

Mr. Bill and His Valuable Lesson Michael Citarella, M.H.

Mr. Bill is a 55-year-old single man who lives in a city located in the eastern part of the United States. I met Mr. Bill years ago and shared with him the natural method of healing and Dr. Christopher's herbal formulas. He has been taking cayenne and other formulas during the past 3 years.

Several months ago, Mr. Bill went to the doctor because he was concerned about his heart and that it was not pumping correctly. The doctor gave him antibiotics and asked him to come back in a few weeks.

I recommended to Mr. Bill that he feed his heart with Hawthorn berries. At this time, he was also taking garlic and cayenne on a moderate basis. Mr. Bill decided to increase all 3 of these herbs to give him more nutrition for his heart.

He went to the doctor and after the results of the test the doctor exclaimed, "Your heart has a marked improvement! It is ok except for a little fibrillation at the top. What did you do? Did you take my medications? What else did you take?"

"Why yes," said Mr. Bill "I did take your medication." (He lied for legal reasons)

"Well Doc, I have been taking some herbs for the heart." The doctor requested to see them. After examining the Hawthorn berries bottle, he said, "I've never heard of them." Mr. Bill laughed. The doctor replied, "Why are you laughing?" Mr. Bill responded, "Doc, since you are a doctor I thought you would know about what is good for the heart." Mr. Bill said to me Mr. Mike, "I LEARNED A VALUABLE LESSON THAT DAY."

Michael Citarella is a Master Herbalist Graduate from the School of Natural Healing.