

DR. CHRISTOPHER'S Herbal Legacy Newsletter

April 9, 2014

Cleanse and Nourish -Jo Francks MH

Recently I had someone ask “What can I take for low thyroid?” After talking to this person a little about how the body works the question was asked “What can I take for high blood pressure?” Not long after that someone else asked “What herb can be taken for Leukemia?”

These people seemed to want a magic pill that would cure the condition they were asking about. In all these cases the same information was given. Our bodies create symptoms and disease because of the way we eat, drink, feel, think and live. Taking the right herb for specific conditions can only do so much. Lifestyle changes need to be made in order to change what is going on in the body.

First we need to cleanse the system of toxic accumulations which have been building up over time. We do this by completing a three day cleanse, following up with the mucusless diet in addition to using herbs that help the body cleanse itself. We also need to change our thoughts since thoughts lead to emotions. For some people this is harder than changing their diet. We've spent a lifetime with our thoughts and they become habits.

In Karol Truman's book *Feelings Buried Alive Never Die* there is a list of ailments and conditions and the thoughts and emotions that are connected to them along with some cases where people have overcome conditions by changing their thought patterns. Our mind is powerful and

our thoughts are powerful. They can put us in a good mood or in a bad mood and they can motivate us to be positive or negative. And guess what? Positive people and happy people are also healthier.

Our bodies were designed to work perfectly. We are all born with some genetic weaknesses but amazingly



we survive. We can change and move toward wellness no matter what our condition is at the moment. Spring is a wonderful time to do a cleanse and commit to a more healthy diet. It is also a time to see things anew with all the new growth around us. Take one negative, habitual thought that is repeating inside your head and each time it comes to mind, reverse it to a positive thought. It takes a conscious effort to change. I hope you will commit to changing one thing this month and see how powerful you really are.

Jo Francks is a Master Herbalist graduate of The School of Natural Healing. She is also a Holistic Iridologist and Quantum Touch practitioner.