

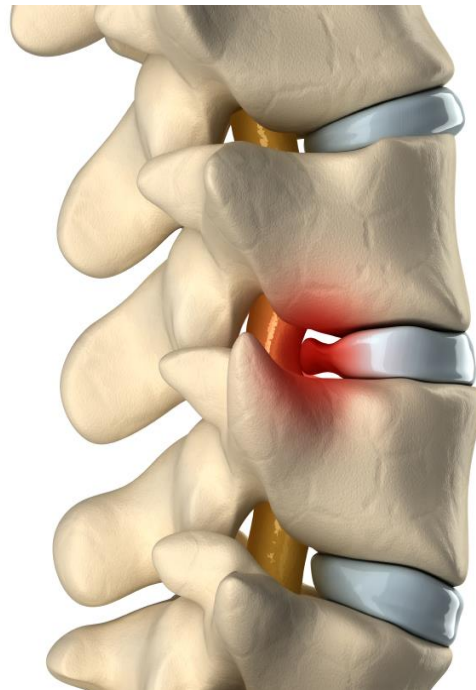
DR. CHRISTOPHER'S Herbal Legacy Newsletter

March 5, 2014

Herniated Disk- David Christopher MH

Last week a neighbor of mine went in for back surgery for a herniated disc and died on the operating table. Another neighbor is alive after the same surgery but is still in pain and cannot sit or stand for more than five minutes at a time. Yet another neighbor who is an ER nurse refused medical intervention and would not take any pain meds. Yes, there are those who claim no complication after surgery but in my personal experience I haven't seen one person escape this particular procedure unscathed.

Unfortunately my spinal space between L4 and L5 was herniated over the Christmas holiday, and of course any medical procedure, for me, was out of the question. I know that pain is simply a signal that something is wrong and the body continues sending the signal until the problem is resolved. If you block or cover up the pain the body sends a bigger signal to pass by the block, you then have to take a stronger medication, which triggers your body to respond with yet a bigger pain signal. As you continue with this cycle of escalating pain and stronger medication, the possibility of addiction skyrockets. I also recognize that if you remove the warning (pain) you are likely to damage yourself further by performing functions your body can not handle. A little known principle of



natural healing states that "if you give the body what it needs to heal then the body reduces the pain signal", so I ran with this simple truth. I know that Dr. Christopher's Complete Tissue and Bone formula heals damaged tissue so I started using it like a maniac. I consumed two pounds of this herbal formula in six weeks, totally ignoring the package warning "for external use only" which is an unfounded FDA requirement. I also consumed additional comfrey tea and nearly one pound of Dr. Christopher's Vitalerb formula. Using this procedure, the pain diminished little by little and I am now healing remarkably well with very little pain. I expect full recovery, soon.

I aided my recovery with fantastic massage therapists, an excellent chiropractor and an amazing exercise coach. I am thankful for the truths taught at The School of Natural Healing.

These truths gave me confidence to use the natural procedures and avoid the dangers of standard medicine.

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.