

Happy Birthday Dr. Christopher

Tara Christopher Eyre, M.H.

Today, November 25th, marks the birthday of one of my greatest heroes—my Papa. You may know him as Dr. Christopher.

As a child I remember driving up Covered Bridge Canyon to visit Mama-Nanny and Papa. We were always welcomed with a warm home, open arms and all the love grandparents could bestow on their grandchildren. I loved rushing into the house and finding Papa reading in his big easy chair. I'd climb up on his lap and he'd put down whatever he was working on to wrap me in a big bear hug and then listen to me show off my reading skills or tell him all about my day. He was never too busy for me. While snuggled into his lap the whole world was at peace and I felt loved beyond measure.

Dr. Christopher was a beacon of peace and love to the entire world. Just as he always made time for me, he consistently gave love and attention to everyone seeking his help. Each year his birthday gives me an opportunity to reflect on his life, his work, and his example.

This year his example of living in peace and love even in the most dire of circumstances is especially poignant. Multiple times he was levied with outrageous fines and jailed for practicing his craft, yet he just smiled in gentle kindness through it all. When his name was slandered or he was taken advantage of, his eyes would sparkle and he would rise above it. When he was drafted he rejected the tools of war, and instead, spent his time in the dispensary loving and respecting all people equally. His mark on the world was his example of meeting people where they are and loving them toward health.

An example of this mindset can be found in one of his famous quotes, “Never will we have peace as long as we have constipated warriors sitting around the peace table glaring in hatred at each other. Peace will come from clean, sweet, happy bodies and those who teach this natural lifestyle to their families through their example.”

As you start or continue your health journey, remember that Dr. Christopher spent his entire life learning and improving his health and ability to live in peace. He had many issues to overcome and could have easily become angry at his situation. Instead he chose to work towards health daily, one step at a time. His diligence inspires me to continue moving forward, especially when life gets difficult.

As we come to the close of an overwhelming year, we can bring peace and joy to our families and communities by following in Dr. Christopher's footsteps. We can make small choices each day that lead us toward health, peace and joy. As we cleanse our bodies and fill them with nourishing food, we also cleanse negativity and fill our souls with love and light. When we make these simple choices, we are able to move forward in peace and joy, led by the beautiful example of Dr. Christopher.

Happy Birthday, Papa. Thank-you for leaving a legacy that blesses us all. I love you.

Tara Christopher Eyre, M.H. loves helping people find their way to health. She lives in Utah and enjoys spending time with her 3 wonderful children and husband.