

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

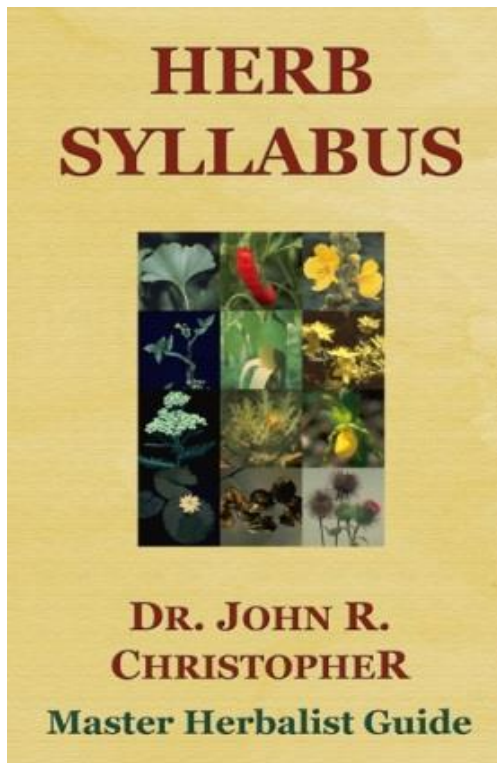
July 30, 2014

Herb Syllabus

Dr. John R. Christopher

Master Herbalist Guide

The Herb Syllabus is our book that gives in depth information for all the herbs on The School of Natural Healings 100 Herb List. Previously this book was only available to students in the Master Herbalist Course. In 2009 the book was improved and made available through Christopher Publications. From Alfalfa to Yellow Dock, there are 105 herbs covered in the book. The information on each herb includes color photos, a description, historical uses, current



information, application, medicinal uses and cultivation of the herb. This is the most comprehensive book on these herbs available anywhere. What a great addition it would be to any library with over 730 pages of valuable information. Many stories on how the herb was used by Dr. Christopher are told within the pages of the book. The following is an excerpt from the section on cayenne.

“Early in Dr. Christopher’s practice, he was called in the middle of the night by a woman whose husband had just passed out from a heart attack. The Doctor told the woman to heat some water, and when he arrived at the house he mixed a teaspoon of Cayenne into the water, propped up the man, and gave him just a little, when he came to, he finished the cup, and within a few minutes felt much stronger. Soon he was well, and became converted to the use of herbs, even buying and running one of the health food stores in Salt Lake City for many years.”

This book is a wonderful reference to help in learning the way of herbs and how to put them to practical use. We are pleased to offer it for a short time at a 30% discount. The assurance of knowing how to take care of yourself and your family is irreplaceable. The use of herbs is a step toward self-sufficiency and independence.