

# DR. CHRISTOPHER'S Herbal Legacy Newsletter

July 23, 2014

## True Patterns of Health—Kelly Pomeroy M.H.

Pain or discomfort is a natural signaling mechanism our body uses to tell us that it needs something. These signals are often ignored or labeled as old age. We might even take a pill to turn the pain off. When a car runs low on gasoline, the auto's gas light comes on, signaling to put gas into the tank before it runs out. We don't pull out the fuse to stop the signal from telling



us we are low on gasoline. We know we will get stuck if we don't listen. There is a great lesson to be learned in the up keep of a car and the up keep of the amazing gift of our bodies.

Ibn Butlan (around 1038 AD), was an Arab Christian who wrote a book regarding the restoration and preservation of good health called the Taquin as-Sihhah. He taught that clean air, moderate diet, rest and work, emotional health, and elimination (bowel and bladder) were key to maintaining health. When any of these were lacking, sickness occurred. In addition to all of

these valuable habits he lists, I add that drinking plenty of clean water is vital to our body's health. Most of our society is dehydrated. This simple step taken out of the equation of health can give us headaches, irritability, constipation, and loss of energy.

Some true patterns of health are:

1. Drink plenty of clean, clear water. More than 70% of our body is made of water and needs to be replenished daily by at least 8 cups and up to one gallon of water for an adult. Distilled water is best. Drinking water will aid our bowels and bladder in elimination.
2. Get the sleep and rest you need. Generally 8 hours of sleep is required for the body to perform its functions.
3. Eat plenty of fresh fruits and vegetables, legumes, whole grains, nuts, and seeds. The average diet today is heavy laden with processed foods and animal products (dairy, meat, eggs,

etc.). They have a high calorie, low nutrient ratio, robbing the body of essential vitamins, minerals, and trace minerals. Animal hormones can also interfere with our own.

4. Exercise your body and breathe deeply, this benefits both the body and the mind. Our lymph system is activated by our physical movement.

5. Proper Elimination. Three times a day we should be having a healthy bowel movement. Urine should be a very light lemon color. Dark urine is an indication of dehydration. Fiber rich foods, high water intake, and reduced stress all attribute to healthy elimination.

6. Emotional Health. Max Muller, a German scholar once said, "A flower cannot blossom without sunshine, and man cannot live without love." Emotions have a physiological effect on us. *Feelings Buried Alive Never Die* by Karol Truman is an excellent book that teaches how the body, heart, and mind are tied together and how to heal emotionally and physically. The teachings of Jesus Christ found in The Holy Bible are simple tools to teach forgiveness, faith, love, gratitude, and respect.

When warning signals go off in our body (pain), we would be wise to take a simple evaluation of these patterns of health. It is easy to feel overwhelmed by all the things we want to change. Find one thing you can improve upon and work on that. Remember, it is the small and simple things we do that make all the difference. Little by little, as we reach for truth and health, doors of understanding will open. Little successes can have a huge impact on our health. Best wishes to you in your journey to greater health!

***Kelly Pomeroy*** is a Master Herbalist graduate of *The School of Natural Healing*. She is a happy mother of four beautiful children who enjoys sharing her experiences and knowledge with family and friends. "I am a better mother, sister, daughter, and friend because of it. I would encourage anyone searching for ways to help themselves and family towards greater health to enroll in classes at *The School of Natural Healing*."

For questions or comments you can write me at [kellyvpomeroy@gmail.com](mailto:kellyvpomeroy@gmail.com)