

# DR. CHRISTOPHER'S Herbal Legacy Newsletter

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## Dr. Christopher's Burn Paste-Tonya Judd M.H.

In my last newsletter submission I spoke about having an herbal first aid kit for emergencies. One of the items I suggested was Dr. Christopher's Burn Paste. I recently had my first hands on experience with Dr. Christopher's Burn paste. A few months previous I felt that I should make the Burn Paste to have on hand just in case. I had mixed a batch together and had been storing it in my refrigerator.



I was making a meal and did not realize that the burner had been turned on and as I tasted the recipe to see if it tasted "just right", I scalded my tongue. Anyone who has ever done this knows that it is not the most pleasant experience. I thought, "great, now what do I do?" It always amazes me that when someone asks me what they should do for a particular ailment I seem to have no trouble coming up with suggestions to help them heal, but when it comes

to myself that is not always the case. This time though, I felt that I should try the Dr. Christopher's Burn Paste on my tongue. Now lest any of you think that this should not be placed in the mouth, let me reassure you that these are all ingestible ingredients. I placed the burn paste on my tongue and held it on by pressing my tongue against the side of my cheek. I was able to keep this on for about an hour before I spit the burn paste out and rinsed my mouth. This is not the most delicious concoction, but, the results were amazing to say the least. My tongue was completely healed after just one hour of this application.

Dr. Christopher's Burn Paste formula can be used for many other ailments including: abrasions, cuts, sprains and for the external healing of broken bones. When using on external burns place the paste on 1/2 - 3/4" thick and more burn paste added on top of the each previous application without cleaning off the old application.

Dr. Christopher has some amazing healing experiences with this formula which you can read more about at [http://www.herballegacy.com/Burns\\_Sunburns.html](http://www.herballegacy.com/Burns_Sunburns.html)

Dr. Christopher's Burn Paste can be made by mixing together in equal parts:

**Wheat Germ Oil** – is high in vitamin E and is high in anti-oxidants with help with regeneration and healing of the skin while keeping the skin pliable.

**Raw Honey** – speeds the healing of damaged tissues, is antibacterial, anti-fungal and anti-viral. Honey is a natural anti-biotic and is loaded with anti-oxidants, vitamins and minerals. Bacteria cannot live in raw honey so this keeps infection from forming. Honey also helps to reduce scarring.

**Comfrey powder** OR Dr. Christopher's Complete Tissue and Bone Formula with comfrey-comfrey is one of the best cell proliferant herbs available. It helps rebuild cells and regenerates connective tissues and protects against scarring. Dr. Christopher referred to it as "People Putty" because of its ability to heal and regenerate flesh, tissues, and bones.

You may want to make up some of this amazing burn paste to keep on hand – just in case. You never know when you may need it.

***Tonya Judd** is a Master Herbalist graduate of The School of Natural Healing and an Emotional Release practitioner.*