

DR. CHRISTOPHER'S  
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## Alternative versus Conventional Management

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Why would someone want to consider the possibility of alternative whole herb management when we have a plethora of medications readily available to the average person? This article will give you a few things to consider for your farm and family.

**Cost:** Even though some medications are inexpensive monetarily, it is still hard to compete with the cost of dandelions, raspberry leaves, apples or other plants that may already be available in your yard, garden, kitchen cabinet or a walk to the 'back forty'.

**Ph:** Whole herbs promote proper bloodstream Ph; whereas medications cause acidity.

**Toxicity:** All medications are toxic on a cellular level. Bodies were never meant to ingest nor have synthetic materials put into the bloodstream. Though one may not see the effect outwardly, the cells definitely do and are compromised.



**Availability:** There are so many herbs that one can grow on their own that are very beneficial. By learning to pick and dry your herbs properly you can have a nice winter supply. This removes the occasional backorder problem of drug companies, or having to trudge out in the weather late at night to the vet or doctor for something that could have been handled with simple herbs, love and knowledgeable care.

**Freedom:** As you grow in your knowledge of whole herb use, you will

gain freedom from worry, freedom in your finances and schedule as your alternative animals & humans get healthier and hardier with each generation and passing year.

**Milk/Lactation/Meat Withdrawals:** Since your herbs will stay in the system for an average of 3 to 5 hours, and because you are taught to use plants that are not toxic, these concerns completely disappear.

**Nutrient Profiles:** In synthetic medications there are none. In synthetic 'nutrients' or rock based 'nutrients' the body can be fooled for a time, but in the long run imbalances & other issues will occur. Plants are packed full of macro and micro nutrients- even the ones we haven't even discovered yet or named, that our Creator knew in advance to put into the plants because we would need them.

**Side Effects/Adverse Effects:** If you remain with whole plants that are not toxic or poisonous for people or a specific creature, the side effects or adverse (negative) effects or symptoms will be rare. Occasionally there will be an allergy to a phytochemical (plant chemical) in the plant as it reacts with a chemical toxin in the body. In that case just stop using the plant and the symptoms should be gone in just a few hours. In the case of drugs; the effects may have already created permanent damage (or worse) by the time you have assessed what is going on. The half-lives of these drugs can be for hours, days or months, depending on the drug.

**Growth /Production:** Because of the dense phytochemical profiles of whole herbs, especially when used in multi-herb blends, their contribution to mental and physical growth and production of your young stock and children can be tremendous. This sets them up for the possibility to realize their created potential. Synthetic management, however, often will retard cellular ability which may retard growth mentally or physically or organ wellness over time.

**Vitalism or Working WITH the body:** Medications are usually used to suppress symptoms or control the body. With whole herbs it is very easy to work WITH the body by providing the herbal nutrition it needs to heal itself, not just cover or 'live with' symptoms.

**Do NO Harm:** This clause was first espoused by our 'Father of Medicine', Hippocrates. Synthetic medicine, as already discussed in prior topics, simply cannot meet this requirement. Whole herbs, however, easily meet and even supersede it by providing a multitude of nutrients which enable the body to move towards abundant wellness.

*Kat Drov Dahl and her husband reside in Oregon, where they are owned by their completely alternative herd of nationally recognized LaMancha and Toggenburg Dairy Goats. They also manage their Fjord horses, poultry, and assorted farm pets and gardens. Kat is a graduate of The School of Natural Healing and is the author of "The Accessible Pet, Equine, and Livestock Herbal", a 517 page guide that builds confidence by teaching why to the herb & essential oil user in easy to very difficult situations that we face at home and on the farm. There is even a chapter on herb gardening for you! Copies can be obtained from [www.christopherpublications.com](http://www.christopherpublications.com) .*