

DR. CHRISTOPHER'S Herbal Legacy Newsletter

July 18, 2012

Learn the Wholistic Approach -Michelle Knuteson

It amazes me how many people turn to natural healing as their last resort. "I have tried everything else...I guess herbs won't do any harm." They don't realize that is the whole point, herbs do no harm - the Hippocratic Oath. Herbs will cleanse, nourish and heal the body, simply and naturally.

In the mindset of many, when illness or disease strikes, the person is found running to the doctor because, "he is the only one that knows". The School of Natural Healing is here to teach you to "know" and change your mindset. Allopathic medicine has its place in crisis care, diagnostics (if you really need it) and if nothing else has worked, the last resort. Physician's main approach, more often than not, is either by prescribing medications that are often quite harmful to the body or cutting into the body. That is how the majority of them have been trained, so that is what they "know". If we start medicating and masking our symptoms from the onset rather than removing the cause and allowing our body to heal itself, the malady may have degenerated to the point that healing will be a much longer and more difficult process.



The body "knows" and has the ability to heal itself when given tools such as proper foods, herbs and positive thought processes. Doesn't it make sense that we should first seek natural means to facilitate the body's potential to heal itself before we take a more invasive course of action? The earlier one begins a natural healing protocol, the better chance the body has of healing itself.

"The Wholistic Program of Healing includes procedures that will restore and revitalize any part of the human body. There are several causes for physical malfunctions. Often malnutrition leads to cell deterioration or accidents may cause direct bodily damage. Once an organ or other area of the body is surgically removed, even the wholistic approach to healing is thwarted. At that point only a miracle would restore the body. In the School of Natural Healing, we teach that "The body may be renewed when we treat the cause of malfunction and not simply alleviate its effects." Herbal Home Health Care by Dr. John R. Christopher

Extreme measures may at some point be necessary, but not as the first resort. Let us help change your mindset and give you the knowledge to work with the body and not against it.

There is an adage that science advances one funeral at a time. Rather than depending on the scientific approach, learn the wholistic approach, the wholesome (healthy, whole, totality, completeness, with the life therein) way.

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