

DR. CHRISTOPHER'S Herbal Legacy Newsletter

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Super Foods for the Body's Healing

Process - Tatia Nelson, M.H., Iridologist – Utah

Elizabeth used this super food when she injured her back. Scott used it in place of prescription pain killers. Eleni used it to 'get back into the race' after injuring her ankle. I am using it to help the healing process of my broken rib. What is it? Of course, it is Dr. Christopher's Complete Tissue and Bone Formula!



Formerly known as BF&C (Bone, Flesh, & Cartilage formula), this "super food for healing" as I call it, is the key element in helping feed the body's healing faculties so the body can rebuild itself at a more optimum rate. I often explain to clients that if we were on a construction site, the BF&C would be the building materials that the reconstruction crew would order. The reconstruction crew would be the part of our immune function that rebuilds injuries. If the crew runs out of materials, they order some more (our body's pain signal).

Many who use BF& C have learned to use their own body's pain signal as a measure of how much to take. The key is to supply the "reconstruction crew" with enough BF&C on a consistent basis that the crew has no need to "order more," or send a pain signal. Elizabeth used 6-8 caps 3 times daily for athletic injuries. Scott used it post-surgery in the high dose of 2 caps every 15 minutes for the first few days and found it more successful than his heavy prescription of Lortab. Eleni used double to triple the recommended dose in order to run a marathon 2 weeks after spraining her ankle. I drank ¼ cup of the powder in a smoothie (bitter) for the first few days after breaking my rib and switched to 30 capsules a day thereafter.

Other super helpers include raw proteolytic enzymes or therapeutic doses of turmeric as natural anti-inflammatory products that work with the healing process and not against it. Raw calcium

and a good vitamin D source, such as proper sun exposure, can contribute to the body's "reconstruction material". The homeopathic remedy, arnica is amazing for bruises, and comfrey is also extremely helpful. Don't forget the BF& C ointment or massage oil mixed with Dr. Christopher's Deep Heating Cayenne ointment! My dad got his whole neighborhood hooked on these two products to help with achy joints and old injuries.

Super foods that help the body's natural healing systems work better in a healthy body. Following a healthy diet like the Mucusless Diet of whole grains, nuts & seeds, fruits & veges, and legumes is pertinent. Eating these foods, especially leafy greens, as raw as possible tends to be alkalizing to the blood. Processed foods like refined sugars, flours, dairy and too much meat, tend to acidify the blood which puts a damper on the body's healing faculties.

I am on week four of my healing routine for a broken rib and I feel great! I am still using large doses of the Complete Tissue and Bone Formula, proteolytic enzymes, raw calcium with vitamin D, and the Mucusless Diet, as raw as I can eat it. I love comfrey smoothies too! It's great to know how to help the body's natural healing process! Happy Healing!

Tatia Nelson is a certified Iridologist and a Master Herbalist - graduate of The School of Natural Healing. She also graduated from Brigham Young University with a Psychology degree. Tatia currently works for Good Earth Natural Foods as a Wellness Counselor, Corporate Educator, and Public Events Coordinator. She also publishes as a writer in the health industry and practices iridology out of her home. Reach her at tatianelson@gmail.com.