and was not able to eat fruit freely because of the migraine headaches I would get and I didn't have apple or orange juice for over 20 years. The problem was not the fruit, it was how and what I was eating it with. By doing just what I have explained in eating fruit at the right time and with the right foods, I finally freed myself from the migraines I have had since I was a teenager.

Need some ideas for fruit in the winter I love apples, oranges, and grapefruit, kiwi, lemons. Fall- grapes, peaches, plums, and pears. Summertime- watermelon, cantaloupe, cherries, raspberries, blackberries, blueberries, cherries Spring- strawberries, apricots. Add in bananas, pineapple, star fruit, mangoes, nectarine, figs, kumquat and have some fun.

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