

What I Learned Raising 10 Children Christine Bentley, M.H.

I was quickly launched into the natural world of healing after the birth of my first born AND following six rounds of antibiotics for his chronic, debilitating ear infections. I was having a major pity party with extreme lack of sleep and depression. I believed that motherhood was some deep, dark, torturous secret which no one spoke negatively about for fear that women would not dare to give birth to babies!

Fortunately for our family, my greatest trials became my greatest blessings. Because I was desperate for solutions and deeply disappointed in the options laid out for me and my baby, I became open-minded to simple, healing alternatives from lowly plants such as garlic and peppermint. Health, sleep, and attitudes improved and we progressed well through the births of five children. Then, it became time for my next stage of learning natural methods with a focus on prevention through diet and emotions!

Being diagnosed with gestational diabetes lit the fire for change as I made drastic changes in my diet. I eliminated all white flours and processed foods and instead focused on large quantities of salads, fresh fruits, vegetables, nuts and seeds. My teenage football players were a bit shocked when I posted the sign up in my kitchen: "Salad IS the main course", which opened up discussions as we learned about better protein sources (plant-based) and ways to prevent and quickly heal sports injuries.

Although I only intended to take the Family Herbalist course, I felt compelled to complete each level of coursework through the School of Natural Healing all the way through certification as Master Herbalist. This helped me gain the confidence and experience I needed to assist a broad variety of crises including: post-birth hemorrhaging, depression, compressed back disc, appendicitis, crushed bones, chronic migraines, avoided knee replacements, thyroid imbalance, diabetic conditions, childhood illnesses, hormone imbalance, and on and on.

It has been quite the journey for our entire family, and having more energy during pregnancy in my 40's than I had in my 30's spoke evidence of these truths in a big way!

I continue to share the good news as a public speaker and personal health coach in coordination with Cynthia Sumner's Spirit Mind Body whole healing program. It's my passion to empower families across the world to be self-reliant in their emotional and physical health! Preparedness is an important key to future peace of mind.

Christine Bentley is a certified Master Herbalist and has been helping people heal for two decades, beginning with her natural experiences as a wife and mother of 10 children. She loves teaching people how to heal themselves and their families through natural methods and sharing the incredible healing power of our Creator's plants alongside the healing role of our e-MOTIONS. She frequently organizes online group experiences, email her at Live4healthsake@gmail.com if interested in a referral promo code.