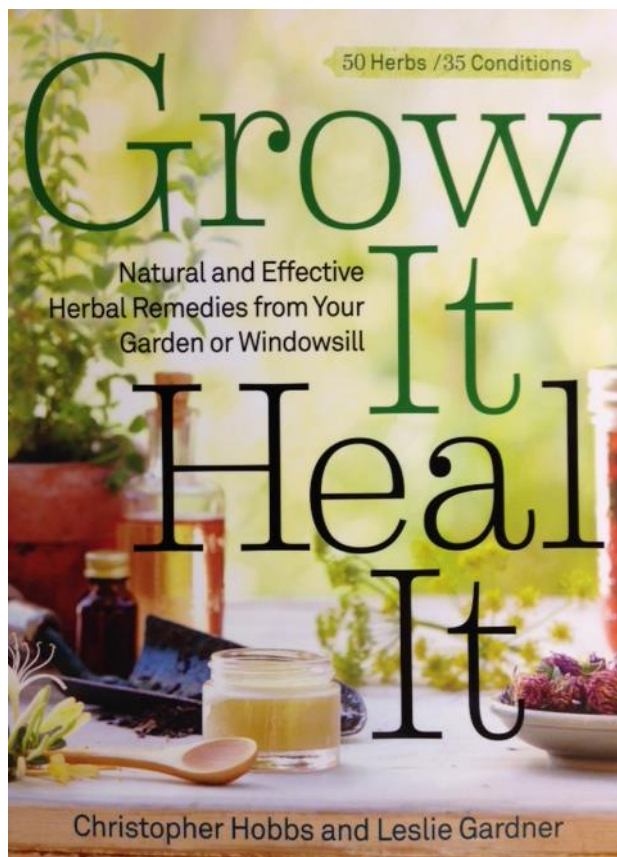


DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

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## Grow It Heal It

Christopher Hobbs, instructor for the School of Natural Healing, has just published a new book available through Christopher Publications called **Grow It Heal It**. This 230 page book is easy to use, has great pictures and is packed full of valuable information.



Part 1 ~ Know It. In this section Christopher Hobbs introduces the reader to 50 herbs- from aloe vera to yerba mansa- that can be grown to help relieve or treat symptoms from a short term illnesses, minor injuries, or chronic conditions. Many of these herbs may also be used as part of a daily regimen for vibrant health.

Part 2 ~ Grow It. Tips will be given on the basics for growing the herbs. It covers establishing healthy soil, the best habitats and plant preferences, whether the herbs are planted in a traditional outdoor garden or containers indoors or out. Discover how to gather herbs, save seeds as well as dry and preserve the harvest to create healing remedies.

Part 3 ~ Make It. Recipes and procedures are given in this sections. It is so empowering to make your own medicine and this section breaks it down to an easy process.

Part 4 ~ Heal It. Discover how to use these herbs in practical terms - from dosage amounts

to treatments and regimes. The advice given in this section is research based and cites the experience of herbal practitioners and medical studies that show that herbs have been safely used to treat patient volunteers in thousands of clinical studies.