

DR. CHRISTOPHER'S Herbal Legacy Newsletter

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Christmas Health Treasures -David Christopher MH

There is no need to go shopping for health remedies; you probably already have plenty of these health treasures in your cupboards. For example, most of us have cinnamon in our homes. Cinnamon is high in anti-oxidants so it can be used instead of buying anti-oxidant supplements. Why take drugs for high blood sugar? Cinnamon stimulates insulin receptors making them more



productive which eases stress on the pancreas. It is also anti-inflammatory, a good digestive aid, promotes good oral health, and is useful for colds. Just boil some water in a pan, take it off the stove, add cinnamon to the water and breathe in the steam from the pan. Add cloves to the boiled water for pain relief and for its anti-biotic, anti-septic and anti-fungal effects. Cloves are fantastic as breath fresheners. I distinctly relate the

smell of cloves to my Dad, Dr. John Christopher who was always chewing on them and kept a constant supply in his suit coat pocket. Chewing orange peels and lemon peels are anti-microbial and can help prevent and get over a cold. Nutmeg is handy to have around if you are feeling nauseous. Oregano is good for respiratory complaints, and fennel is the best remedy for intestinal discomfort like gas and bloating. Curry powder can be used in emergencies like electric shock, epileptic seizures, heart attack, and traumatic shock. Dill can be used for insomnia, while cumin can be used for abdominal spasms. Garlic is the worlds' number one anti-biotic, and has no side effects except perhaps the loss of friends due to the pungent odor.

Spices are a wonderful addition to our health repertoire. We all know how to use them for flavoring but for medicinal purposes we just use more. One teaspoon of any of the above mentioned spices is a good starting dosage.

If you find natural healing fascinating as I do, consider enrolling in the School of Natural Healings Family Herbalist course. They have a wonderful Christmas special explained below.

David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.