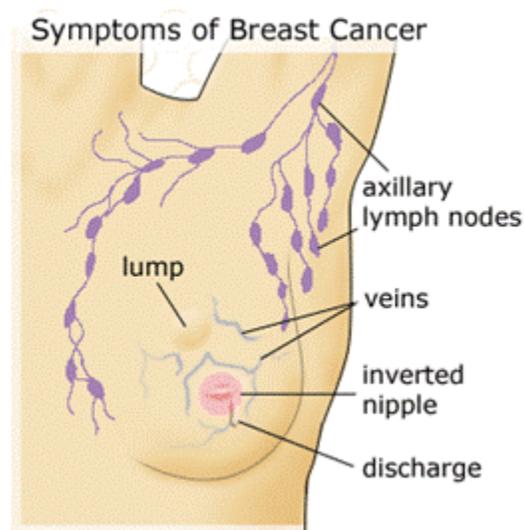


# Dis-eases & Suggestions

## Understanding Cancer

Posted on January 11, 2015 by Dara



A research project done in the 1950's by the American Cancer Society shows how it is cancer and tumors are able to develop in a body. Over a period of several years a large group of rabbits were swabbed daily on the ears with nicotine. Every few months they checked several of the rabbits to see what was happening inside. Here is what they found.

No tumors or cancer appeared until the eliminative organs were degraded to the point they were unable to properly remove waste from the system. The real key here is the fact that before any form of cancer or tumors appeared in any rabbit it was observed that the internal elimination organs

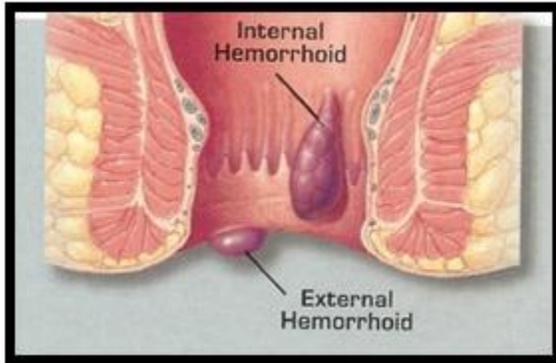
were greatly compromised.

Try to get your mind around this proven fact: Developing tumors or cancer is only a symptom pointing to the need to rebuild the eliminative organs in the body. The liver, kidneys, digestive system ect... are all in need of serious rebuilding. The cancer or tumor is not the issue, only a symptom of a degraded internal system.

Cutting out the cancer or tumor will not clear the issue from the body. Not until the internal elimination organs have been rebuilt and are able once again to properly remove waste can a body be truly free from cancer. One of the Late Dr. Christopher's favorite sayings was, "cleanse & feed". You must cleanse out the waste while feeding and rebuilding the system. This is where the entire [Incurables Program](#) proves valuable.

# Hemorrhoids

Posted on [October 26, 2014](#) by [Dara](#)



Anyone who has ever experienced hemorrhoids can attest to the long lasting pain and discomfort. Over the years I have discovered a few things that work well and those that do not. The best advice I can offer is to deal with it early. Don't wait for piles to form or the pain to drive you on for answers. Deal with this issue at the first sign of discomfort.

**Prevention is always the best medicine.** Constipation is the leading cause of [Hemorrhoids](#). Pushing hard matter out damages the tissue around the rectum. Over time the elasticity of the skin is broken down allowing the vessels to float to the surface where the hard matter passing over them wrecks pain and havoc. Do whatever it takes to keep your bowels soft and moving well. The [Lower Bowel Formula #1](#) is an Excellent Herbal Aid for backed up bowels.

## Calcium

Another cause for Hemorrhoids is a poor food program. Calcium is an important nutrient for healthy tissue. Varicose veins as well as Hemorrhoids are intensified when the body is lacking a good usable source of Calcium.

Avoiding foods that leach calcium from the system is the first step in building up the body. Stay away from all processed foods, especially sugar and white flour products. Get outside into the sunshine whenever possible. This is your best source of Vitamin D, and it's free. See the [Calcium Information Sheet](#) for more great tips.

## BF&C Tincture & Salve for Hemorrhoids

One of the best herbal aids for strengthening tissue is the [BF&C \(Bone Flesh & Cartilage\) formula](#). This formula contains the nutrients that can knit the body back together. Suggested dose: 1 teaspoon of the tincture taken in water or juice three times a day. Apply the Salve to the affected area after bathing and following each movement. I've seen great improvement within the first week. This is not a quick fix but a healing which takes time.

Pain Suggestions: The [G-Nervine Salve](#) is helpful at calming the fired up nerves following any movement. Applying a finger full of the salve after each movement can calm the pain.

Try inserting a finger of “Red Potato” into the rectum to calm the pain. This has proven very effective.

# Abdominal Discomfort

Posted on [September 25, 2014](#) by [Dara](#)



Continuing with the subject begun in our previous article on pain, today we are going to look at natural ways of dealing with pain in the abdominal, trunk area. This is where many of the vital organs are situated. An overall treatment of the most common abdominal pain complaints will be more than enough to fill this article.

## Heart and Lungs

In the upper chest area we find the heart and lungs. The two best aids to have on hand for painful emergencies of the heart and lungs are [Lobelia](#) and [Cayenne](#).

Lobelia will end an asthmatic attack in seconds. One or two droppersful directly in the mouth is an effective dose.

A cup of [hot cayenne tea](#) will put an end to the worst heart pain. Add 1 teaspoon cayenne to 6 to 8 ounces hot water and drink. When time will not allow ingest 1 teaspoon Cayenne in a swallow of juice or water or take directly into the mouth. **Note:** *in serious cases the person will hardly notice the heat from the cayenne because they will be numb.*

When experiencing pressure over the heart or tightness in the chest, [Hawthorne extracts](#) works quickly to provide relief. As an excellent cardiac relaxer Hawthorne quickly relieves tightness and discomfort. Add 1 or 2 teaspoons of the extract to a few ounces of water and drink.

**Please note:** if you are using medication to regulate the heart rate, or any drugs to slow down heart function, Hawthorne is NOT to be used. Cayenne & Lobelia are a safe alternative.

## [Kidney Stone Pain](#)

At the first sign of kidney stone pain begin drinking 1 tablespoon of [Apple Cider Vinegar](#) in a large glass of water three times a day. Hot towel fomentations can be used to relieve sever pain with good results.

When doing hot fomentations I have found it expedient to move the microwave oven into the bedroom. If no microwave is available the wet towels can be heated & reheated in the oven or in a pot of hot water on the stove.

**Preparation:** Protect the mattress with a plastic cover under the sheets. A large green trash bag cut open works very well.

**Plan Ahead:** *A shower curtain can be purchased and set aside to protect the mattress or chair during hydrotherapy treatments.*

Prepare hot peppermint or Yarrow tea, if available the Kidney Bladder Tea, or Hot lemonade (*cold lemonade, sweetened with maple syrup or agave nectar with cayenne added*). It is important the person drink plenty of fluids.

### Applying the Fomentation

- Have the person lay on the bed under the covers.
- Apply a hot moist towel, folded long ways in thirds, down the spine.
- Apply the second towel folded in half across the stomach.
- Use the third towel to trade out when the towels cool down.
- Return the cool towel to the microwave and reheat.
- Continue this procedure until the person has received good pain relief. *Normally a half hour to 45 minutes will relieve the pain.*

### Gall Bladder Attack

Consume 1 teaspoon Digestive Tonic & 1 teaspoon L/P Formula in two ounces of water. This will effectively stop the symptoms cold. In only a few moments the person will feel all better. They are NOT all better. They have received a window of opportunity in which to clear the Gallbladder.

Clear the bowels with a good enema and proceed to flush the liver & Gallbladder by doing an Emergency Liver Flush aka [Do an ELF](#). Detailed instructions can be found on the last two pages of the [Liver Flushing E-Book](#).

### Appendicitis attack

To ensure it is the Appendicitis it might be good to do the Gallbladder Remedy. If no results or if there is reason to know it is the [Appendix](#) Detailed Herbal Support to clear the issue can be found on our website.

The bowels must be emptied to relieve the pressure on the appendix. This is seldom possible until the pain has been relieved via a Catnip Enema. Add two table spoons of Catnip tea to a quart of hot water. Allow to steep to 15 minutes. Strain and add tea directly to the enema bag. There is likely to be a degree of

discomfort inserting the enema tube into the rectum. Once the Catnip has been received into the bowel pain relief will come quickly. Continue clearing the bowel of all waste.

When the bowel has been cleared a Castor Oil Pack over the appendix is very nice feeling and will aid in clearing the inflamed condition of the appendix. [See Info Sheet for details](#)

## **Bowel Cramps**

A teaspoon of the Lower Bowel Formula shaken in water or juice and consumed will end a crampy bowel very quickly. Another quick remedy for excess gas in the bowels is the Digestive Tonic and ½ teaspoon of Lobelia.

## **Ulcer Pain**

Cayenne will clear the ulcer and the ensuing stomach pain. Consume 1 teaspoon cayenne in juice or water. See information sheet for details.

## **Acid Reflux**

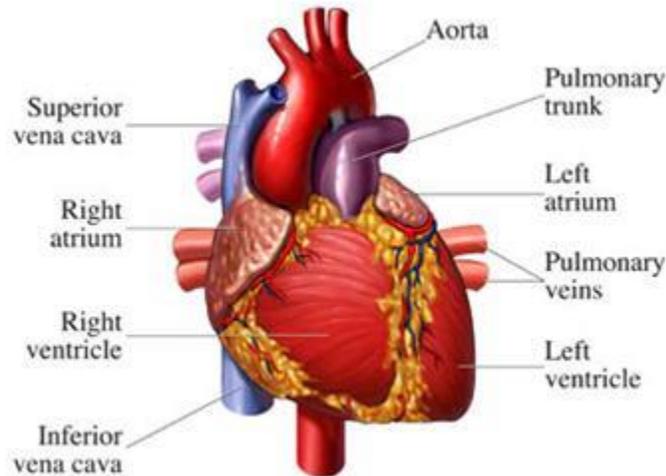
This is usually cleared by drinking 1 teaspoon Digestive Tonic in a glass of water. If you are one of the few this does not work for then you need to use the Apple Cider Vinegar. Add 1 tablespoon to a glass of water for relief. For further explanation download our [Heartburn information sheet](#).

## **Period Pain**

Here is a tried and true way to stop the misery quickly and without drugs. A tincture of Lobelia (½ tsp.) or Cramp bark (½ to 1 tsp.) will effectively stop even the most sever cramps in 10 to 15 minutes. About 10 minutes after using the tinctures a wave of relaxation will wash over the body and the vaginal and uterine tension will begin to relax, after another 5 minutes a second wave passes through the body and the pain is gone. If you are up and moving about you may not feel the two distinct waves but you will notice the relief just the same.

# Care & Feeding of the Heart

Posted on [March 10, 2014](#) by [Dara](#)



The heart is a vital organ, a pump, we cannot live without. The question now arises how best to maintain the healthy function of the heart. The Vegan food program has been proven the absolute best for regaining or maintaining healthy heart function. Vegetables, fruits, beans, nuts, all the good foods created to fuel our bodies. If all you do is change from an animal based food program to the vegan lifestyle, this one choice alone can significantly reduce your risk for

heart disease.

For more on how to do a vegan food program I suggest you watch an excellent DVD titled: "[Forks over Knives](#)". This will not only provide all the information needed to make this lifestyle change intelligently but there is also an excellent cookbook filled with tasty dishes for the new vegan.

## Herbal Supports for a Sick Heart

Heart disease is a serious life threatening condition. Below is a program for quickly clearing heart blockage while restoring healthy tone and vigor to the heart muscle.

***"Juice-fasting is excellent for people with clogged arteries."***

The food program for the first 30 days should be juices only. Yes, a 30 day juice fast is the quickest way to thin the blood and unblock the heart. Depending on the severity of the condition the juice fast might need to be extended and or followed by a period of time on a raw food program. The patient will then need to maintain an ongoing [vegetarian food program](#) for the rest of their lives.

In cases of a failing heart the blood must be thinned and the cholesterol level reduced. Juice-fasting is the quickest way to accomplish both objectives, quickly reducing stress on the heart. Juicing takes all the pressure off. Even a full stomach puts pressure on the heart. You don't need any more pressure. Juice-fasting is amazing after just two weeks heart patients experience a reduction of blood pressure, reductions

of blood cholesterol levels, the blood is thinner and easier to pump, and they have more energy. The person has totally transformed themselves.

Using two to four tablespoons of [Superfood](#) three times a day while juice fasting will provide an excellent amount of Alfalfa along with many other basic nutrients needed for rebuilding the health of the body and heart. Dr. Christopher said Alfalfa would clean the arteries. We know that not only does alfalfa do it, but garlic does it, and so do many herbs and natural routines.

### First Response for Heart issues

Any Chest pain or tightness: add 1 tsp. Cayenne & 1 Tablespoon Hawthorne to cup hot water. Finish entire cup. *(When healing any heart condition it is important to learn to use cayenne as soon as possible. Start with a small amount and work up to the full 1 tsp. dose.)*

Begin Cayenne & Ginger fomentations, or Hot & Cold Hydro-Therapy, this will in most cases immediately relieve angina.

**NOTE:** *For those not used to taking Cayenne you may add 1 tsp. cayenne to shot of juice or water. Get the cayenne down, just shoot for the back of your throat and swallow. Then sip on the nice tasting hot cup of Hawthorne tea.*

If there is still Nausea or discomfort follow the above process with 1 tsp. each Digestive Tonic & LG/AP formula in 2 ounces water or juice. The Gallbladder likes to join any party going on in the body, this will cool the gallbladder right now.

### HEAL's Heart Tonic

Here is a powerful [Heart Formula](#) for today's heart problems.

*Hawthorn berry, [Red Clover](#), [Motherwort](#), Ginger root, [Cactus grandifloras](#), Cayenne pepper*

**Dosage:** Use 1 teaspoon 3 to 8 times daily.

### Heart-Kidney Connection

When there is not enough blood going to the [kidneys](#) there will be swelling, edema, in the body. Often this will show in the lower leg area from the calf down.

The use of Cayenne will stimulate the kidneys as well as help to thin the blood. Often, with congestive heart failure, you don't even have heart issues, just kidneys that aren't working.

You need tremendous quantities of fluids to thin the blood. Most doctors use diuretics to get rid of fluid, when what the body actually needs is plenty of fluids to flush the body out. Starving the body of fluids endangers the person.

*F. Batmanghelidj, M.D. says, the body hoards water when it is dehydrated. To get rid of the edema, the patients need plenty of fresh water, with 1/4 to 1/2 teaspoon of natural salt for each 8 glasses of water drunk. Readers who need more information on this can get Dr. Batmanghelidj's book, ["Your Body's Many Cries for Water"](#). Get this book!*

## **What to do for severe clogged arteries**

### **Castor Oil Packs**

Castor oil will break up congestion in the body and is an excellent aid for dissolving and clearing severely clogged heart arteries. The castor oil packs should be applied right over the center of the sternum. The best place is about a steering-wheel size castor oil poultice right over the center of your chest.

### **Fomentations**

The use of cayenne and ginger fomentations is extremely beneficial. Into 2 quarts of water add two heaping tablespoons of cayenne pepper, and two heaping tablespoons of fresh, grated ginger. Depending on the person's pilot light, you've got to be careful, because the hot tea fomentations can be pretty fiery. Alternate the fomentations with the castor oil packs over the heart.

### **Hydro-therapy**

[The Hot & Cold Hydro-therapy](#) right over the heart is a little stronger routine.

***FYI: Dr. Richard Schultz says he used five or six tablespoons of extra hot powdered cayenne pepper a day while healing his heart.***

## **Cayenne Dosage**

A good internal dose of [cayenne](#) 200,000 heat unit powder or [liquid tincture](#) is three to six teaspoons a day. The [Cayenne](#) and [ginger](#) are counter-irritants. They go into the pores, they warm; they bring blood; they move the blood, especially for conditions like congestive heart failure.

## Hawthorn is the #1 Heart Food

**Suggested Daily Dosage:** ½ teaspoon Hawthorn [extract](#) every three hours, for serious cases 1 teaspoon every three hours in cup hot water with cayenne

[Hawthorn berries](#) strengthen and protect the heart. [Cayenne](#) supports circulation, movement of the blood through the body. The hawthorn is more of a food for the heart—but it should not be underestimated. Hawthorne contains chemicals similar to flavonoids which protect the heart muscle from damage and cause the heart to be stronger.

*“Hawthorn lets your heart survive on less blood and oxygen, so if you have a severe heart disease, you’re not going to have a heart attack.”*

In heart conditions like blocked coronary arteries, angina pectoris, whatever, hawthorn will buy you time. The enzymes in Hawthorn bind to heart cells allowing the heart to function on less oxygen and blood. It’s an amazing plant much like milk thistle toward the liver, hawthorn is for the heart; it protects and repairs.

## Changes Must Be Made

Don’t expect the herbs to support the heart while you continue to eat, think, and live poorly. Those who refuse to reform their lifestyle will one day be shocked when they have a heart attack while taking hawthorn. While these herbs are very powerful, they will not remove the results of continual bad living. The bottom line is: if you refuse to feed your body correctly, continue smoking cigarettes, nothing is going to keep you alive.

# FOOD FOR THE HEART

Posted on [February 20, 2014](#) by [Dara](#)



Today I want to share an excellent article on Heart food from the writings of Dr. John Christopher. I just can't say enough about the value of [Cayenne](#). Christopher shows it to be a "fountain of youth" for the heart, veins & arteries.

**Cayenne is one of the finest foods for the feeding of the heart and for keeping the veins and arteries in good youthful condition.**

It is best to begin using [cayenne](#) in small amounts and increase the volume gradually.

- For example, start with 1/3 teaspoonful of cayenne in a little water three times a day.
- ***Continue taking cayenne in these amounts for three or four days and then add another third of a teaspoonful to the original third each time it is taken.***
- Again after three or four days increase the amount of cayenne by another third of a teaspoonful until you can take at least a teaspoonful three times each day.

This herb is not a drug. It is merely an excellent food, high in calcium, Vitamin C, etc. Even though one senses heat and slight discomfort at first, this is due only to a stepping up of the circulation and can do no harm to the body.

The herb cayenne is a great food for the entire circulatory system because it feeds the necessary elements into the cell structures of arteries, veins, and capillaries throughout the body so that these structures regain the elasticity of youth again and blood pressure adjusts itself to normal.

[Cayenne](#) rebuilds the tissue in the stomach and will heal stomach and [intestinal ulcers](#). By equalizing blood circulation, cayenne produces natural warmth and by stimulating the peristaltic motion of the veins, arteries and intestines it aids in assimilation and elimination.

When the venous structure becomes loaded with [sticky mucus](#), the heart has a harder time circulating the blood and therefore higher blood pressure is required to force the substance through the veins.

## **Equalizes [Blood Pressure](#)**

[Cayenne](#) regulates and equalizes the flow of blood from the head to the feet which immediately relieves the heart and gradually extends its effects to the arteries, capillaries and nerves. The frequency of the pulse though not increased is given more power.

## **Dr. Christopher's Cayenne Testimony**

Because of my own experiences I must tell you that I am a firm believer in the use of [cayenne for the circulatory](#). I suffered ill health in my youth and from my middle twenties to the middle thirties it was impossible for me to purchase life insurance, even a thousand dollar policy. This was due in part to the hardening of the arteries and a disposition to high blood pressure which I suffered from.

During my middle forties I tried again for a substantially large policy of life insurance. Because of the amount of the insurance I had requested, I was required to see two different doctors, each of whom gave me an examination. After one examination the doctor exclaimed that he was astounded at my blood pressure which resembled that of a healthy teenager though I was forty-five years old.

The second doctor measured my blood pressure five times, in each instance shaking his head and repeatedly scrutinizing my case history chart. I was becoming irritated and asked him if his equipment was broken, seeing that he had repeated the reading over and over. He told me that the equipment had been used without trouble for some time, but since my age was forty-five and I had a perfect systolic over diastolic pressure he had to wonder if the reading was correct. I assured him that it was and related what the other doctor had said. I got an O.K. for the policy from both practitioners.

Last year as I neared seventy years of age I told this story to a class I was instructing. One of the pre-medicine students asked if my blood pressure was still as good as it had been then. So I gave him permission to take my blood pressure. Amazingly, the group saw the blood pressure reading of a healthy young man and not the average reading of a seventy-year-old individual. This was very gratifying to me to say the least. The main reason for this good blood pressure of mine, besides my close adherence to the mucusless diet, was the use of cayenne as a food each day.

I take one to three teaspoons or more of cayenne every day of my life and the resulting healthy blood pressure is what I call a good pay-off for a total effort.

## **Never Lost a HEART ATTACK Victim**

In more than thirty-five years of practice we have never lost a case when called to help a heart attack victim because we always use cayenne. After propping up the patient and pouring down a cup of hot cayenne tea, which is one teaspoon of cayenne in a cup of hot water, relief comes quickly. One will find a great blessing if this herb is used as a daily food, six days a week, throughout life.

# What are food allergies?

Posted on [January 13, 2014](#) by [Dara](#)



People seem to be allergic to so many different foods these days. Some of the more common are to corn, wheat, nuts and strawberries (to name only a few). Unprocessed, natural foods right from nature are where most allergy foods come from. So what is going on? The idea that a food created to sustain life can cease to feed and actually destroy life does not seem right.

Over the years I have come to understand food allergies in a different light. These foods are not a poison to the body but the nutrition they provide is too detoxifying. Instead of being the enemy these foods are actually trying to clear toxic waste from the body. Think of what happens when allergy foods are eaten. A few examples would be:

- Anaphylaxis, causes an itchy rash, throat swelling, ect... (massive movement of toxins) or
- Hives break out over the skin, (backed-up liver trying to push waste out through the skin), or
- Bowels turn to liquid, (body flushing toxic waste through the bowels)

With a food capable of doing such a powerful detoxing work in your body it is important to support this food in the work it is capable of doing. Many years ago a friend shared her story with me.

## Jackie's Experiment

Jackie was dangerously allergic to strawberries. One little bit would bring on Anaphylaxis, causing her throat to swell shut. Trusting the natural healer's wisdom she had studied she decided to put it to the test. After several months deep cleansing with the liver flushes and kidney flushing she decided to take a small nibble of strawberry.

She was in the middle of a week of liver flushing when she began her experiment. She described what happened over the next few days.

The first day after ingesting a little nibble of strawberry she broke out in a hive over her heart. Continuing her liver flushing program the hive cleared from the heart area and reappeared over her stomach. To make

a long story short she continued consuming a small nibble of strawberry each day for the next week or so. The hive worked its way down her trunk breaking out over every major organ. When the process was over and the strawberry had done the extreme work of detoxing it needed to do she was able to eat strawberries like anyone else.

Breaking out in a hive while doing a liver flush indicates a huge amount of toxins are being moved out. The liver uses the skin to detox when it is unable to move the waste out through regular channels. The small amount of strawberry she consumed each day did a massive amount of detoxing. Some nutrient in the strawberry was exactly what her body needed to accomplish the detox necessary for her to be truly well.

### **Proceed with Caution**

This was a very serious step for her to take. I would never suggest someone do a program such as Jackie did unless they have been doing a serious cleansing program for 3 to 6 months or longer. If the immune system is not equipped to handle the huge amount of toxins released for removal by the allergy food the situation could become serious.

On that word of caution I will also add that lesser food allergies could be cleared more quickly and without much concern. You have found a food that has a work to do in your body. Prepare your system to handle this work with a few weeks of good liver and kidney flushing. God's creation is not our enemy but at times it can be too friendly. Learn how to allow the nutrition we have been given for our food to do the work it needs to do in your body.

# Supporting the Eyes

Posted on [November 10, 2013](#) by [Dara](#)



The ability to see or to see clearly is often taken for granted until it is gone. To not see the gentle up turn of the lips indicating the start of a smile, or the tear ready to spill over in the eyes of a child. Our eyes take in so much of life, so much we would miss if we were not able to see. Today I want to write a little about protecting and strengthening the vision.

Our ability to focus is accomplished by several sets of tiny muscles attached to the eyeball. When the eyes are focused up close the muscles are constricted, viewing at a distance relaxes them. Constantly viewing material up close means your eye muscles are constantly contracted, constantly working. Staring at a computer or television screen for hours on end overworks these muscles causing them to become strained and exhausted.

Any part of the body constantly overworked and undernourished will cease to function well. The good news is there is a master Herb in nature just for the eyes. The eyebright flower contains specific nutrients and nutrition for the eyes. When combined with other supportive herbs the Eyebright Eye rinse is the answer for nearly all conditions affecting our vision and eyes.

The Eyebright Formula is the quickest answer for Pink Eye aka Conjunctivitis. This painful and highly contagious condition can be cleared often in one application.

Eye Strain, Red bloodshot eyes will clear and feel refreshed with a quick flushing rise to the eyes. A few drops in an eye cup with distilled water will leave the eyes feeling refreshed and looking beautiful.

## Eye Exercise

Here is an excellent way to strengthen the muscle in your eyes. All the muscles in our bodies need exercise including those that control eye movement. Our [Eye Ailments information sheet](#) will provide you a set of instruction for making your own Eye Exerciser. Items you will need: 10 feet of string; 4 or 5 large buttons or beads.

Making a habit of exercising the eyes will insure the best eye possible for as long as life shall last. This is quality of life insurance.

# Hives are Breaking out All Over

Posted on [September 10, 2013](#) by [Dara](#)



I've been getting a lot of questions on [Eczema & Hives](#) lately. Not sure what is going on out there.

Several of our members have called this past week with fresh [outbreaks of hives](#). Hives must be cleared from the inside out. Topical applications will not clear this condition. The Liver has decided to detox through the skin instead of channeling the waste through the bowels. The skin was never intended for this type of detoxing. The blisters and

scales caused from the caustic waste itch insufferably.

A good liver cleanse is the only fix for this unbearable condition. Several years ago a woman was brought to me covered in blisters from her neck to her knees. She had been trying for over a month to clear the hives with prescription meds but to no avail.

She had her first liver flush that afternoon followed by a warm ginger bath. We added two cups ginger powder to a bathtub of warm water. She soaked in this for about an hour. There was no need to [clear the bowels](#) before her liver flush since she was already [using the LBF #1's](#). By the next morning all her blisters were down to dry red patches. She continued juice fasting and liver flushing that week at home and reported the hives were completely cleared by the following weekend.

Since working with this woman I have discovered the power of the ELF (Emergency Liver Flush) for clearing hives in a day instead of the week it took doing the smaller amounts of Olive oil. These days I still suggest the ginger bath as ginger is a downward motion herb which will encourage the body to detox through the proper channels. But I have found doing an ELF at the start of the week of liver flushing when dealing with acute skin issues will often completely clear the misery in one day or at the very least greatly reduce the issue. Continue flushing the liver throughout the week ending with another ELF on day five of the liver flush.

Those who have stopped flushing the liver after the one ELF has cleared the hives have had the condition return in a few weeks. It is a good idea to finish clearing the liver so you will not have to face the itch again.

Details on [how to do an ELF](#) are available on my blog and in the member's area on the last two pages of the [Liver Flushing E-Book](#).

# Incurables for the Elderly

Posted on [July 24, 2013](#) by [Dara](#)



An elderly family member with an incurable or chronically debilitating condition can do a strong cleansing program with great benefit. The fragile constitution of advanced years must be taken into account when applying the natural healing protocols. Begin slowly; notice any adverse or positive reaction to the herbal supports and procedures. Since everyone is different there are no hard rules here, [common sense](#) should always be liberally applied.

## Where to Begin

Begin at the beginning with the [Foundational Programs](#). These three routines must be established and continued as long as any restorative program continues. Learn more about the [Foundational Programs](#) in the [member's area](#).

Once the Foundational programs are in place it is time to begin supporting the body's efforts to clear disease from the system. The main thrust of this work is done by [flushing the liver](#). Understanding the liver as the vacuum cleaner of the body will afford a prospective of the work ahead. Providing the body the needed resources to process out the waste is only half the story.

## Time to Detox

A week or two into a good cleansing program is about when the liver begins to need a good flushing. All the waste it has been filtering out has begun to gum up the works. The body will begin to show signs of the waste back up in many different ways. Symptoms ranging from hives to depression can all be contributed to an over-toxic system in need of a liver flush.

**Preventing the toxic symptoms is best.** This is accomplished by following the [immune boosting routine](#) and liver flushing every other week. Direction can be found in the [Liver Flushing E-Book](#).

Remember to advance slowly into the liver flushing routines as you daily build the body with fresh juices and natural herbal supports.

## Flushing the Kidneys

When the week of liver flushing has been finished it is time to do the milder week of [Kidney flushing](#). This week of mild flushing not only supports and feeds the entire renal system but allows the body a chance to finish the detoxing process it began during the week of liver flushing. The waste still needing to be eliminated from the body can now be handled. [Kidney flushing](#) will not create the flood of detoxing waste liver flushing calls forth.

# Healthy Senior Support

Posted on [July 22, 2013](#) by [Dara](#)



Providing herbal nutritional support to a senior member of the family can be tricky to say the least. Not only do you have to take into account the wishes of the elderly relative but there are also the concerns of others in the family who might not be so keen on the natural healing approach. The discord and confusion which can precede the decision to clear their bowels or add Superfood to the morning routine can be very discouraging.

Looking at the best case scenario, everyone involved agrees herbs are the way to go. Where do you begin? The answer is to very gently begin changing the routines and adjusting the food plan. The elderly often take very poorly to big changes. Allow the transition to be comfortable and fun.

Start day one with a delicious Superfood smoothie. These are made with two tablespoons Superfood powder, eight to sixteen ounces fruit juice, one frozen banana broken into four pieces and half a cup of frozen mixed fruit. Put everything into the blender and process until smooth. I like to add a tablespoon or two of Flax seed Oil, this makes it creamy and supports brain function. The perfect ending to day one is one LBF #1 capsule with the dinner meal. As far as possible remove all processed food from their food plan.



Continuing increasing the LBF #1 Capsules daily until the bowels are moving well. Depending on the degree of health or disease this start up process can be quite gradual over the first month or speeded up to take only a week or so. Procedures such as Cayenne for circulation as a foot soak or taken internally can be started within the first few days. Routines for the nutritional herbal extracts for feeding and building weakened areas of the body can also be established during the first few weeks.

Use this first month to establish the nutritional supports that will be needed in the feeding and rebuilding of the body. These rebuilding herbals along with the bowel cleansing routines are a good place for everyone to begin regardless of the degree of health in the body.

# Supporting the Elderly

Posted on [July 22, 2013](#) by [Dara](#)



Many of our members have found themselves in the position of caring for an elderly parent. A common question I am asked is: What type of Nutritional Support program should be established for the elderly?

This depends to a large degree on their state of health. An Elderly person over the age of Seventy-Five with no major issues would benefit from a strong nutritional support program. The areas to target will depend on the individual. Superfood being an overall nutritional drink is an excellent way to begin every day. I'd also suggest daily use of the BF&C Formula as it is high in calcium and minerals which support the Bones, Flesh & Cartilage.

## **Elderly Parent with Terminal Condition**

When dealing with a terminal condition in the elderly our goal is to provide a good quality of life. The terminal condition is rarely cleared in the elderly. That said, years of quality living can be added through the herbal supports and cleansing programs. Our aim should be to establish a program where the individual can be nutritionally supported and yet still enjoy the day to day lifestyle they desire.



If your parent wishes to do the incurables program and can participate in the process then I say go for it for as long and as hard as they wish. At such a late date it is nearly impossible to completely wipe out years of bad living but emotional and physical strength can be gained. Their last days can be clear and cognitive. There is no need for the mind to leave first. In nature there are powerful herbal supports for keeping the mind bright and clear, HEAL's "Brain Formula" is an excellent combination of these herbal supports.

# AMENORRHEA

Posted on [June 10, 2013](#) by [Dara](#)



## Female Weakness or Suppressed Menstruation

An Herbal Food Combination for [Suppressed Menstruation](#) consisting of:

Motherwort herb, Chamomile Flowers, Blue Cohosh Root, Goldenseal Root, Ginger

Several years ago one of our members shared that he had become close to a woman who, because of a serious trauma in her late teens, had not had a cycle since she was 19 years old. Now in her thirties she had lost all hope of having children. He asked if I knew of any herbal support formula that might help his friend. I suggested our herbal combination for Female Weakness. He called about a month later asking for our Female formula which he knew would support a regular cycle. It had only taken one month to restore this woman's cycle.

Several years earlier I had a chance to meet a young mother who shared she only cycled once every 3 or 4 months. She used the herbs for Female Weakness unsuccessfully for months before giving up. Later I learned this young mother also had serious emotional problems which she refused to deal with. The emotional state of the woman will have a huge effect on the hormonal health of her body. An imbalanced hormonal condition will not clear itself when the emotional life is out of control. The Spirit, Mind, and Body need peace and harmony to be in a healthy balance.

# High Blood Pressure:

Posted on [June 17, 2013](#) by [Dara](#)



**Definition of Blood Pressure:** The pressure exerted by blood upon the walls of the arteries, depending upon the force of the heartbeat, the elasticity of the vessel walls, the resistance of the capillary network and the volume and viscosity of the blood.

**Causes of [High Blood Pressure](#):** There are four main contributing factors to high blood pressure. Three of these factors are physical

the last and fourth is psychological.

1) [Issues with high Cholesterol](#). There is a ***thickening of the blood*** from catarrhal and excess glutinous and fibrinous matters loading the circulatory system.

High Cholesterol can also contribute to a ***clogging of the bowel*** with putrid body waste, making it necessary to cleanse the excretory systems (Bowel Cleansing) in order to purify the blood.

High blood pressure in many cases works just like low blood pressure. ***Cholesterol must be eliminated from the system*** in order to get the blood flowing more freely.

2) A clogging of the body's filtering system, the Kidneys. The kidneys filter all the blood, there is not bypass the blood must go through these filters. The veins in the kidneys are about the width of a hair. Any puss or sediment can cause the heart to have to pump hard to get the blood through the clogged filtering system.

3) Hardening of the Arteries. This is caused when calcium is leached form the walls of the arteries and veins. Most people understand the body's need for calcium and the loss caused to the bones but few understand the wealth of calcium which also exists within the walls of the veins and arteries. When a need arises the body will also pull calcium from this area causing the arteries to become hard and less pliable. The result is a crimping and bending of the arteries instead of the ability to flow and move with the body. The heart is now trying to push blood through a crimped straw. Not an easy task.

The conditions mentioned above are brought about by *improper diet, insufficient rest and exercise* and a *lack of vitality within the system*.

4) The Fourth and final cause for High Blood pressure is Emotional Stress. Stress can kill. It is important to find ways to unplug and relax.

### Herbal Aids:

**Kelp:** It is an arterial cleansing agent and gives tone to the walls of the blood vessels. It is helpful in some cases of arterial tension (high blood pressure). Practitioners believe that it helps to remove deposits from the walls of the arteries and restore their elasticity, thereby lengthening life. Sufferers from low blood pressure can also have this condition normalized with the use of Kelp.

**Take Cayenne,** working up to a teaspoon three times a day. This increases the power of the heart and corrects the circulation problems.

**Garlic** in copious amounts will bring down high blood pressure.

**Dr. Shook's, High Blood Pressure Formula:** This formula used along with the foundational programs will greatly benefit those working to regulate their blood pressure. This Formula is not a quick fix to force down the elevated blood pressure. It is best to continue using whatever medication you are on until your body lets you know you won't need it any longer. It will normally take two to three months for the pressure to begin to come down. When it does the numbers stay down showing there has been a complete clearing of the causes responsible for driving the Blood Pressure up.

# Allergy & Hay fever Formula Q&A

Posted on [May 22, 2013](#) by [Dara](#)



**Q: Does the [A&H Formula](#) work for most allergens, Pollen, mold, etc?**

A: The A&H formula works great on the itchy runny watery eyes, runny noses ect.. This is one of Dr. Christopher's Formulas and is a powerful aid for clearing all those drippy, itchy symptoms. To learn how to prevent allergy symptoms altogether check out

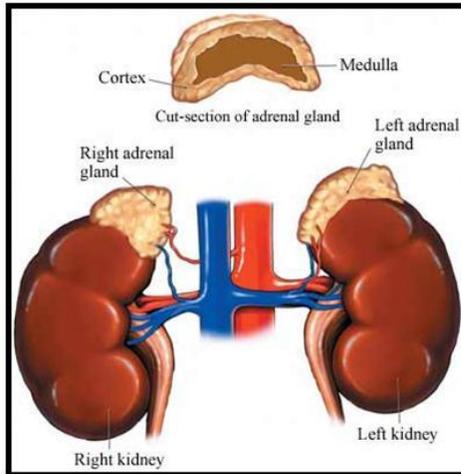
our [Allergy Information Sheet](#)

**Q: How about shellfish, peanuts, etc. type reactions?**

A: The type of allergic reaction (*anaphylactic shock*) from shell fish, peanuts ect would be best handled with lobelia. This is where the throat swells shut ect, [Anti Spasmodic Tincture](#) or [Tincture of Lobelia](#) will quickly stop this type of dangerous allergic reaction.

# Adrenals

Posted on June 10, 2013 by Dara



[The adrenals](#), the pituitary, and [the thyroid](#) are functionally united comprising the adrenal system. When one area of the adrenal system is stressed they are all in need of extra nutrition and rebuilding herbs.

The Master Herb for the Thyroid is Kelp. [A blend of the different kelps](#) available is an excellent herbal food aid for the thyroid. Try combining the Iris Moss, Pacific Kelp & Dulse for an excellent thyroid food blend.

## THE ADRENALS ARE ABSOLUTELY ESSENTIAL TO LIFE.

An excellent herbal food combination for [adrenal support](#) would consist of the following herbs:

**Mullein and lobelia:** the perfect glandular foods.

**Siberian Ginseng:** Successfully used in the Soviet Union to ease stress in everyday situations and tend endurance to athletes under great strain during training.

**Gotu Kola:** Known to stimulate the brain and relieve fatigue when given in small amounts. Wonderful for the functioning of the pituitary in disorders of the adrenal system, when used in conjunction with other herbs.

**Hawthorn Berries:** A celebrated cardiac tonic for many centuries. Under conditions of stress, the heart often “works overtime.” Hawthorn berries can help in treatment of high or low blood pressure, tachycardia, and arrhythmia. It is also anti-spasmodic, sedative, and soothing to nerves, especially in nervous insomnia.

**Cayenne:** Nature’s finest stimulant; source of calcium and vitamin A. Aids in circulation of blood which brings oxygen and other nutrients to cells in need of repair.

**Ginger:** A stimulant and a ‘lead sheep’ herb, bringing the other herbs in the formula into the abdominal area. Ginger differs from cayenne as a stimulant, in that the cayenne stimulates the heart, arteries, veins and then the capillaries. Ginger starts its stimulating effect in the capillary, flushing out the “constipated” capillary, driving these wastes into the veins for disposal.

## Licorice & the Adrenals:

Most hypoglycemics have problems feeding themselves, because they crave protein and sugar, yet these substances are wearing on the adrenals, which are often exhausted in hypoglycemics. You need to feed the adrenals with **Licorice root** and **Hawthorne berries**, the latter being said to produce natural adrenalin.

High-quality protein is needed, as in the nuts and seeds and legumes. Sprouted sunflower seeds, sprouted almonds, and chia seeds are all high-quality sources of protein. The other seeds and nuts are good as well. You can soak and low-heat legumes, particularly pinto beans, which are high in potassium and easily digested, for satisfying and long lasting protein.

Be sure that you eat plenty of vegetables, both raw and cooked, in preference to too many fruits, which can overload the system with sugar.

### Basic Adrenal Program

Several years after finishing menopause one of our members started her cycle. It had been over three years since her last cycle. A little research and we discovered the reason for the cycle was an exhausted Adrenal gland. After menopause the adrenals are the only gland producing estrogen. When the gland became over worked her body had decided to put the production of estrogen on the back burner, allowing her estrogen levels to radically drop. Whenever there is a serious drop in Estrogen the woman's body will have a cycle.

She began a regiment using Dr. Christopher's Adrenal's Formula, Licorice Rt. Extract & Dr. Wilson's Adrenal C, to support the adrenals gland. For the thyroid support she was using five Kelp Capsules three times a day. She shared that almost immediately her energy levels picked up. She is still working her healing program, the adrenals heal slowly. It is important establish a food program consisting of foods rich in nutrients. The devitalized foods eaten by the majority do not provide the nutrients needed to heal and even place a drain on the glandular systems.

## Member's Mole Testimony:

Posted on [February 24, 2013](#) by [Dara](#)

I want to share a testimony from one of our members on Moles.

### Member's Mole Testimony:

Over the course of the past 6 months or so, I found that using the BBB Mole Salve to naturally remove a rather sizable mole located just above the ear has worked quite well. All that remains is barely some scar tissue and no more large mole! This too continues to heal more and more every day.

More importantly, I found that the process of breaking down the mole tissue, and healing the area was *greatly accelerated* by using another healing remedy, in conjunction with the Salve. I use a product called *Cellfood* (which can be found at [www.cellfood.com](http://www.cellfood.com)).

Cellfood, in and of itself, has many uses, as it gives the body an oxygen supplement to heal, inside and out (You can drink it with water as directed as well... I do.). The addition of this to the treatment had amazing results! The Cellfood (full strength – a few drops on a Q-tip) applied, 2x per day, followed (a few minutes later when dry) by the Salve to coat the area, seems to do the job quite well. I noticed that without the Cellfood, the Salve alone on such a large mole might take months or even years to work, at the speed it was progressing. Adding the Cellfood to the treatment caused the process of breaking down and healing the area to be greatly speeded up.

As well, trying to use the Cellfood alone, caused too much drying of the skin and actually slowed the healing progress. Applying the Cellfood, waiting a few minutes, then applying the Salve to maintain the moisture, both in the morning and at night, has worked quickly and without pain, discomfort or even surgery as recommended by conventional doctors. A fantastic combination...(Another Happy Member!!)

# Vomiting & Diarrhea

Posted on [December 12, 2012](#) by [Dara](#)

Herbal supports to have on hand for this emergency are:

- LBF #2 & LBF #1
- Digestive Tonic
- LG/AP
- Ginger Root Juice

Here is a list of issues that can be helped by the following herbal supports and treatments: Food Poisoning, Stomach Flu, Gallbladder Attack, Stress & Frayed Nerves, Inflammatory Bowel Disease, Ulcerative Colitis, Crohns Disease, and Irritable Bowel Syndrome. I'm sure I may have left out a few but this is a good list of issues.

What we are going to discuss today is how to stop the vomiting and diarrhea in a body. Healing a sick bowel will take several months of intense herbal therapy. Today we want to get you out of the bathroom and keep you out of the emergency room.

## **Tainted Food Mexican Style**

It's happened to all of us at one time or another. You have just enjoyed a nice meal but something just is not setting right. I remember several years ago, at one of my favorite Mexican restaurants something I ate must have been tainted because I had to make a run for the restroom before we had even left our table.

By the time we got home my bowels had turned to water. As soon as we were in the door I got my jar of LBF #2 from the cupboard and added a rounded tablespoon of the black powder to 16 ounces of water. My bowels quickly solidified. I'd say maybe ten minutes from the time I finished my drink until the cramping in my stomach just stopped. An hour or so later my bowels were still a bit loose so I consumed another rounded teaspoon of LBF #2 in 6 ounces of water. With that dose I did not experience any more problems from that tainted meal.

## **What to do when you can't decide whether to bend over or sit down.**

Ok, so you got it really bad, you can't decide whether to bend over or sit down. Mix 1 rounded tablespoon of the LBF #2 in at least 12 ounces of water and drink all at once. Just gulp it down. Very likely it will come back up, that is ok. Keep it down as long as possible. When it does reappear it will be something like

applesauce. While in your stomach it is absorbing the bacteria and acidity that is causing your stomach to vomit.

Once the poisons have been absorbed and are either passing out through normal channels or you vomit it back up the stomach can be settled easily with an ounce of ginger root juice or a strong cup of peppermint tea. **A quick fix is a teaspoon of digestive Tonic** in a warm cup of water. **Don't Sip, drink it all at once.** This will allow the chemistry to settle your stomach.

Continue to use a Tablespoon for each watery bowel movement or a teaspoon for each loose movement. The LBF #2 will solidify the bowel usually within one or two doses.

No need to worry about over dosing on the LBF #2. I once used nearly a whole 8 oz jar in one night when clearing a serious case of food poisoning. I knew it would eventually work so I stayed with it until around 5am when my bowels finally passed solid waste. I'd been passing water from my bowels all night every hour or so. I'd take a heaping big dose of LBF #2 and hope each episode was the last. Finally it was over and I was exhausted but okay.

**Note:** *When losing a large amount of water from the bowels it would be a good idea to drink a potassium broth or some other drink designed for the purpose of preventing Dehydration.*

The LBF #2 will be almost a miracle for anyone with an inflamed bowel disease. It is not only solidifying it is very healing for a sick bowel.

# Clearing A Plantar Wart using Garlic & BF&C

Posted on [December 21, 2012](#) by [Dara](#)

Use a petal of garlic fastened over the wart for several day to a week as needed. When applying the garlic over the wart use a little Vaseline around the edge to protect the healthy skin.

When the garlic has cleared the virus (6-10 days) begin using a BF&C pack made with the BF&C Salve spread on a double layer of Flannel. Place this over the affected area until the issue has cleared.

## Testimony

One member shared how she cleared a very painful wart. She used the garlic until the skin around the wart had become a bit sore. She then switched to the BF&C Paste and continued until one afternoon her foot developed an itch. She reached for a straight edge ruler laying nearby to relieve the itch. Rubbing the ruler roughly along the bottom of her foot the thick skin that had developed around the wart fell off exposing the new healthy skin beneath.

She has had not more issues with Plantar Warts

## What is a Plantar Wart?

A **plantar wart** is a [wart](#) caused by the [human papillomavirus](#) occurring on the sole or toes of the foot. Plantar warts are usually [self-limiting](#), but treatment is generally recommended to lessen symptoms (which may include pain), decrease duration, and reduce transmission.

Plantar warts are almost unknown in habitually barefoot cultures and people, this is because walking barefoot for extended periods of time strengthens the skin and keeps it dry and uncompromised as well as wearing off the virus through friction on the soles of the feet, preventing infection. While infection occurs in an estimated 7–10% of the US population, plantar warts tend to affect only 0.29% of people who have never worn shoes.

# My Acid Reflux Testimony

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

In the spring of 1996 we were between homes in route from Southern California, to Mountandale, New York, when I first experienced Serious Acid Reflux. That fateful night we had pulled our moving van into a motel in Dixon Tennessee and sent out for pizza, our typical hotel dinner. Shortly after dinner the acid I began burping up left me gasping for air. As the night wore on I sipped on ice water trying to cool the burning that seemed to extend from my stomach to my throat. Around midnight the pressure building in my chest was making it hard to breath. I was setting in the bathroom when I told my husband that we needed to call an ambulance. I was sure I was having a heart attack. The band of pressure that encircled my chest had become painfully tight.

At the hospital the doctor ordered the necessary test to rule out a heart attack. As soon as the results were in the doctor proscribed an Acid Reflux Medication which completely cleared my symptoms. I was then informed that Acid Reflux could mimic the symptoms a heart attack. Over the next few years I used prescription drugs which while keeping the symptoms of my acid reflux under control contributed to a wide range of side effects.

As I continued to look for better ways to heal my body I discovered the power of herbs and herbal therapies. Shortly after discovering Dr. Christopher and his vast menu of herbal combinations I came across a digestive aid we call "Digestive Tonic." This wonderful formula consistently stopped my acid reflux symptoms in seconds. In 1999 I did my first liver flush which greatly reduced my symptoms of acid reflux. The more I cleansed my body the fewer episodes I experienced. This has caused me to believe there is a very direct connection between symptoms of "heartburn" or "acid reflux" and a backed up Gallbladder.

It's not hard to know when I need to do a liver flush. I may go six months or a year without experiencing heartburn but let my liver be in need of a little flushing and I will begin to experience that burning feeling climbing from my stomach to my throat. (Not nearly as bad, just enough to let me know it's time to clean house again.) One teaspoon of **Digestive Tonic** in six ounces of water will stop the symptoms in seconds.

Over the years as I've shared my testimony with members there has been a small number who did not find relief using the Digestive Tonic. For this small group Apple Cider Vinegar was the answer they needed. A person can experience heartburn when the stomach fails to produce enough digestive juices. When this is the cause then Apple Cider Vinegar will provide the additional digestive support needed to clear the issue. I've found that one or the other of these (*Digestive Tonic or Apple Cider Vinegar*) will effectively clear the symptoms of "Acid Reflux" or "Heartburn".

# My Headache Testimony

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

Inevitable and enormous life changes swelled over my little world in 1982. That year opened with the birth of my daughter, filling my life with the responsibilities of a home and child. During the summer a dear lady friend opened my eyes to the Love of my Heavenly Father. It all became real and personal as my heart grasped the understanding of all He had done and was continuing to do for me. As this unforgettable year drew to its close my days were filled to overflowing with this little person the Father had entrusted to my care. I had no time or energy for life's little annoyances. Unfortunately for me, the department of "Life's Little Annoyances" had not read the memo.

Until the birth of my daughter my occasional headaches had failed to disrupt or even be much of an intrusion. Shortly after her birth I began experiencing excruciatingly painful migraines. The pain forced me to lie in a dark room with a cold washcloth over my eyes. In an attempt to help manage the pain, after my doctor had ruled out any serious health issues, he proscribed a narcotic pain killer. The medication did get me back on my feet again; nevertheless this was not my idea of living. I use the pain pills only when completely laid out, over the next 3 years.

## Looking For answers

There seemed to be no rhyme or reason for the onset of my head pain. Weeks would go by and then out of the blue I'd be laid out with horrible pain counting the minutes until the numbing effect of the medication would begin to work. It was truly awful. I began keeping records of everything I put in my mouth. Something I was eating had to be a trigger.

## Finding the Answer:

My normal routine each day was to have a sandwich and glass of unsweetened tea for lunch. I normally ate lunch with a friend who preferred sweet tea. On the day I was to finally discover the cause of my head pain I had run out of my unsweetened tea and accepted a glass of my friend's diet tea. Exactly 24 hours later almost to the minute from the time I drank that tea I was laid out with a ghastly migraine. It had been a few months since my last one and the only change in my normal routine was that I had consumed *NutraSweet* sweetener made with aspartame in my tea. The reason it took so long to pin down the issue was the twenty-four hour period that lapsed before the pain would begin. Further research explained that for some people the delayed reaction was due to aspartame causing the brain to swell which took nearly an entire 24 hour period before the pressure built up and caused head pain.

## Stop Artificial Sweeteners & Start Bowel Cleansing

Removing all artificial sweeteners from my food program in 1985 has effectively stopped these painful migraines.

Bowel constipation continued to be a cause of minor headaches until 1998 when I discovered bowel cleansing and the LBF #1 formula.

These days it is only when I fail to keep my bowels clear I have to deal with head pain or a stiff neck.

# Depression Testimony

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

Depression for me was a deep sense of hopelessness, an unshakeable sadness that filled my waking hours. Life had been robbed of joy by the heartless actions of those who were my heart. Only a handful of close friends were aware that for two years, without warning, tears of hopelessness would silently fill my eyes, spill over and running down my face. Even so anxiety never filled my heart with fear; faith in my Heavenly Father was as firm as ever, I knew my life and times were in His care.

Before sharing the herbal program I used it needs to be understood how important the services of a qualified Christian Psychologist are. During this difficult period I was fortunate to find my own wonderful counselor. I determined from the beginning to be as honest as possible, to listen and learn about myself through the eyes of this person.

Just as we have physical blockage that must be cleared before we can heal our bodies, so it is with emotional blockage. Believing a lie will not only prevents one from embracing the truth but the lie will block the free flow of emotional vitality in the life. Learning to Love me and forgive myself was the first step in my emotional healing.

Please believe me when I say, "There is no truth that cannot be faced squarely when you face it with a trusted Counselor or friend and the Heavenly Father on your side."

Once faced and understood, you can own life's most painful moments. They no longer own you. Learn from them and grow through them, this is how emotional giants are born. They rise up from the wreckage of life's most painful moments, decide to face their responsibilities and by the grace of God ascend above it all.

### The Herbal Supports I used

There are many effective herbal remedies that will aid in clearing the toxins from the mind enabling emotional healing to happen. Below are the herbals I used.

These herbs should be taken six (6) days a week:

- 1 oz Each Day Echinacea
- 2 Olive Leaf Capsules 3 times a day (East Park: d-tenolate caps)
- 1 tsp St John's Wort 3 times a day.

**Echinacea:** Boosts the immune system enabling it to process the die-off created by the other two cleansing herbs being used in this program.

**Olive Leaf:** A Powerful cleanser I have discovered to be very useful for clearing toxins from the brain and other vital areas. These capsules should never be used without Echinacea; they create a lot of die-off which the body must then process out with the aid of the immune system.

**St. John's Wort:** A powerful cleansing herb that targets the brain. It has been used by many as an aid for clearing depression. The only problem is when used in large enough dosages to clear the depression the person will suffer a backlash from the die-off which will recycle into the brain causing increased depression. This is where using Echinacea will stop the cycle and allow the body strength to clear the die-off waste so you do not have to feel bad during the detoxing process.

The Foundational Program that must be used along with this program is:

- Bowel Cleansing: LBF #1
- Superfood: 2 Tablespoons 2 times a day

**Bowel Cleansing:** Keeping the elimination channels open is of vital importance when detoxing any part of the body.

**Superfood:** This is super nutrition which the body will need to build the immune system needed for the healing process and rebuilding any damaged areas in the body. A large amount of usable nutrition is an important part of any healing program.

**Periodic Liver Flushing** is also important. This will vary with each person so use your best judgment.

- At the minimum I would flush for a week once every three months.
- The maximum would be flushing the liver every other week followed by a week of kidney flushing.

# Thyroid Testimony

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

## Childhood thyroid issues

My mother used to joke that when puberty hit it knocked me out. She was right. It seemed I could not get enough sleep. On a typical day I'd drag myself out of bed in the morning. Somehow I'd managed to get through school without falling asleep. Come home sleep on the couch until dinner, take a bath and crawl back to bed where I'd sleep until morning when I'd do it all again. Sometime during the fifth grade my parents took me to a pediatrician and discovered my low functioning thyroid. The doctor prescribed thyroid medication, which she said I'd need for the rest of my life.

Life began to get interesting after I woke up. I faithfully took my little pill every day. I noticed even one day without my medication would bring on a brain fog along with the urge to sleep the day away. After giving birth to my daughter the brain fog was more dangerous. If I missed a dose I noticed I did not have the mental ability to keep up with my active toddler. She could wander away from me and I would not even know she had gone until a crash or some other heart stopping noise made me aware of her whereabouts. It began to bother me that I was only me when I took my pill.

## Discovering the power of Kelp

Kelp came into my life through the suggestion of a trusted friend. She said kelp would safely provide me natural energy. I was very interested. Several years earlier I had experienced the consequences that follow over dosing on caffeine. The energy needed to maintain life as a single parent / full time student was enormous. I would have done anything short of taking illegal drugs for more energy. My friend shared that she had used kelp pills freely for years. This sounded too good to be true, but also too good not to check out. I began taking four or five kelp pills a couple times a day.

Right away I noticed I did have more energy. This was great! I also did not experience the crash that usually followed after hopping myself up on caffeine. After using kelp freely for over a year I experienced heart palpitations one morning after taking my normal thyroid medication. The emergency room doctor checked my blood levels and found my thyroid functioning within the normal range. This was shocking information; I had understood there was no healing my thyroid condition. At twenty five years old I had taken my last thyroid pill.

# My Calcium Testimony

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

Since my late teens I have not been able to tolerate calcium supplements of any kind. My need for calcium was evident in fingernails that would not grow, breaking and peeling before any length was achieved. Leg cramps coupled with what is now understood to be Restless legs syndrome. I began experiencing these issues as a teenager. Any attempt at supplementing my need for calcium would bring on the mother of all bladder and kidney infections, usually within a day and sometimes hours of taking even the smallest calcium supplement.

## **New kind of Calcium**

Shortly after founding HEAL Marketplace, a close friend suggested I begun tincturing a Calcium Formula. I was very skeptical believing a calcium formula that was not white and chalky was not calcium. She finally convinced me to set Dr. Christopher's Calcium formula.

Three months later we squeezed off the formula and I tried this new kind of calcium supplement for the first time. I took several doses during the day and by evening I could already tell the effects. My restless legs were calm that night. No matter how I juiced or controlled my food program I was never able to get the calcium I needed to clear the restless leg condition. I was amazed, one day using this new type of calcium and I was already getting benefits. I continued using the formula and over the next few months my fingernails began growing strong and the restless feeling in my legs cleared. The Varicose veins on my legs also disappeared when I used the Calcium in conjunction with the BF&C Formula.

The biggest and best outcome was that I could take this formula freely without affecting my disease-weakened kidneys. There were no after affects from inorganic calcium floating around affecting my kidneys.

Most of us have no idea how important calcium is, or the devastating conditions brought on by the lack or misuse of calcium. For more on Calcium check out our Calcium Information sheet:

# Headaches

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

To say the least they are an annoyance, sucking the joy out of our day. I have found the Ice Towel Procedure quickly clears headaches caused by toxicity. Empty the bowels and then applying an Ice towel to the head while the legs are in hot water up to the knees. This method for clearing a toxic headache has never failed to work well for me. Normally within a fifteen minute period the patient will begin to feel some real relief.

**Directions for doing an Ice Towel ask for our Information sheet on Pain.**

The migraines I occasionally get appear to be fed by a spasm of the muscles in my neck and head. Thanks in part to a faulty office chair I discovered something that has proven very effective on these muscle driven headaches.

**For more on headaches ask for our Headache info sheet.**

**The Drama:** A couple weeks ago my office chair rolled out from under me, plopping my behind rather hard on the Tiled floor. Initially I believed I had escaped any injury. I was wrong, over the next few days it became apparent the hard jolt to my bottom had messed up my neck and shoulder muscles. Darlene, my massage therapist, worked on my neck muscles for several hours over the next week providing a good deal of relief. I feel fine during the day.

Nighttime is a different story, the pain can be awful. Since the accident if my shoulders and neck muscles become chilled I will wake up in horrible pain. My head feels like someone is sticking a knife into my brain.

**Prevention is the best plan of attack.** The Mullein & Lobelia Salve has proven itself again. If I massage the salve into the back of my neck and shoulders at bedtime I can sleep through the night with no pain. Over the weekend I forgot to apply the salve at bedtime and woke about 3 am in a lot of pain. Staggering into the bathroom holding my head between my hands I found my jars of salve. I decided to use the G-Nervine salve as well as the M& L Salve. This proved to be an excellent idea, in less than five minutes the pain was completely gone and I was able to go back to sleep.

**How it Works**

The M&L Salve stopped the muscular spasm in my neck & shoulders. The Lobelia is the best anti-spasmodic we have and the Mullein supports the movement out of the excess lymph fluid from the injured

area. The G-Nervine Salve works to very quickly to calm the nerves, ending the pain. Together these two salves worked like a charm.

### **Using BF&C to Heal the Damage**

I plan to use a BF&C pack on my neck. The BF&C will aid in clearing any issue in the muscle and cartilage that may have formed since my fall. The symptoms I've been experiencing fall right in line with Whiplash. It will be interesting to see firsthand how the BF&C works on this issue. BF&C has proven to be an excellent healer of all issues in the Bone, Flesh & Cartilage; I fully expect it to clear this issue.

# Weight Loss Testimony

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

In August 2005 I realized I had never acknowledged my weight as a gift from the Father. I had never thanked Him for it, for whatever blessing it had been or would be in my life. This was significant. I realized I had never thanked him because I felt the responsibility for my weight was all mine. I believed my uncontrolled emotional eating was hindering the Father's plan for my life. How could I thank him for something I had done to myself, something completely out of his will.

I decided to follow my own advice to thank the Lord for everything in my life. To surrender my over weight to him in a prayer of thanksgiving and praise. As I sat there with my head bowed the words pouring from my heart the Father pulled the curtain aside to show me the huge gift my weight had been. It was so instant so linked to my moment of surrender, I knew this was a direct result of my prayer. He showed me how the weight had been a layer of protection keeping me safe from myself and the men who had preyed on me during my years of confusion and pain. In that brief moment I realized I no longer needed these layers of protection. I am no longer that confused girl looking for love in all the wrong places. I am a strong, confident, secure woman of forty "something".

By the first week of September I had decided it was time to deal with what will hopefully be one of the last serious health issues in my life. Since the late 1990's the health related conditions I had successfully treated with the use of Herbal Remedies had been kidney disease, gallbladder attacks, and uterine fibroids, among numerous smaller discomforts. Since beginning work on my book in 2001 I had struggled through many of the emotional issues that had contributed to my weight problem. Now the time had come to face myself. I was impressed to check out the Weight Watchers program. I looked them up on the net and found they held meeting right up the road from my house. To make a long story much shorter I joined and have been using their points program since September. At the writing of this article (*Spring 2006*) I have lost 80 lbs. The true blessing is not so much in the weight loss as it is in learning how my body need to be fed. For the first time in my life I am learning how to eat for me. I have discovered that I do best with a large glass of Superfood & Flax oil early in the day, a large meal around noon and a small snack of fresh veggies or fruit around dinner time.

I have also found three herbal aids that have greatly reduced my cravings and increased my weight loss. The first is Alfalfa grass powder. This is so high in nutrition that my body will not have cravings because it is nutritionally satisfied. Super Kelp Powder, has been an excellent source of energy for me. My thyroid has always been low functioning. Kelp is the master herb for the thyroid. It feeds and heals this very important Gland. Bowel Cleansing #1 Formula. Keeping the waste moving out is what

weight loss is all about. I learned a few years ago that Artichoke Extract will increase bile flow, which of course, will increase weight loss.

I have noticed an increased need for calcium since beginning my weight loss program. Right away my fingernails grew weak and began breaking easily. I have increased my Calcium and BF&C Formulas to 1 tsp. 3 times a day. This seems to be a step in the right direction. On the positive side my blood pressure is down, my energy level is up and I feel very happy in my life, (something I am learning to accept as a good thing.) I am learning to accept all the good things the Father has placed in my life, allowing him to move them around as he see fit. I have learned not to hold onto anything too tightly but to allow him access to all parts of my life. This leaves me free to do the work he puts in my hands to do each day as I leave the worries and cares of tomorrow in his capable hands.

# How to treat Warts with ACV

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



## Treating Warts with Apple Cider Vinegar

I had a really stubborn wart that wouldn't go away even when my doctor tried to freeze it off a couple of times so I went to [earthclinic.com](#) and found a treatment that worked really well using ACV, so I decided to give it a try.

If possible, based on the location of the wart, get a small piece of cotton and soak it in some Bragg's or Spectrum ACV and place the soaked cotton ball over the wart with a band aid or some medical tape on top of it to keep it in place. You want to do this a total of 3 times throughout the day with a fresh cotton ball and ACV applied over the wart.

If the wart is located in a place where a band aid or medical tape won't keep it in place, which I have had happen before, then what you can do is carry around some apple cider vinegar in a small bottle with a dropper (like the one's tinctures come in). Whenever you think about it or have a chance just pull out the bottle and place a drop of the ACV directly on the wart.



I have used this treatment 3 times both with and without the tape and it usually takes about 4-7 days and the wart will eventually turn black, shortly before falling off. It takes a little bit of persistence but any time I have used this method the wart has never returned.

HEAL Member: Albuquerque, NM

# Clearing Pain Naturally

Posted on [January 20, 2014](#) by [Dara](#)



Pain of any kind can destroy the quality of life. Learning the best way to stop the hurt without hurting another part of the body is where natural healing with herbs can help. All the drugs used by hospitals for pain place a heavy weight on the liver. Since it is the liver's job to clear poisons, drugs, ect from the system it goes to reason the liver would be constantly degraded with the habitual use of pain medication.

So the question: How to deal with pain without the horrid effects of drugs. The first and most important item when dealing with any issue in life is to first understand why there is pain.

## What causes pain in the body?

We have had many requests for natural pain relief methods. The subject of pain in illness is very broad as the sites of pain in the body are numerous and cannot be thoroughly dealt with in a short treatise. Our object here will be to provide the reader with a deeper insight into the causes of pain and to review some of the drugless methods of alleviating discomfort.

Viktoras Kulvinskas, in his book *"Survival Into The 21st Century"*, has a few concise and enlightened comments on pain:

"Practically all pain, pathology and cell destruction is known to be due to high blood acidity which results from excess intake of protein, especially acid-forming animal proteins. However, even vegetable protein such as seed, when eaten to excess, can cause toxicity."

We have always maintained that when the system is clogged with inorganic wastes, mucus and sludge, the organism can drown in its own filth. **Pain is a result of congestion and degeneration of healthy cells and tissues** by poor elimination of waste products.

**Pain itself is an indicator of a deeper problem in the body.**

**Pain should not be masked so readily by inorganic “pain killers”** because in this way we are ignoring the body’s signal for help. **We need to determine the cause of pain.**

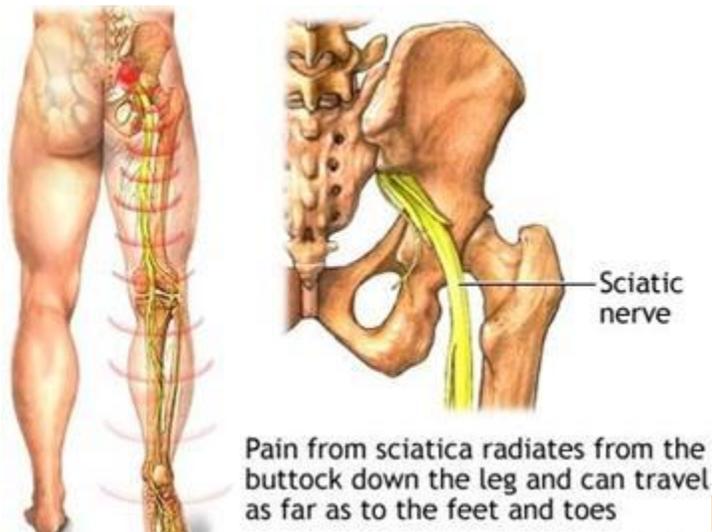
If you are faithfully following the Creator’s program-the life building program, not the disease building dietary program-pain will usually indicate the body’s housecleaning process.

### **Mullein and Lobelia Salve for Pain**

The salve or fomentation using 3 parts mullein and 1 part lobelia, has reduced pain and swelling in the lymph nodes of the neck, under the arms, the breasts, the groin, and in other organs such as the thyroid gland.

# Sciatica

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



Sciatica is a painful condition where the Sciatic nerve becomes inflamed or damaged. This long nerve runs from the top of the hip down the entire leg. The condition can range from feeling a tight muscular tension type discomfort to fiery burning pain traveling the length of the leg. Once the nerve has become inflamed there is no relief until the nerve is calmed.

## Clearing Sciatica Pain

This past week I had the opportunity to assist a woman dealing with Sciatica in both legs. She had only been experiencing the discomfort for about a week when she began doing the herbal supports. To make a long story short she was able to clear the worst of the issue overnight.

Here is what we did. Since the Sciatic nerve runs right behind the bowel an important part of clearing this issue is cleaning out the bowels. When the bowel becomes congested with putrefying waste the nerve can become irritated and inflamed. Our member had been using the LBF #1's on a regular basis but while doing an intense program had failed to increase the dose when her bowels had tightened up. The result was she had become backed up with extremely toxic waste.

When dealing with a painful condition such as Sciatica you do not want to have to wait several days for the bowels to clear you want relief right now. We cleared the bowel with a high enema with catnip herb. If it is possible to have a colonic done this is also a great idea.

## Thirty Minutes to Relief

Dr. Christopher recommends soaking the feet in hot apple cider vinegar. He says for even faster action rest the right foot on top of chopped garlic while the left is soaking in hot apple cider vinegar.

We decided to do the apple cider vinegar soak. Just setting in the chair was painful for her at the start of the foot soaking. I added 3 cups apple cider vinegar to maybe a half gallon of hot water.

She soaked both feet for the first ten minutes while the chopped garlic was prepared. Even before placing her foot on the garlic she said she was a bit more comfortable setting in the chair.

Hot water was added several times along with another cup of the vinegar. By the end of the treatment she had drunk two tablespoons of the vinegar in a large glass of water and we had used the rest of the 32 ounce bottle in the foot soak.

Entire soaking time was about a half hour. She had her foot resting on the garlic for about 15 minutes.

At the end of the treatment she said the pain and tightness was nearly gone. The next morning she shared that she had slept through the night without pain. She did do another soak the next day as some of the tightness tried to return.

### **Additional Herbal Used**

[NF Formula](#), ½ teaspoon every three hours for some pain relief.