

Happy Birthday Dr. Christopher!

Dr. John Raymond Christopher was born on November 25, 1909. He had a reverence for life and a great desire to take sorrow and pain away through diet, herbs, and natural remedies. He started The School of Natural Healing in 1953, hoping to teach others so they could pass knowledge on to their loved ones and communities. He is one of the great pioneers of the natural healing movement that we are currently a part of. Earlier this month we asked people on social media platforms how Dr. Christopher had influenced them and their loved ones. Here's what some of them had to say. Happy Birthday Dr. Christopher and thank you for your legacy!

"I graduated as a Master Herbalist in 2008 from The School of Natural Healing and I thank God on a regular basis for Dr. Christopher. These past 11 years I have accumulated numerous herbal stories that I will be able to pass on to my posterity. My husband and I have raised 5 children and we are blessed to have 0 medical bills thanks to the herbal knowledge Dr. Christopher taught us. We have also helped many friends and family and this has brought so much joy and fulfillment into our lives. I will be 45 in January and as a vegan who heals with herbs I have never felt better. Thank you, Dr. C!"

"Grateful for his style of teaching and sharing the knowledge! It has helped me tremendously. I'm still going! Vitality is key!"

"It is through Dr Christopher's website and newsletter that I have learned much more about herbs, ailments and natural healing. I've been able to use that knowledge to bless my family. We make our own antibiotic (the only thing that got our 7-yr. old to stop getting strep throat twice a year!) After the first time strep tried to reappear, we gave her that again and it knocked it out in less than 48 hours. She hasn't had it since. She's now 18. Our whole family now turns to herbs and essential oils as a first remedy and at the first sign of any "issue." I am saving up to take the herbalist class and hope to continue to bless my family, including the new generations now. Thank you, Dr Christopher! You have saved our health and hundreds of dollars in the process. God truly blessed us with the herbs and things we would need through nature. Our bodies are amazing. You helped open that world of understanding for me and my family. We can't thank you enough. Happy Birthday all the way to Heaven!"

"My mom first started studying with The School of Natural Healing when I was 6 years old. Everything she shared with me just always felt right. Every time we've applied the instructions from Dr. Christopher's school, we have seen results and, in most cases, seen them very quickly! My family does not do well at all with conventional medicines so knowing about natural medicines and ways to improve our health has been such a blessing!!! We could get well and get well safely! I really don't know if I or other members of my family would be alive today if not for the teachings and products of Dr. Christopher and the kind help we've often received during the free call hour. Thank you so much to Dr. Christopher and everyone since him who has carried on his work and helped us all so much!!! I'm more grateful than I can say!!! Happy Birthday Dr. Christopher!!!!"

“His teachings set me on the Vitalist path as a teen with questions no one else could answer, and again as a wife and mother with all the new challenges those roles bring, and yet again when faced with Lyme disease. For all the unforeseen challenges that life surely still holds, his life's work will guide my own. I am forever in his debt”

“I started my natural healing journey with his Vitalist Program. I gained a wealth of knowledge! I admire his boldness and willingness to speak truth. He was a good man and I will always be grateful!”

“Studied with him in 1976 or so. He had blue eyes like a child. He was one of my greatest teachers. Was blessed to have spent time with him.”

“Dr Christopher's information probably saved my life. I know it has helped me help other friends and family too.”

“Turned my Crohn's around. Surgeries did not work. But lifestyle changes did. Thanks.”

“I'm so grateful for Dr Christopher and the School of Natural Healing. I love everything I'm learning. I love the vitalist perspective of healing. The body was designed to heal itself. A few minutes ago, I finished level 1400 towards becoming a Master Herbalist. :)”