

# DR. CHRISTOPHER'S Herbal Legacy Newsletter

May 28, 2014

## My Journey - Cynthia Sumner

In my early 20's when I was in my first years of marriage, with a brand new baby, I had the blessing of learning about The School of Natural Healing. My husband faced some health issues from living out of the country; I had health issues from eating mostly dead food my whole life and emotional trauma from a dysfunctional home. And on top of everything I worried about how to take care of my baby when she had fevers and earaches.

I had a very touching and real experience as I listened and watched some of the teachings from Dr. Christopher. From the top of my head, through my body, down to my toes, I felt a surge of energy, almost a voice that told me I would be mentored and educated through the School of



Natural Healing and one day teach and consult individuals to heal. As I studied, experienced and opened my heart and mind, truths flowed to me. I knew that I had a gift and responsibility to support and educate individuals to heal physically so they could heal emotionally and spiritually.

I was able to use what I learned to help my husband heal, myself heal physically and emotionally and to build a foundation of confidence to know what my baby needed and how to take care of her. How wonderful it felt to be self-sufficient. Knowledge is power!

With my second pregnancy I began to miscarry at 3 months. I read all I could and prayed. I was impressed to use specific herbs and to eat a strict healthy diet. It was easy to do because I knew it was for this spirit that needed to come to earth. I delivered that baby boy full term, the doctor told me my son was a miracle baby and that he really didn't think he had any chance of making it. The same problems happened with my last 2 pregnancies and both were delivered full term healthy and strong! I know my knowledge of the body and what it needs allowed my three sons to grow strong inside me and to bless this world with their presence. What a blessing it has been not only for my family in so many ways, too many to share here, but for hundreds of

my clients now. I have watched client after client heal from tumors, high blood pressure, thyroid disease, infertility, depression, anxiety, excess weight, skin problems and more. More importantly, and usually surprising to my clients, is the clarity, confidence, self-love, success, renewal in relationships with spouse, kids, parents, co-workers and best of all God. Clarity allows us to see the opportunities that have always been there or to attract opportunities to us. Joy, purpose and a desire to help others is the result of finding balance.

If you are interested in support on your journey to finding balance, support that is in accordance with the teachings of Dr. Christopher, click on this link: <http://www.cynthiasumnerhealth.com/>. My coaching includes:

- Monthly one on one consultation with me and an Emotional Health Coach
- Weekly Group calls, Short Videos, Audios and Simple Worksheets to motivate and educate
- Weekly Accountability through email
- Personalized Nutritional Guide, Recipes, Shopping List Guide and much more!

Need new healthy recipes? Visit my website for my Happy. Healthy. Clean. Living recipe book, with over 200 wholesome and raw, delicious recipes. [www.greenhealingleaf.com](http://www.greenhealingleaf.com)

Thank you Dr. John R. Christopher and his son David Christopher, for this life changing education!! If you have been thinking about signing up for any courses from The School of Natural Healing I am here to urge you to do it! Even if it's just for yourself, it will be one of the best investments you ever make. Here is a quick link to the school's courses:  
<http://www.snh.cc/jamaffiliates/jrox.php?id=1634>

**Cynthia Sumner** is a Master Herbalist graduate of the School of Natural Healing. She is also a Wholistic Health Coach, Herbal Nutritionist and speaker. You can contact her through her website above or by calling 801.369.1235