

DEBILITY

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Definition



ASTHENIA

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Abnormal physical weakness or lack of energy

ADYNAMIA

Loss of vital strength or muscular power



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Cause

In debility, the condition is generally caused by a rundown body as a result of an improper diet.

Do not overfeed since the body is already overworked and the heart is already overburdened, and the organs are tired from trying to digest heavy foods. T

he kind "angels of mercy" that bring in cakes, pies, and the little "goodies" to the invalid and say "Now you must eat to get your strength you must eat to get your strength build up," are not really "angels of mercy" since they only aggravate the problem.



Herbal Aids

General Instructions:

- In some cases the whole digestion must be rebuilt.
- A speedy recovery may be had with **JUICE THERAPY** alone or with **SLIPPERY ELM GRUEL**.
- Other nutritional herbs such as **IRISH MOSS** or **COMFREY** may be used successfully.



SLIPPERY ELM GRUEL

Wormwood:

Take 2 fluid ounces of the infusion 3-4 times daily.

Or ¼ tsp. Herbal Extract 3-4 times daily

- *Aids digestion*
- *Increases libido*
- *Enhances immune system*



Bitter Root: Take 5 grains of powder 3 times daily; it has also been used successfully in combination with yellow parilla (*Menispermum canadense*).

Rue: (Never take if you are pregnant)

For system wide debility

Take small doses of the infusion at least 1 hour before meals



Rue tea helps the body in perspiring and removing toxicity from body.

Dr. Christopher's Formulas for Debility

Debility Tonic: (5) White Poplar Bark, (1) Barberry Bark, (1) Balmony Bark, (1/2) Golden Seal, (1/2) Cloves, & (1/4) Cayenne,

Suggested Dose: 2 fluid ounces 3 times daily before meals, or 1 teaspoonful of powder in a cupful of hot water 1/2 hour before meals. Sweeten with Honey or Maple syrup.

Debility Formula #1: (4) Comfrey Root, (2) Elecampane, (1) Horehound & (1/2) Beth Root

Suggested Dose: 1-2 droppers full 3 or more times a day; Sweeten with Honey as Desired

Debility Formula #2:

(1) Scullcap, (1) Camomile and (1) Gravel Root

Suggested Dose: 2 fluid ounces every 2 to 3 hours during the day



Prickly Ash: The herb is a valuable herb nerve stimulant and may be used for a long period of time without ill effects. It is valued in all cases of nervous prostration or debility after illness or whenever the vital forces of the body have for some reason been depressed.

Skullcap: It is called a food for the nerves, strengthening and supporting them as it gives immediate relief of all chronic and acute diseases stemming from nervous affections and debility. It is high in calcium, potassium and magnesium, which may account for its remarkable effect on the nervous system.



Skullcap: Lucas reports the case of a gentleman who was otherwise in good health but was continually suffering nervous debility and insomnia. Treatment by other doctors had not helped him at all. He was encouraged to try natural medicine and was given a combination of an ounce of Skullcap, an ounce of hops, and a half ounce of gentian root. He took this as an infusion and within a week he was sleeping well. At the end of two months he was fully recovered. Lucas mentions that Skullcap, catnip and peppermint work the same way for many people. It is said to give natural sleep to morphine addicts, especially when combined with catnip, lime blossom and hops.



Gentian: (*Gentiana Lutea*) is considered one of the most useful tonics in cases of exhaustion from chronic disease and in all cases of general debility, weakness of the digestive organs and want of appetite. The herb has been used in both England and Europe for treatments to humans as well as in veterinary practice.

Echinacea: Prof. Webster, an early practitioner who used it in these cases, asserted that as a stimulant to the capillary circulation, no remedy is comparable with it, and it endows the vessels with a recuperative power or formative force, so as to enable them to successfully resist local inflammatory processes due to debility and blood depravation (*Ibid*), which we think is extremely interesting in view of the toxic conditions caused by pollution and low-quality food in today's world.



Suggested Support Program

The nutrition and tonics required for rebuilding and strengthening a debilitated body must be of the highest quality. The healing will come as the body receives the massive amounts of nutrients required. Below is a program suggestion. Each individual will need to adjust the elements of the program to best fit their personal needs.

Foundational Work:

- **Lower Bowel Formulas #1 & #2:** Cleansing the Bowel is not an option.
- **Echinacea:** 1 oz a day for 4 days each week
- **Juices:** Fresh Juices Daily;
- **Superfood:** 4 tablespoons of Superfood in Fresh Juice 2 or 3 times a day.

The suggestions above are for anyone working any program. Bowel Cleansing is not an option. Regaining of strength will not happen in a body that continues to hold toxic waste within itself. The Elimination organs must be open and working well.

If you do not own a juicer buy one. You will not get well without one. Fresh juice is an essential source of the massive amounts of Nutrition needed to rebuild the broken down body systems.

A good basic understanding of how and what to juice is provided in the documentary: "Fat Sick and Nearly Dead" This is available in DVD format or can be watched on line.

Superfood is an excellent balanced source of nutrition. Using 4 tablespoons 3 to 4 times a day will provide your body with the raw materials for rebuilding. In addition to the Superfood I would also suggest using:

- **Super-kelp:** 5 caps, 3 times a day
- **Vitamin C:** 3000 mg, 3 times a day

Using the Debility Formulas listed above.

These formulas can be made into extracts or combined the herbs to brew as a tea. The Formula Parts are listed next to the herb names in the descriptions. Use all three or any combination of the three to aid in your healing process.

- **Debility formula #1:** Is focused on clearing congestion from the lungs and chest area.
- **Debility Formula #2:** the herbs in this formula support the frayed nerves. Emotional endurance.
- **Debility Tonic:** A body wide tonic for supporting and building health back into the body systems.

These suggestions when combined with a happy, healthy lifestyle and food program will offer even the most broken individual a chance to be well again.