

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Herbalist Learning

by Yvonne Salcido, MH

Recently I became very ill with the flu and then came down with pneumonia. I haven't had the flu in years so I was quite surprised to become so sick. I try to stick to the Mucusless diet and exercise. In fact, I don't ever remember being so sick in my life. I was doing everything that should have knocked it, but it wasn't working. I drank a quart of Super Garlic Immune. Yarrow baths, red raspberry tea, X-ceptic, Echinacea, Cold Sheet Treatment – and the list goes on and on.

Through this experience I learned a few things that I want to share.

First is the impact that emotional stress can play on your health. It is not healthy to deal with negative emotions by ignoring them. It doesn't matter what the emotion is: anger, resentment, fear, worry, etc. These play havoc on the body in the form of malfunction, pain and eventually illness! We go about our lives until the body sends a message that something is wrong. Releasing the negative emotions allow our body to heal and do it at a much faster pace.

Scientists have been studying this for years and can actually connect specific diseases with different emotions. I would like to recommend two books. [Feelings Buried Alive Never Die](#) by Karol Truman, and [Emotion Code](#) by Dr. Bradley Nelson.

I started to improve as I recognized the emotional connection and did some releasing. Recently I had a student and friend call with a very sick husband. She told me all she was doing to get him well. She was doing all the right things but he was not improving. I told her there was probably an emotional connection. He did some releasing and the next morning he felt great.

The second thing is that we need to get adequate rest! We are such a fast paced society. It is important to rest, relax, play, take time for yourself and smell the roses. We need to enjoy the process of life each step along the way.

The third thing I did was realize that when I made my Super Garlic Immune the recipe I used was not Dr. Christopher's original formula. Instead of garlic juice I just blended the garlic in vinegar and let it sit four days. I should have made garlic juice or let the garlic sit for two weeks (or longer) or I could have just have eaten sixteen or more cloves of fresh garlic all day. I truly believe that Dr. Christopher was inspired in his formulas. I will certainly make sure I follow his original formula for Super Garlic Immune next time I make it. Even in Dr. Norman Walker's book (Fresh Vegetable & Fruit Juices - [http://www.christopherpublications.com/Walker\\_Juices.html](http://www.christopherpublications.com/Walker_Juices.html)) he recommends garlic juice for pneumonia. I think we would be wise to follow their wisdom!

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