

Feeling Alright Naturally David Christopher, M.H.

One does not need to spend a lot of money to feel good. Why spend money on a feel good therapist? In fact, it is not necessary to seek professional guidance at all to feel better. Self-gratification is not fulfilling and will not make us happy or even content. Lots of money, new cars, boats, houses, electronics and toys in general are fleeting. Trying to eat our way to feeling good is a recipe for disaster. Drugs will only ruin life. Prozac and all SSRI's will destroy emotional wellness and caffeine is fake energy. Dr. Christopher suggested that we should keep it simple and trust that our creator provided an environment to fulfill all of our needs including feeling alright.

At the first sign of not feeling alright (i.e.: sad, depressed, angry) we should get out in the sun and just let its rays pour over our exposed skin. This will immediately trigger the production of endorphins (our body's feel good chemicals) and we will start feeling alright.

The sun is pretty cheap medicine and just thinking about the money saved from drugs, therapists, and toys can help you feel even more alright.

If a person is feeling anxious, irritated, panicky or bottled up, don't take Xanax, instead take your shoes off and shuffle your bare feet in the grass and as Dr. Christopher taught, "You will be grounded" and feel better.



Again this is pretty cheap medicine, basically free medicine. Furthermore, it is being backed up and explained scientifically through modern research and studies. PubMed lists 7,021 studies and 521 reviews at the following link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/>

Perhaps if a person is feeling physically not well, they should consider drinking pure H₂O. If we ignore the signal of thirst long enough the body will send out many signals (symptoms) to get you to drink water. Many symptoms do not need drugs but will go away with drinking chemical free water. Pure water therapy may not be free but it still can be inexpensive.

If a person is feeling sluggish and out of sorts they can resolve it by moving their bodies. Simply walking or even better, jumping up and down. This is cheap medicine that helps you feel alright. If these therapies don't make you feel totally alright then move on to live foods (fresh raw produce). We get life from life. If you always eat dead food it could kill you. If further help is needed, enroll in the School of Natural Healing and learn how to feel better than alright.

Our creator loves us all unconditionally and wants us to be healthy. If we unequivocally follow his example and utilize all he has given us then we can truly feel alright.

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.*