

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Do You Love Testimonials?-Doreen Spackman M.H.

We get many requests for testimonials so I would like to share with you where you can find them and invite you to share yours with us so others can benefit from your successes.

On The Herbal Legacy website www.herballegacy.com you can type "testimonials" in the search bar and then pick the one you want to read. You can also click on the tab "Ailments and Programs", or "Single Herbs", select the one you want and then scroll down to the bottom of the page and you will find the testimonials for that ailment or herb. Here is a sample from the single herb list:

Cayenne

Deep Cut: A person in our audience told how he had cut deeply with a sharp instrument the inside of his hand, fingers and palm. The blood spurted out in streams. He poured a large amount of cayenne pepper into the wound, and within seconds the blood flow slowed down to congealed dripping and the bleeding stopped entirely before many seconds had passed. With a goodly amount of cayenne covering the wound, he then wrapped it. He was so excited about the rapid results he could hardly wait for the regular herb meeting. But, as he said, the "punch line" was lost, because instead of a nasty ragged scar to show how severely he had been hurt, the area was healed and there was no scar.



The School of Natural Healing website www.schoolofnaturalhealing.com has a link on the left hand side "Testimonials about The School of Natural Healing" here is one from there.

I have an 8 year old daughter, Katie, who has Down Syndrome. She has suffered chronic ear and sinus infections for years. We were constantly in the doctor's office for another round of antibiotics. I knew that they were harsh on the body and was

extremely concerned for her. One day I expressed my concern to her pediatrician that there must be something we could do to strengthen her immune system or eliminate something from her diet. I was laughed at and told it was just the lot Katie had been given and she would always be sick. I was furious.

I looked around for an alternative, signed up for the School of Natural Healing and Katie has not been back to any doctor in almost a year. We have all but eliminated milk from her diet and when she does start in on a sinus or ear infection we start her on Dr. Christopher's Infection Formula and Kid-e-Mune and the results are immediate.

We also have people who email them in. Here is part of one that we recently received:

Hypothyroidism

This began when I passed the mirror one day and noticed a big lump on my throat. Everyone encouraged me to go to the doctor's and have it checked. They verified it was a goiter. Nurse Carol told me that if I did not take the prescription for Levothyroxine, I would die! (How's that for terrorizing patients!) She said my heart would enlarge and I would develop an enlarged heart and cardiovascular disease. I continued to say thank you but no thank you. She felt the goiter and said it felt like a "simple" goiter. She could detect no nodules or lumps. She insisted I at least take the prescription home.

I did. I looked it up in the Drug Formulary. The first side effect was 13% bone mass loss. My mother took this drug and developed osteopenia very quickly. The second side effect was, can you believe it, cardiovascular disease!! So, I was darned if I did, and darned if I didn't.

I called David Christopher and told him about it. He asked me how I felt about it. I told him there was no way I was going to take that medicine! He said "then let's get started".

Some of the suggestions he made were:

- *3 pts Mullein and 1 pt Lobelia compress on my throat every night (which I faithfully did) and drink the tea, one in the am, one in the pm, and same with hot and cold compresses daily for 1 hour (which I didn't)*
- *2 weeks of Herbal Thyroid*
- *Continue with Thyroid Maintenance*
- *Take Dulse three times daily (I took 3 double "00" capsules, 3 times daily) for iodine*
- *Stay on Mucusless Diet*
- *Lots of pure water*

A good friend who had been through this years before told me it took her about a year to accomplish the goal, so I knew this would not be an over-night thing.

For about 2 months I did the program, not seeing any visible results. I figured there

must be something I was missing. I got on the internet and started to research my condition. I found out that fluoride/fluorine and bromide all inhibit the uptake of iodine. Now I was really frustrated. I was on city water, even though I had a well that I got my garden and drinking water from. Knowing that my body absorbs more water in the shower than I did drinking all day long, I didn't know how to overcome that very expensive obstacle of having the well water pumped into the house. So, I called the water company and asked how much fluorine they were putting in the water. She told me that as of the first of next month they were discontinuing its use, due to the expense! I was overjoyed! Within the month I could see the goiter begin to shrink.

It was about 6 months to the day that the goiter finally went down to where it was no longer visible at times. I did notice that it would swell and shrink from time to time, but I was never sure why. I always carried my drinking water with me. I went to the doctors and had a blood test. Now my numbers were all in the normal range! My thyroxine was 8.0 and my TSH was 2.7!

I am so very, very grateful to the Lord for creating such a wonderful group of herbs that could bring about a total healing from something that was very life threatening. And may God bless those who have cherished that knowledge of herbs and are so willing to share their benefits with others. I am very, very grateful to David Christopher and all he does for the cause of safe medicine.

I love reading and hearing about the wonderful healing that goes on with people. I know life is much better when we are healthy. Please send us some of your successes. You can reply to this newsletter or send them to registration@snh.cc. We would love to hear from you.

Have a Healthy and Happy Day!

Doreen Spackman is a Master Herbalist graduate and employee of the School of Natural Healing.

Doreen enjoys helping others, through classes and private consultations, learn the benefits of wholesome food to rebuild and restore their bodies so they can enjoy ultimate and complete health.

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