

DR. CHRISTOPHER'S Herbal Legacy Newsletter

April 2, 2014

Natures Definitive Healing

Through keen observation of life, we can determine the natural process of healing. We are not at war with disease, for we have observed that the organisms involved in disease are opportunistic. Therefore we focus on prevention through improving the personal environment, making disease less likely to develop. Many in the health field respond to disease with a weapon-like mentality using anti-inflammatories, anti-pyretics, anti-pruritics, anti-histamines, and of course let us not forget the ever present anti-biotics. Natural healing observes and asks: why is the body producing inflammation, fever, itching, and histamine; and how does the body deal with invading organisms.

INFLAMMATION

At the School of Natural Healing we teach that inflammation is part of the healing process and we observe that the body uses inflammation to rid itself of damaged tissue in preparation for the replacement with new tissue. Instead of stopping inflammation we help the body's circulatory process and help facilitate the removal of the damaged tissue through the eliminative system.

FEVER

The school trains our students to work with the body, not against it. Instead of stopping a fever we help the body use the heat process to rid itself of the invaders. We understand that macrophage cells recognize the invading organisms and send a chemical signal (IL-1) that initiates a fever which is also the signal that kick starts the immune system by activating T-helper cells. You cannot have it both ways. If you block the fever with aspirin or any other drug,

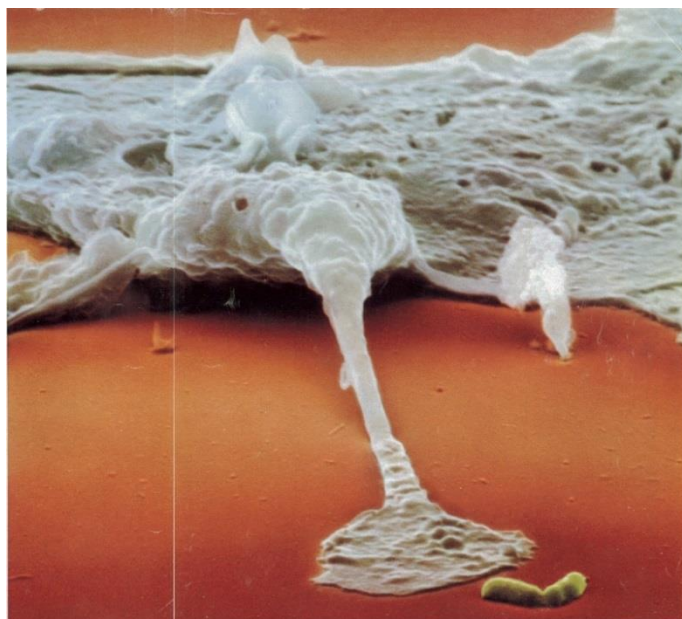
then you also block your immune system from ridding the body of the very invaders that started the process.

ITCHING

The body sends out a signal of itching so that the area can be stimulated sufficiently to increase circulation. Scratching achieves this purpose but can damage skin. The School of Natural Healing instructs that heat or cold or alternating both can achieve the same purpose of increasing circulation, hence no more need for the body to send more signals (itching).

HISTAMINE

The school teaches that histamine is produced by the body to quarantine invaders. If you take anti-histamine you



run the danger of releasing the invader to the rest of the body. We as natural practitioners help the body again through the circulatory and eliminative process.

ANTI-BIOTICS

The definition for anti-biotic, is anti-life. We as natural practitioners are not against life and we recognize the body's ability to recognize life that is friendly to itself, from life that is antagonistic. We do not use anti-biotics that kill all life. The School of Natural Healing teaches its students to trust the body's discriminatory immune system and rely on time tested foods and herbs that destroy invaders but protect friendly flora.

As natural practitioners we implore you to use the safe and effective procedures taught at the School of Natural healing. Enroll in the first level and you will have the tools to treat yourself and your family free from the dangers presented by standard medicine. Take all 22 levels and you will obtain the knowledge necessary to become a blessing to mankind.

***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.*

Photo courtesy of National Geographic.