

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

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HEALTHY NEW YEAR!!! - David Christopher MH

I will declare at the end of this article my top list of ways to stay healthy in this New Year.

First I want to acknowledge and thank my dad Dr. John R. Christopher for the health I enjoy today. His teachings of health principles and application of those principles gave me a head start to wellness.

You see, he was a basket case of ill health, mostly genetic. He did not receive any help from modern medicine after being informed that he would not live into his forties, so he turned to his creator for help. Then through study and prayer he discovered the simple steps to wellness, applied this knowledge and changed his genetics.

He passed these improved genes on to me and my siblings and we do not suffer the effects of these metabolic diseases as he did. This is in light of the fact that these genetic diseases worsen through each generation.

Even with improved genetics if we had violated the simple principles of health that he taught us we would not enjoy good health. For the sixty years I can remember I have enjoyed the blessing of fresh juices. I am thankful for whole grains, nuts and seeds. I am thrilled at the abundant variety of fresh produce that permeates the United States in almost every food market and even has made cameo appearances in fast food establishments. We can all be thankful for the growth of the organic food industry and what a wonderful blessing we all enjoy in personal health choices.

MY TOP FIVE WAYS TO STAY HEALTHY IN 2014

5. Do not be a guinea pig, for any one (especially the pharmaceutical industry).
4. Don't do drugs (recreational or pharmaceutical).
3. Avoid vaccinations like the plague (because they are).
2. If you don't like the venom stay away from the snake.
1. Enroll in the School of Natural Healing (knowledge trumps fear)



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.