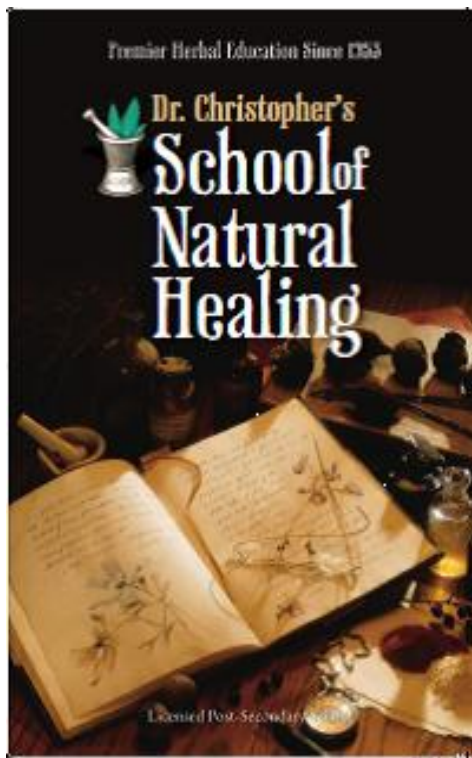


DR. CHRISTOPHER'S Herbal Legacy Newsletter

December 11, 2013

Giving Thanks-Jo Francks MH

When I signed up for the Master Herbalist course with the School of Natural Healing in 1995 I was a mother with young children. I had been wondering about different health situations and



how they would have been handled when there were no doctors around. Little by little I started learning about herbs. Someone talked to me about how black cohosh was helping with hot flashes. Someone else showed me a book on herbs which I bought from them on the spot. Then someone loaned me the book *An Herbal Legacy of Courage* and I couldn't stop reading it. I saw the advertisement for the School of Natural Healing in the back of the book and I decided that if I were to learn about herbal medicine and healing I wanted to learn from Dr. Christopher. My husband was very supportive of me learning this but of course we wondered where the money would come from. The money did come through little tender mercies and I was on a journey of becoming a master herbalist. I loved every book, video and assignment and when I finally went to the Master Herbalist Certification Seminar it was one the most fulfilling things I have ever done. I didn't have a plan to become a master herbalist and make a career out of it. I

wanted to be able to help my family and help others if they needed it. I think the most valuable thing we can obtain in this life is knowledge and understanding. What I gained through my studies has benefitted me and my family and our pets in more ways than I ever could have realized.

When asked the things I am most thankful for I would answer first, my awesome family and then the gift of plants that provide beauty, food and medicine for all of us. It's the simple things that make life grand. If you're reading this and are in a similar situation as I was in 1995 consider the School of Natural Healing. It's the greatest gift you could give your family and yourself. I wish you the best of the Christmas season with love and gratitude.

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

