

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Healthy New Year

by Jo Francks, MH

On the day after New Years I woke with a start  
I stumbled to the bathroom, it was no longer dark  
I stepped on the scale, oh no, it won't stop!  
Up five pounds, no ten, fifteen, what a crock!

The memories are all coming back to me now  
We got fudge and divinity, cookies and pie  
All kinds of goodies from neighbors coming by  
It all looks so good I'll have just a taste  
I surely don't want it to go to my waist

But a taste's not enough, I have to have more  
I sampled, I sipped and tasted galore  
And now what can I do after such celebration  
I've got a bad headache and should I mention constipation

What were the words from David Christopher now?  
For all of these problems USE LOWER BOWEL!!  
But where is my bottle, nowhere to be found  
And now I remember there was someone at work  
Who didn't have theirs and he was all bound  
For class in a hurry so I gave him mine  
Oh yes it was Jesse

And now all I have are some fruits and a veggie  
Let's not forget all the grains have I many  
All stacked in my basement in buckets a plenty  
I'll soak them I'll sprout them and then I'll low heat them  
And my family will love me when I make them all eat them

I'll make some fresh juice and a green smoothie knowing  
Whole grains nuts and seeds will all get me going

With two feet of snow on the ground and more falling  
Jogging is out but my cellercizer's calling  
Exercise yes, it's a must for good health

A good attitude too, all this will help  
I'm on a good path to make things much better  
And I won't forget to drink lots of water

Healthy New Year to you and to me too!

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