

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

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K.I.S.S. (Keep It Simple Student) -By David Christopher MH

Our bodies are made up of between 50 and 75 trillion cells. All of these cells are designed to perform a specific function in the body and will adequately do so if we simply supply them with the oxygen and nutrients that they need. If our cells are denied any of the nutrients required they will malfunction (acute disease). If the denial of nutrients continues, they will atrophy (chronic disease), and eventually die (organ failure, system shutdown).



Natural healing in its purest form addresses this basic principle. Our first and foremost action is to supply the cells, which make up all the organs and systems, with what they need.

In the forefront of our field are Health food stores, Natural food stores, and Organic restaurants. The purpose of these businesses is to provide healthy alternatives that will aid us in supplying the body with all the nutrients necessary for optimal health and performance. This principle is totally logical and correct.

However, if through our diets we are providing all the nutrients required and we are still sick, does that negate our original premise? Not necessarily. We can eat all the right foods and take plenty of supplements, but if they cannot get to the target cells, those cells cannot be saved. Health food stores sell herbs which open up delivery channels, remove blockages in these channels and also facilitate in the removal of waste. All cells create waste as they function. If the waste removal is clogged, the waste stays around the cells and subsequently blocks the nutrients from being delivered to those cells. Herbs perform well in cleansing but also have a myriad of other uses which requires volumes of manuscript and cannot be addressed in this short article.

Suffice it to say that if we consume, break down, assimilate, and deliver all the nutrients needed and efficiently remove the subsequent waste, we will stay healthy and all of our cells will perform the way they're designed to function. If we haven't done this and we suffer from any disease then we need to learn how to regain our health. That is precisely why we have Dr. Christopher's School of Natural Healing. Enrollment is easy and inexpensive. Using the information contained in the Family Herbalist, (the first of twenty two levels in our Master Herbalist program) you will be equipped to take care of most health concerns for you and your family.

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.