

Your “River of Life”

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Symbols have been used through time to reinforce concepts. Dr. Christopher referred to our bloodstream as the “river of life.”¹ By feeding the body fresh produce, it enriches our blood stream to be a clean, vibrant, healing pathway. Oxygen and nutrients are carried on this river to nourish our body, as well as carry off toxins and harmful substances through eliminative channels. Parables have also been drawn to eating foods from the “tree of life” - foods that are rich in fiber, water, vitamins, and minerals.³ These foods are fresh produce, whole grains, nuts and seeds that sustain, nourish, and cleanse the body. As we eat from the symbolic “tree of life,” our “river of life,” will be nourished, clean, and able to efficiently carry off waste, decreasing sickness and toxic buildup.

One of the most important lessons Dr. Christopher taught is the absolute connection between our diet, bowel health, and how it affects the rest of the body.³ If the bowels are moving well, the blood will be less toxic and will have greater capacity to nourish and heal us. Ninety percent of disease is said to begin in the bowels. If our bowels are not moving three times a day (for each time we eat a meal), then the leftover food matter and old cell structures processing through the body will compact and constipate us. One of the colon’s jobs is to absorb extra liquid from waste in the bowel before it exits the body. If waste sits too long in the bowels, it continues to break down and ferment as well as absorb that liquid, until the bowels become dry and hardened and compacted. This toxifies the bloodstream, congests the liver, as well as constipates the bowels. Drinking plenty of water, eating fresh fiber rich produce, and lowering stress encourages daily bowel movements.

My 16-year-old recently told me he would like to start a new, more plant-based diet. He said he had this idea from observing his eating habits in relation to his face. His face would break out with more blemishes when he ate poorly, especially with sugar, meat, and dairy. He noticed that his skin would clear up when he ate fresh fruits, vegetables, and whole foods. This was a wonderful and unexpected conversation to have with my son, and a delight to see him connecting the dots and making decisions for himself.

Here are some easy ideas for transitioning to a better life for ourselves and our loved ones.

1. For snacks, cut up fresh fruits and vegetables onto trays, easy for us to all pick up and enjoy. Keep them available and easy to choose when they open the fridge.
2. Make delicious and easy dips for those who may not enjoy plain produce. This could include nut butters, hummus, guacamole, or dressings.
3. Get a juicer or a blender that will allow you to make fresh smoothies or juices for your family, and get a great book or find a website for recipes.
4. Nuts and seeds, both raw and sprouted, if possible, are rich in protein, minerals, vitamins, and healthy fats that the body needs for growth, cellular repair, brain health, and hormone signaling.

My hope is that we all begin to understand the importance of life giving, fiber and nutrient rich foods. This diet change can minimize or prevent illnesses, increase our blood stream’s ability to

deliver nutrition and oxygen, improve the immune system, and enhance ease of elimination. I have heard that with greater vision comes greater motivation and that it is the small and simple things we do that have the greatest impact. May you be motivated to make small and simple changes in your diet, so that greater health and protection can be yours!

1. Christopher, D. (1983). *Dr. Christopher's Natural Healing Newsletter, The Blood Stream: "River of Life"*. Springville: Christopher Publications.
2. Tree of life - Wikipedia. (2021). Retrieved 26 August 2021, from https://en.wikipedia.org/wiki/Tree_of_life
3. Christopher, D. *Herbal Home Health Care*. Springville: Christopher Publications.

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