

## Bones & Tissue

### Arthritis the Healing Program

Posted on [February 9, 2015](#) by [Dara](#)



Arthritis seems to be a big issue right now. We have several information sheets dealing with Arthritis, Bursitis, Rheumatism, Sciatica, Osteoarthritis, and Gout. Over the years I've seen one natural aid act quickly and effectively every time for over all pain and symptom relief.

**Apple Cider Vinegar** is one of the most effective herbal aids for clearing and preventing these conditions. Soaking the inflamed, affected part in a hot Apple Cider Vinegar and mixing in a glass of water never fail to provide relief. A good suggested dose is a tablespoon Apple Cider Vinegar in a glass of water three times a day. This drink works to clear the uric acid from inflamed joints, which clears the pain and discomfort. The use apple cider vinegar and honey also works to cut the toxic wastes loose and expel them from the body.



**Two Herbal Support Formulas** to aid in healing the affected area are BF&C (Bone Flesh & Cartilage) Formula and the Arthritis Formula. These are two very different acting formulas that working together will knock down the inflammation and restore the damaged joint.

The **Arthritis Formula** and **A&R Salve** (Arthritis & Rheumatism) will take down the inflammation so healing can begin. Apply the salve as a pack over the painful inflamed joint. Dramatic results often appear when the pack is applied overnight.



Add ½ to 1 teaspoon of the liquid drops to a cup of hot water and drink 3 times a day.



**The BF&C Formula & Salve** will knit the damaged joint back together. This formula works to remove mineral deposits from the joints while repairing the damaged. For more information on the BF&C Formula see our information sheet.



When clearing any condition in the body it is important to establish the Three Foundational Programs:

- **First is Bowel cleansing;** the Bowels must be open and working well.
- **Second is Echinacea;** boosting the immune system.
- **Third, the Food Program;** consume plenty of nutrition for healing and rebuilding.



Liver Flushing

Add to the Foundational Programs a week of Liver Flushing followed by a week of Kidney Flushing.

These Flushing programs should be done at least every 6 weeks while clearing and repairing any condition in the body. **Do them more often if the need arises.**



Kidney Flushing

# Inflammation

Posted on [April 10, 2015](#) by [Dara](#)



Anyone dealing with an inflamed condition is dealing with pain. Inflammation makes for blockage which creates pressure and pain. The real question to ask is; where is the inflammation located, and what is the best and quickest way to knock it out?

Recently I was asked for help dealing with inflammation. The member asked if 'Ginger Root' was an **effective herbal aid**. The answer is...It can be if the inflammation is located in the skin, as in hives or blisters ect... but when we are looking at inflammation in a joint in

connection to bone the best anti-inflammatory support is Apple Cider Vinegar. Soaking the affected area in Hot ACV will provide quick relief, often overnight. The ACV dissolves the uric acid crystals responsible for inflaming the joint. Follow up with the A&R Salve and or, Arthritic Formula to completely clear the issue. Using this formula along with the BF&C formula has proved extremely effective on all types of Inflamed Arthritic conditions.

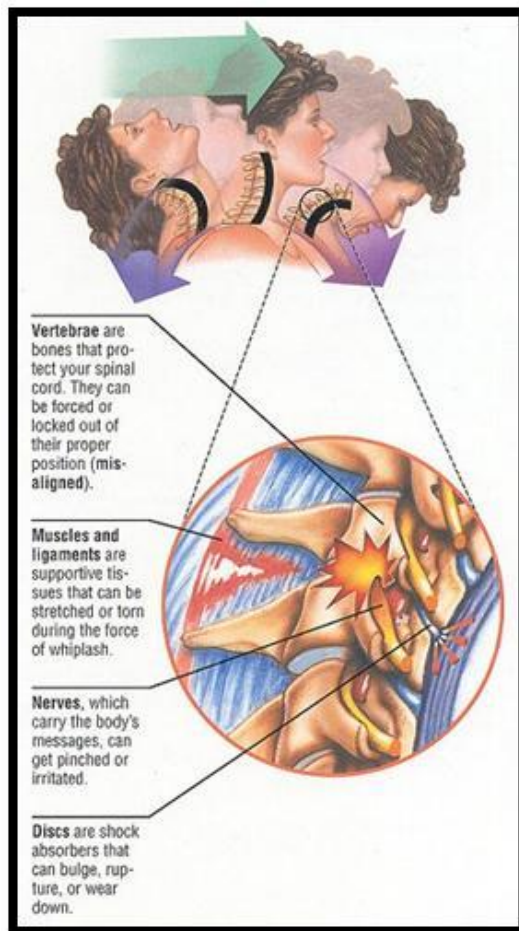


A&R Salve

Anytime the skin is affected with hives, Eczema or Psoriasis, a ginger bath can bring huge relief. Add 1 or 2 cups of ginger powder to a warm bath. This of course is only a temporary solution real and lasting relief will come only with a good liver flush. That means it is time to do an ELF (Emergency Liver Flush).

# Whiplash

Posted on [August 27, 2014](#) by [Dara](#)



Whiplash is an injury to the soft tissues of the neck from a sudden jerking or “whipping” of the head. This type of motion strains the muscles and ligaments of the neck beyond their normal range of motion. Although Whiplash is usually associated with car accidents, any impact or blow that causes your head to jerk forward or backward can cause neck strain. The sudden force stretches and tears the muscles and tendons in your neck.

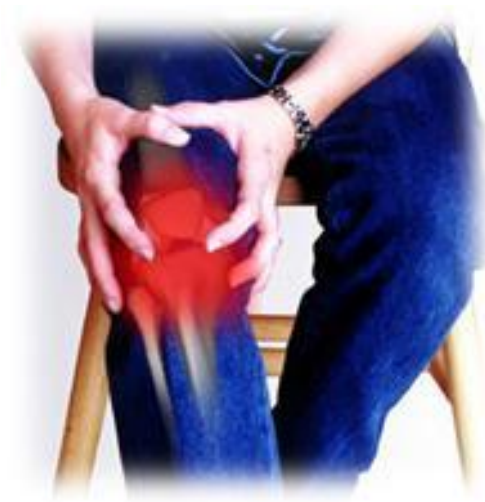
In 1976 my mother received whiplash as a result of a car accident. I was in my late teens at the time and remember vividly the horrid headaches my mother endured. The poor woman never fully recovered from her neck injury. She found some temporary relief from chiropractic adjustments but struggled through periods of debilitating neck and back pain until she passed in 2005.

Several years ago I experienced a jarring fall from an office chair onto the hard tile floor. I landed hard on my seat but felt ok initially. I slept fine that first night. It was around 2am the second night after the fall that I became aware of how badly I had injured myself. I awoke to a searing pain in my head. Struggling into the bathroom I found my jar of M&L Salve and smeared it liberally around my neck. Relief came in less than two minutes. The Salve began working on contact to relax the muscles stopping the horrific pain before I had crossed the room to my bed.

Over the next few months I used the M&L Salve nightly along with the BF&C Packs. The M&L Salve stops the spasm while the BF&C works to knit the damaged area back together. There is still a tendency in my neck to spasm if the muscles become chilled.

# What can be done for Joint Pain?

Posted on October 1, 2014 by Dara



Under this umbrella of pain we find the following issues: Rheumatoid Arthritis, Degenerative Joint Diseases, Spondylitis, Bursitis, Fibrositis, Myositis, Neuritis, Lumbago, Sciatica, and Gout. These issues can best be described as afflictions of the muscle tendon, joint, bone or nerve, resulting in discomfort and disability from stiffness of the joints or muscles, pain on motion ect...

Poor elimination is the common cause linking all these issues together. Toxic matter becomes stagnated in various parts of the body. The following is one of the best understandings available:

Thomas Deschauer explains it thus: "Urea should be daily expelled from our body, an ounce every day. Urea, as you might know, is completely changed waste matter, and as such easily expelled. Now if the process of turning the dead tissues into urea is incomplete—it forms uric acid. Certain foods and drinks cause the urea to be left unfinished. Or if the urea is hindered or stopped from being expelled, it returns into the system and forms uric acid.

This can be done by:

- Stopping perspiration,
- Cooling off quickly,
- Neglect of proper bathing,
- Neglect to change the underclothing,
- Inhaling urea at night while sleeping in ill-ventilated room,

Avoid all these things if you want to get well.

Some persons have what is known as the uric acid habit, that is, the waste matter does not break down completely. This tendency is due to an extremely abnormal and diseased condition of the blood."





## Herbal Aids

**General Instructions:** Rheumatism can be relieved rapidly by a cleansing program along with the following suggestions:

Drink Burdock root tea, and apply the B&L Salve (Burdock & Lobelia) as a fomentation on the painful areas.

Use apple cider vinegar and honey to cut the toxic wastes loose and expel them from the body.

Use MCP pectin (tsp. three times a day) in water (it tastes like weak lemonade), or chaparral tea (three times a day, a teaspoon to the cup).

## Herbal Support for Back Pain

Posted on [January 16, 2014](#) by [Dara](#)



Today I want to share a bit of wisdom on dealing with pain, specifically, Back pain. Depending on the cause of the pain there is any number of effective herbal remedies.

### Spinal Issues

First issue we will address is spinal malfunctions, a very debilitating cause of back pain. This can be caused by an injury to or an arthritic condition of the spine. Following a car accident in 1986 I endured nearly 13 years of debilitating back spasms. Out of the blue my back would go into a spasm sending me to the floor in a world of hurt. All of this came to a blessed end when I discovered [BF&C \(Bone Flesh & Cartilage\) Formula](#), in 1998. Three months after beginning to use the body repairing herbs in the BF&C formula the devastating back spasms ended.

Since that time I've been privileged to share in many healings brought about by the BF&C formula. Several years ago one of our members requested we begin making the BF&C into a salve. It took some doing but we finally mastered salve making (not really all that hard, just something new to learn). Since combining

the use of the BF&C Salve and the Herbal Extract we are never short of dramatic healing stories. I'll share a few of my favorites with you below.

### Healing of Soft Tissue Sprang

A sprained ankle (swollen & sore) mended overnight. The BF&C Salve was applied right after the accident supporting the soft tissue immediately.

### Fast Pain Relief for Arthritic Spine

A woman in her 80's in bed & in pain with an arthritic spine. Her son applied a BF&C pack over her spine at bedtime. The next morning he reported she bounced out of bed feeling "right as rain". She was not healed overnight. The BF&C had greatly reduced the inflammation around the arthritic areas in her spine which contributed in a large part to her pain. Her improvement has continued as has everyone's who continues using the formula over an extended period.

### Scales Cleared from Teens Face

A young teenage girl with a scaly growth on her face was given the BF&C Salve & tincture by her loving uncle. Her condition cleared quickly and she is now free of the scales.

### Clearing Old Injuries

BF&C is truly a gift from the Father. These herbs correctly knit the body back together. Old injuries are cleared of adhesions and the mineral deposits that contribute to arthritic conditions.

For more on BF&C you may ask for our [Information sheet](#)

### Pulled back Muscles

For some time now I have been singing the praises of the [M&L Salve. \(Mullein & Lobelia\)](#) This mighty combination is one of the best topical antispasmodics available. The all herb combination when applied topically over a spastic muscle will almost instantly relax the muscle.

On a Friday, several months ago, my husband, who is 6'4", fairly thin with a long back, had another up close and personal opportunity to witness the power of this herbal salve. While moving a pile of rain soaked lumber to a sheltered area he sprang his lower back. *When will the over forty masculine half of society realize they are no longer nineteen.* Yes, I'll get off that subject; you all pay dearly for your misconceptions.

Michael's lower back grabbed as he went to straighten up with a load of rain soaked lumber. When he found me in my office he said he felt something rip in his back when he lifted the lumber. We immediately massaged the M&L Salve into the affected muscles. Throughout the day he continued to apply the M&L Salve over the area. The BF&C Salve Pak was applied a few minutes after the [M&L salve](#). Later in the day he did an Epsom salt soak with three cups of salt to his tub of hot water. He felt the Epsom Salt soak was extremely beneficial. He went to bed shortly after his bath.

Saturday he continued resting and applying The M&L and [BF&C salve](#) as needed. Sunday Morning he woke up feeling 90% better and was able to finish the job he abandoned on Friday.

Knowing what to do when an emergency occurs can cut the recovery time down from weeks to days. Using the proper herbal supports can prevent the body from accepting the injury. Since the spastic muscle was not allowed to remain in a spasm there was no swelling or blockage to contend with and the recovery shortened to only a few days.

You can read more about this excellent herbal support at my blog: [M&L Combination](#)

## Quick Recovery from a Back Sprang

Posted on [August 5, 2013](#) by [Dara](#)



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## Healing Old Injuries

Posted on [October 18, 2012](#) by [Dara](#)

September 1998 proved to be a turning point in my life. After accepting an invitation for a month's stay at a natural healing clinic clear across the country, my benefactor introduced me to the Incurables Program. One of the first and most beneficial formulas made available to me, was that of the Bone Flesh & Cartilage. Among the long list of issues needing to be cleared in my body were back spasms resulting from an auto accident that had broken my lower back in the fall of 1986. Though not as life threatening as many of my physical ailments this issue was one of the more debilitating.

Three months after using the BF&C Herbal Extract on a regular basis my back spasms were cleared. Gone were the days of finding myself flat on the floor with no ability to get up. Gone was the debilitating pain and drugs that had destroyed the quality of my life for the last decade. Healing my back spasms was huge in its self but there was more.

In a fall in the summer of 1978, I had torn the ligaments in my left shoulder. The injury had healed badly. The arm was weak due to poor circulation caused by the adhesions that had formed over the injured area. Over time I had learned to compensate for the weakness in my left arm and had all but forgotten the injury until the BF&C Formula brought it to the forefront.

Toward the end of summer 1998, I woke one morning and found I could not lift my left arm without a great amount of pain. I called my natural healing friend who had the presence of mind to ask if I had ever injured that arm. Yes, I remembered I had fallen on it when I was eighteen years old, but what had that to do with the pain I was feeling. She explained that the Bone Flesh & Cartilage Formula not only healed the injury to my back but had also gone on and was working to clear this old shoulder injury too. Because the shoulder had healed so badly the healing process required that I support it for a short period by wearing a

sling. When the sling came off the numbness caused by lack of circulation was gone. Over time the arm has regained its former strength.

I have found BF&C an excellent healer for the old injuries. It has the nutrients needed to clear up old inorganic build-up and rebuild bone, flesh, and cartilage. The herbs in this formula are truly a gift from God.

## Knee Pain

Posted on [October 18, 2012](#) by [Dara](#)

I have recently discovered, first hand, how valuable the nervine herbs are for relieving nerve pain. What you might call a “fire ball” of pain had developed in my knee. None of the regular herbal remedies were bringing any level of relief. Searching in Dr. Christopher’s writings I found a reference to **the use of nervine herbs for nerve pain**. I applied the **General Nervine Tonic** directly from the bottle to the painful area on my knee. It was as if I’d taken a fire hose to the pain. Just wiped it out. I was amazed. The relief lasted about three hours. When it began to wear off I applied more. It continued to work. We quickly made a salve from the formula which continued to relieve the pain in my injured knee.

The General Nervine tonic is sedating, it makes me sleepy even when only applied to my skin. We decided to make a salve from the **Nerve Regeneration Formula**, which does not contain the strong sedative herb, Valerian for day time use. It has been great at keeping the pain from coming back but has not proved to be as strong as the General Nervine Tonic.

Once the pain and inflammation were under control I began to work on building up my injured knee. It’s going to take time but I can see positive daily progress.

Once the knees have been compromised an aggressive program is needed to clear the injury and rebuild strength and health. This is best done by using the BF&C Salve and Extract. The pain associated with an injured knee can interfere with a good night’s sleep as well as prevent good movement and exercise during the day. One of the best ways to smooth the fiery pain from an overused or abused knee joint is the **General Nervine Salve**. This salve penetrates into the inflamed nerves, allowing them to calm down and the pain to stop. There is no numbing effect only an end of the throbbing pain. Personally I have found this to work quickly during the night allowing me to get a good night’s rest.

Using Hydro Therapy is also important to healing an injured knee. Anytime you have injury or illness you have blockage. Hydrotherapy is all about clearing blockage. The hot water brings fresh blood to the injured area and the cold slams all that fresh blood through the blockage. Hydrotherapy is like shooting a

blood bullet into the affected area. The hot water loads the blood bullet and the cold fires it. The more dramatic the change between the hot and cold the deeper the blood with all its healing nutrients will penetrate.

### **Some useful herbal supports for the knees:**

**Mullein & Lobelia Salve:** excellent support to release a locked up knee and aids in removing excess lymph fluid from the area.

**General Nervine Salve:** Pain Support.

**BF&C Salve & Extract:** With consistent use this formula will support the body to Restore and repair the Bone Flesh and Cartilage.

## **BACK PAIN**

Posted on [October 18, 2012](#) by [Dara](#)

Depending on the cause of the pain there is any number of effective herbal remedies.

### **Spinal Issues**

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# Herbally Supporting Our Four Legged Friends

Posted on [October 6, 2013](#) by [Dara](#)

**Question:** My German shepherd likes Superfood in her water. Is there anything in it that is not good for dogs? And, if it's good for dogs how much might I want to feed an 80 pound dog per day?

**Answer:** Superfood is great for dogs, all our pets love it. For an 80 lb. dog, I'd sprinkle two tablespoons over their food each day.

## BF&C Oil for Pets

When dealing with an older pet the BF&C oil will restore old worn joints. This is a high calcium formula and is as useful for our four legged friends as it is for their two legged masters. The comfrey herb effectively knits the body back together, while other support herbs in this great formula clear arthritic conditions from the entire system. So many of our members have discovered the blessings of BF&C oil for their pets we have begun keeping a supply of the oil on hand.



Depending on the weight of the animal a good dose added to the food dish is:

- Under 15 lbs. ½ tsp. daily;
- 15-40 lbs. 1 tsp. daily;
- 40-75lbs. Two teaspoons daily;
- 75 lbs. & Up 1 tablespoon daily

BF&C oil is also excellent for the breeding female pet. Providing the pregnant dog with a daily supply of Superfood and BF&C oil will ensure a healthy litter of bouncy puppy power.

The First year of growth in the large breed dog can be phenomenal. My husband's dog, a Great Pyrenees, gained from 18 lbs. at 8 weeks when we got him to 98 lbs. on his first birthday. This is a huge amount of growth. I believe the BF&C along with the Superfood he received every day contributed in a large way to his overall health, great temperament, and beauty. During that first year I had to





hide my BF&C salve making sure I securely fastened the lid each morning. If I failed to the jar would be all but empty by the time King was done with his preferred dose. After that first year of growth was finished he stopped craving the BF&C oil and salve, he no longer shows any interest in my salve. He will still lick my fingers clean but does not want the jar.

## Support for the Injured Pet



Treating an injured pet is done pretty much like we would do ourselves. If they are bleeding, dripping liquid cayenne into the wound will instantly stop the bleeding. For Infection & wound care the Infection salve, & healing poultice are excellent aids. Several years ago, King took off into the woods behind our place late in the evening. He came hobbling back with his front paw all tore up. He had managed several deep cuts all over his front left paw pad. *(Still makes me cringe to think of it.)* After cleaning his wound we gooped on a generous amount of Infection salve. We then cut up a cushy kotex pad to cushion his paw which we wrapped with a roll of gauze. To keep him from removing all our hard work we then wrapped the entire leg with duct tape. This worked fairly well as long as we kept him with us, when left alone he would perform his version of bandage demolition. He was also given a tablespoon of the Infection Salve to eat twice each day for the next week.



Yes, *the collar* could have been useful if he were not so big. King became a one dog demolition service when fitted in that *upside down lampshade*. He could not see where he was going and really did not care much what happened until that crazy contraption was removed. It was funny in its own sorry way.

The good news is he healed very quickly. On day three we noticed the pad was completely sealed back up and appeared to be healing nicely. We left the bandage off and kept him inside with us for a couple more days. He healed nicely without issues of any kind.

## Seizures

If you pet has seizures I would get a diagnosis from a good vet just to know for sure what was happening. Once you know it is possible to apply an herbal approach to control or clear the issue. To instantly stop a

seizure in your pet use the Lobelia Tincture. We have found Lobelia to work quickly when smeared around the pet's mouth. For a small pet drip several drops onto your finger and smear it around his little foamy mouth. He will normally absorb enough using this method to stop the episode. A larger animal can have a dropperful drizzled into, and around the mouth, smearing it in with your hand.

When dealing with any chronic issue in your pet it is possible to apply an herbal approach.

**Note:** The only Foundational herbal support that is not recommended for dogs & cats of any kind is the LBF #1. They have a short digestive tract and do not need this support to get the waste out. These creatures can eat and pass just about anything. For diarrhea issues the LBF #2 can be used alone without creating a problem. This formula will quickly solidify a runny bowel. Again it is NEVER ok to give a dog or cat the LBF #1, it will truly rip their little insides up.