

The Best Wedding Gift Ever Fawn Christopher, M.H.

The very best wedding gift David and I received some 40 years ago, was a Vitamix blender. Dr. Christopher and his wife Della bought it for us and we have used it every day since! I mean literally we have used it every day. We can grind wheat in it, make bread dough in it, make soups in it, make nut milks in it, and our favorite, we make all kind of smoothies. Dr. Christopher and David recommend a diet full of fresh, live food. The Vitamix is one way we have a raw breakfast every day. Each morning I use a vegetable peeler and take the orange colored part off an orange. I chop up the flesh of the orange and put it in the Vitamix. I then add a banana, whatever frozen berries or fruit I might have around, a little Jurassic Green, some freshly ground flax seed and some juice of some sort: apple or orange or maybe some almond milk or coconut milk. Blend it all up and enjoy! If I eat a few nuts with my morning smoothie I can go a long time without feeling hungry.

As our children were growing up, they learned to use the Vitamix as well. We decided to follow the example of David's parents and gave each of them a Vitamix when they were married. We have updated our Vitamix to a newer version, but our original machine still works well! We keep it at our cabin so we can enjoy it there. It was definitely built to last.

As a side note, the Vitamix company has been great to work with. I have only called the company about 5 times in all of these years and have had a positive experience each time.

Fawn Christopher is a Master Herbalist graduate of The School of Natural Healing. She co-hosts the radio show, A Healthier You and has been integral in the success of the School of Natural Healing for the last four decades. Fawn has four amazing children and nine awesome grandchildren.