

# Let Not Your Heart Be Troubled

David Christopher, M.H.

In that cardiovascular disease is the number one killer in America it is no wonder that I take many calls on the subject.

Last year I took a call from a former student. She was almost whispering, complaining of shortness of breath, heaviness in her chest, and pain in her arms. I suggested that she immediately lie down and asked her if she had Dr. Christopher's Hawthorn Syrup and his Blood Circulation formula. She answered in the affirmative and said she had been taking them. I suggested taking them every 15 minutes and to also take extra cayenne pepper. I waited while she took these herbals, and in a few minutes, she was feeling a little better. She was still uncomfortable and anxious, so I suggested she have someone massage her feet, darken the room and eliminate any distractions, such as television, loud music, or worried or irritating voices. She thanked me and disconnected, but called me several hours later experiencing more symptoms. She did not want to call 911 so I suggested increasing the doses and taking the supplements every five minutes. This suggestion was observed, and she was fine until the next morning when she was taken to the hospital for examination. The personnel at the hospital were able to determine that she had experienced heart attacks but no damage had occurred. They told her that she had total coronary blockage to the heart and explained that her body had found other pathways to deliver the needed blood to that portion of the heart. The doctor suggested several drugs including a high blood pressure medication, to which she informed him that she should not take because she constantly had low blood pressure. Their prescription was given without checking her medical history and could have killed her. A statin was prescribed and was wisely rejected.

Neither the doctor nor the staff suggested a proper diet, which I found outrageous. We talked about what she already knew from her schooling and she committed to following the program and only consuming fresh raw produce.

I saw her at Ginger's Garden Café four months later. She was feeling great, and had even shed extra pounds from eating the wonderful raw produce. Her recent medical checkup was positive and showed that her 100% blocked artery was now flowing at 60 which is the best outcome possible.

There is not room in this newsletter format for a full explanation of our program, but I highly recommend that you obtain my CD titled Cardiovascular Solutions found at [https://christopherpublications.com/Christopher\\_Cardiovascular.html](https://christopherpublications.com/Christopher_Cardiovascular.html). I promise that you will be enlightened. Here's to a healthier, happier you!

*David Christopher is a Master Herbalist, director of The School of Natural Healing, and son of our beloved Dr. John R. Christopher. He is continually helping others improve their health and that of their family members. The school loves to have him as their director.*