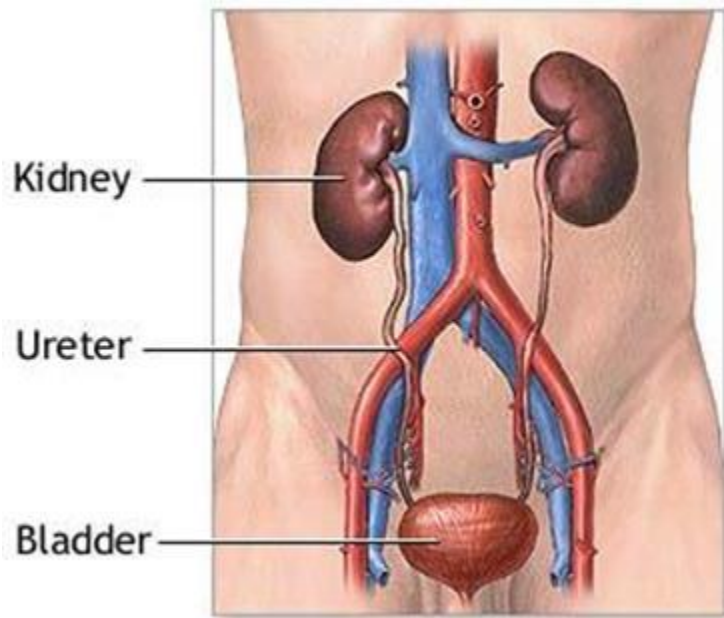


Healing Information

Herbal Support for the Kidneys

Posted on [January 6, 2015](#) by [Dara](#)



Kidney issues seem to have always been a part of my life. As a child my parents neglect to properly care for my infected Kidneys resulted in serious damage to my entire renal system. A painful infection was allowed to go unchecked until my high fever forced a family friend to take me to the emergency room.

Until being introduced to herbs and natural healing in the early 1990's doctor proscribed antibiotics was a regular part of my life. Since discovering the healing power of herbs I have taken no proscribed drugs

for infection. Combining the infection fighting herbs into **Herbal Extracts** for my infections has proven effective every time they have been used.

Another Natural Healing Tool

The “**Herbal Fomentation**” introduces healing herbs directly into the affected area by applying hot towels soaked in a concentration herbal tea. These hot towels are then applied over the damaged or sick area, covered with plastic and heavy blankets to keep the heat in. The packs must be changed as they cool. Fomentations are an excellent way of introducing the healing herbs but way to messy and time consuming. Few people will set up and use these vital applications.

Hassle FREE Fomentations

We have learned to make use of another powerful natural healing tool, **the Salve**.

Salves are a way of introducing herbs right into the affected area of the body. Depending on the issue and salve being used they can be massaged into the area or applied as a flannel pack over the affected area.

When packing the salve cover with plastic wrap, a towel and a moist heating pad for dramatic results on many conditions.

This week we are developing a new salve for use with chronic or inflamed kidney conditions. This Salve can be applied to flannel and placed directly over the kidneys. The herbs in this formula promote urine production and support the health of the kidney.

Kidney Salve Combination: *Parsley Root, Juniper Berries, Marshmallow Root, Ginger Root and Burdock Root.*

Dr. John R. Christopher provides an excellent understanding of what the Kidney's really do:

"The duties of the kidneys are best described by calling them the filters of the blood.

"Your blood flows constantly through your kidneys to be purified or filtered. You might be surprised to learn that more than 500 grains of waste matter, acids and poisons have to be moved from the blood through the kidneys every 24 hours. You can easily see, therefore, that on this filtering and eliminating depends your health to a very great extent. Let the kidneys fail to function properly and nature will call your attention to it right away.

"You will feel depressed and tired, restless at night, and pains in the back will show up. There might be scanty urine or a desire to urinate frequently. Your head will ache and many other aches and pains will be making their appearance.

"You really cannot be surprised that you do not feel well.

"Just figure your kidneys would do only half the work and eliminate only 250 grains of waste, what will become of the other 250 grains? They will be carried back into your blood and poison your system.

"Watch, therefore, your kidneys and deal with even minor irregularity promptly.

"To avoid trouble be careful with your diet.

"Americans consume daily 80 grs. of meat or nearly 3 ounces more of protein-thus attempting to dispose of about 35 grams more than we have capacity for. This overload gradually smashes the kidneys and throws them out of commission.

"Our kidneys cannot talk; they just have to stay mum until a hundred and one bodily disorders start us looking around for some mysterious cause of serious trouble. Then, as a rule, it is too late to apologize to the kidneys."

Healing Basics: The Cleansing Crisis

Posted on [October 29, 2014](#) by [Dara](#)



Most Natural Practitioners warn their patients that it is normal to feel a bit under the weather during the first few days of any good detox program. Detoxing the body does not have to be problematic if handled correctly. A basic understanding of the cleansing process will prevent or quickly end any toxic issues.

What is a Cleansing Crisis?

A cleansing crisis will occur anytime the immune system is unable to properly deal with the toxins ready for elimination. A Cleansing Crisis can leave you feeling like you have been run over by a Mac Truck. The body can feel achy from head to toe, congested, nauseated, very much like the flu.

These symptoms let us know the immune system needs some support. Internally the body has been using the alkaline foods and herbs consumed to clear waste from the tissues and organs. This waste must now be moved up and out, where it will need to be neutralized by the immune cells. Once the immune system has done its job the liver and kidneys can filter the waste for elimination from the body.

Toxins the immune cells are unable to neutralize will not be released into the blood. This waste will be reabsorbed back into the tissue or organ. Our internal body chemistry functions in an alkaline environment. Our blood must maintain a pH of 7.4. If it drops below that to 7.2 we die.

The cells of the body in health are alkaline. In disease the cell pH is below 7.0. The more acid the cells become, the sicker we are and feel. Reabsorbing of the toxic "die-off" created during the cleansing process causes the body to feel toxic.

Prevention is the answer: Before beginning any cleansing program make it a habit to boost your immune system. Echinacea is the most effective immune stimulator in nature. Echinacea works by sending a chemical command to the immune system to produce more immune cells. With ample immune cells to deal with the detoxing waste the body will not feel any effects from the cleansing process.

Incurables FAQ

Posted on [October 12, 2014](#) by [Dara](#)



What is the [Incurables Program](#)? When should someone do this [intense cleansing program](#)?

[The level and intensity of cleansing](#) will be determined by the work you need to do. It is important when possible to build up to the intense flushing programs. Begin with the basic bowel cleanse for a week followed by two weeks of raw food while doing your first liver and kidney flushes. The next step might be a five day juice fast and liver flush. This powerful week of cleansing can clear many of those “knock’s and pings” accepted as a part of aging.

We all have issues in our bodies that bother us from time to time. That dull ache on the right side just under the rib cage. It comes and goes never too much of a bother. Nightly leg cramps... just stuff we have come to accept as a part of life. Everyone has headaches, right? [Take a couple of aspirin](#) to dull the pain. These discomforts all occur because of blockage, a buildup of toxic waste in the body creating blockage. Cleansing the body will clear out the cause for these little discomforts before they become something serious.

Full Strength Program

When you know there is a serious condition in your body it is time to do the full incurables program. The time has come to get those bowels opened, pull out that juicer and begin rebuilding your body with nutrient rich Juices. While [building with nutrition](#) it is important to begin [cleansing the bowels](#), liver, and kidneys. [Cleanse & Feed](#), this is how we assist the body in regaining a healthy state.

Keeping your liver actively pulling and dumping waste is key to removing any major disease. This is done by flushing the liver repeatedly. The intense program looks like this, castor Oil Packs over the liver every night, liver flushing every other week in addition to [doing an ELF](#) three nights a week during both the [liver](#) and [kidney](#) flushing schedules.

Low Blood Sugar Issues

Posted on [June 18, 2014](#) by [Dara](#)



Blood Sugar Issues seem to be on the rise. I've had several phone calls this week where members were asking if there were any herbal support for Low Blood Sugar. One member described what I have called "night terrors" wanting to wake up but not having the ability to move or speak. You are aware of the activity around you but unable to respond in any way. This condition is very frightening. The Pancreas Support Formula will support both the Low and High Blood Sugar issues. A teaspoon of formula in a cup of hot water morning and evening will

usually put an end to those awful episodes. The Pancreas Support formula is food for the pancreas.

Eating a Balanced Food Program: It is important when changing to a new way of eating such as vegan or vegetarian that you buy several good cook books. The reason many people fail to make a successful transition is because their food program becomes too poor. They fail to provide a varied and complete food program. Many will fall into the habit of eating the same food day in and day out. Not only does this become boring but it creates a nutritional void in the system. It is important to change it up, try new foods. Learn how to sprout beans as well as cook with them.

Here are three of my favorite cookbooks.

- [The Happy Herbivore Cookbook](#): very tasty dishes. She knows how to use her seasoning well. Yummy food!!
- [Forks Over Knives – The Cookbook](#): Lots of great food ideas and very tasty.
- [Raw Food Made Easy for 1 or 2 People](#) Don't let the title put you off, there is some serious good eating in this book.

FYI Black Tea

Posted on [February 23, 2014](#) by [Dara](#)



Growing up in a conservative Adventist community no one I knew smoked, or used coffee or black tea of any kind. From an early age the dangers of caffeine had been drummed into my brain. That did not stop me from becoming an avid iced tea and coffee drinker as soon as I discovered the pronounced energy pick-up these beverage's afforded. I main-lined the stuff until in my 23rd year, with a pulse of 160 and my blood pressure off the charts, the emergency room doctor explained I had just over dosed on caffeine.

Young and dumb, I stopped popping the "No-Doze" (caffeine pills) and cut back a bit on my coffee intake. This kept me out of the emergency room until my love of iced black tea gave me a taste of the worst pain one can experience; Kidney Stones. Thinking I was doing myself a favor I brought two big 32 ounce sipper bottles of the stuff to work with me each day. Again the Emergency Room Doctor explained how I had done this to myself; that was enough for me; I never touched black tea again. Finally I completely gave up Coffee several years later after realizing caffeine was not my friend.

Looking around the net for more information on black tea today I was amazed at the websites devoted to talking about the benefits of black tea. These sites completely ignore the long understood and proven ill effects of black tea consumption. I want to share some basic information on the dangers of drinking Iced or hot black tea. There are excellent substitutes for those who enjoy the cool refreshing glass of iced tea or the comfort of a nice cup of hot tea.

- The peppermint leaf makes an excellent iced tea beverage.
- The detox or Kidney bladder teas are also excellent and tasty substitutes used hot or cold; just to name a few.

FYI: Black Tea

A cup of hot tea can do wonders after a tiring day at office. This soothing hot beverage has been used from many centuries to calm down our mind and relax our body. In various parts of the world, drinking black tea on an everyday basis is quite common. While some like to make their cup of tea very strong, some go with mild, and some take a light dose. No matter how you take it, there are ill effects of consuming black tea.

Camellia sinensis, better known as black tea, is used in dried form to make tea. Due to its properties that are quite similar to caffeine present in coffee, it works well in relaxing muscles and helping the nervous system calm down. Produced extensively in the countries of Sri Lanka and India; black tea shipments travel far and wide to be utilized by numerous people across the globe. However, before you consume your next cup of tea, take a look at the negative effects of black tea.

Increases Toxins

By drinking this tea on a daily basis, you can increase the amount of toxins present in your body. The root cause of the toxicity is Aluminum, an active component found in higher quantity in older tea leaves.

Kidney Stones

One of the ill effects of black tea is that it has the ability to trigger formation of kidney stones due to Oxalate. This compound has the capability to affect the health of the kidneys if consumed on a large scale.

Weakened Digestive System

Filled with tannins, intake of black tea regularly can unbalance the digestive system and lead to health issues such as diarrhea, etc. Constipation can also occur as a result of negative effects of black tea.

Alzheimer's Disease

Increased intake of Aluminum, in the form of black tea, is one of the causes of Alzheimer's disease. The disorder has the ability to affect the memory and imagination of people.

Osteofluorosis

Drinking large quantities of this tea can hinder the fluoride tolerance level of the human body. Fluoride ill effects of black tea increase the susceptibility of bone fracture as fluorine weakens bones.

Stained Teeth

Among the ill effects of black tea consumption, stained teeth is one. If you consume this tea frequently, then there are high chances that your teeth are stained and gums are injured. It also increases the formation of plaques.

Urinary Trouble

Disruption to the urinary system of the body can occur as a result of ill effects of black tea. The urinary bladder becomes heavy, thereby triggering a sensation of frequent urination.

Slowdown of Clotting

Regular consumption of black tea can actually slow the formation of blood clots upon an injury. This is one of the negative effects of black tea that should be kept a note of.

Esophagus Cancer

There is an increased risk of developing esophagus cancer with black tea. This canal that connects the stomach with the oral section is sensitive to sudden temperature changes, and also tannins, present extensively in black tea.

Understanding Dis-ease

Posted on [February 17, 2014](#) by [Dara](#)



Trying to pass on the understanding of how to heal the body can be a daunting task. When someone is dealing with a terminal condition the window of opportunity for healing can close very quickly in some cases. While others with conditions may linger for years without showing much impact on their overall health.

What make the difference?

One factor is, of course, the condition impacting the body. Among the most serious and fast moving are Pancreatic Cancer and Lung Cancer. The window of opportunity for clearing these conditions is often very narrow to nonexistent. Even with the most aggressive natural healing programs often the diagnosis comes too late. By the time the condition has been discovered the disease has progressed beyond the body's ability to deal.

Another factor would be the individual's constitution; the vitality within the person. Someone with a strong body, mind and spirit will likely have a much easier time clearing the disease from his system.

The Natural Healing Programs will vary little regardless the condition. An example would be a case of hives or cancers; both are cleared through the same channels. In most cases Hives are cleared quickly while cancer will take many months.

What is it the body does? One of the best explanations available is posted as a pdf file on the front of our website. It is called "[Health through Nutrition](#)" by Dr. Joel Robbins

DISEASE AND ITS CAUSE

Disease or "dis-ease" is defined as a lack of health. Disease results when any cell is not functioning 100% of its designed duty whether due to trauma, toxicity, lack of communication or a combination thereof. Disease is due to stress.

Whether due to ignorance or laziness, exposing the body to stress will produce a diseased state of the body. Stress is the only means of tearing down health resulting in disease, our bodies paying the price for violating the laws of nature (our wrong doings). We do not “catch” a disease or illness, we earn it. We must “work” for disease.

Disease is nothing more than the body responding to the wrong we have done to it. It is the body’s attempt at keeping us alive in response to the wrongs we have inflicted on our bodies.

Pathological changes are the cell’s response to stress. These changes or compensations allow the body to survive -maintain homeostasis- as long as the stress continues. These tissue changes which result in disease are the outward manifestation of internal compensation to stress. Until the cause is removed, the condition will remain in one form or another.

Read entire article: [*Health through Nutrition*](#) by Dr. Joel Robbins

Clearing Tumors & Cancer

Posted on [September 3, 2013](#) by [Dara](#)



The [Cancer Poultice](#) for the lump in your breast is only a part of the program to clear this issue. Please let me take a few minutes of your time to give you an understanding of the true issues within your body.

In the 1950's the American Cancer Society did an extended research project on a group of bunny rabbits. The project went on for several years. Each day they swabbed the rabbit's ears with a smear of nicotine. After a few months they cut open several of the rabbits to see what was happening inside. Here is what they found.

No tumors or cancer appeared for nearly 18 months. Before any form of cancer or tumors appeared the internal elimination organs had been greatly compromised, to the point they were unable to do the work of elimination God intended they do.

What this understanding means for you or any cancer or tumor patient is simple that before your body was in a condition to produce a tumor or lump of any kind your system had become extremely degraded. Your liver, kidneys, digestive system ect... are all in need of serious rebuilding. The lump you have in your breast is not the issue only a symptom of your degraded internal system.

You can treat the lump, cut out the lump, cut off both your breasts and the lumps will appear in other parts of your body. Why? Because you need to strengthen and rebuild your elimination organs, they are degraded to the place they cannot do their jobs and because of this are allowing waste to be pocketed around your body in the form of tumors and cancer.

One of the Late Dr. Christopher's favorite sayings was, "cleanse & feed". You must cleanse out the waste while you feed and rebuild your system. This is where the entire [Incurables Program](#) proves valuable.

The liver is the vacuum of the body. This is the organ for elimination of the lump in your breast. The poultice will break up the lump allowing the lymphatic system to move it out for elimination through the liver and out the bowel. [Flushing the liver](#) supports this mighty organ enabling it to do its job more effectively. Along with the cleansing you will want to flood your body with fresh juices and Superfood's which provides the nutrition at cellular level for a rebuilding of your internal systems. (Cleanse & Feed)

You will want to begin with the [foundational programs](#) before you do a liver flush. These three programs must be established and continued throughout your healing process. They are: [Boosting the system with Echinacea](#), [Bowel Cleansing](#) and [Nutritional support](#). The E-books available in our member's area will provide detailed instructions and schedules for doing the entire program. You have a major disease and need to aggressively support your body in this healing journey you have begun.

Supporting Your Skin

Posted on [June 19, 2013](#) by [Dara](#)



Our skin is an organ which must be kept in good health and which mirrors the health of the body below. Skin issues of all kinds seem to be plaguing society. Members are asking help for clearing everything from the most serious cases of Psoriasis, chronic hives to black spots to a condition where the skin loses color in patches. I've also seen horrible out breaks of moles covering large areas of the body.

The medical community has created many long words naming all the conditions affecting the skin. We need to look at the underlying causes for all these issues. If your liver is not doing its job of breaking down toxins efficiently they must be eliminated from your body by other means – in many cases they come out through your skin! When excessive toxins build up in the deeper layers of the skin this causes inflammation to occur and this can manifest as any of the numerous conditions described above. Often it will be seen that worsening skin problems are a sign of liver dysfunction or of future liver problems on the horizon.

When dealing with any serious or mild skin condition my advice has always been to clear the liver first and then begin a program to rebuild the skin. There is no point using expensive herbal supports for the skin if the liver is going to continue breaking it down through the disposal of toxic waste.

Once the [liver has been properly flushed](#), for acute conditions such as hives ect I would suggest doing an ELF which will usually clear the worst of the issue then follow through with a good liver flush program as needed.

When we understand how our skin functions we will be able to get our minds around how to support this beautiful organ in a healthy state.

Understanding our Skin

The skin has been called the third lung because it takes in oxygen and releases carbon dioxide.

In each square INCH of skin there are:

65 hairs

95-100 sebaceous glands

78 yards of nerve fibers

19 yards of blood vessels

650 sweat glands

9,500,000 cells (this blows my mind)

1,300 nerve endings

19,500 additional cells at the end of the nerve fibers

78 sensory apparatuses for heat

13 sensory apparatuses for cold

160-165 pressure apparatuses for the perception of tactile stimuli**The skin performs 5 functions**

- Protects our bones and organs
- Allows feeling via the power of sensation
- Regulates body temperature
- Excretes and secretes (Nutrition can be absorbed through the skin)

What about Coffee Enemas?

Posted on [March 11, 2013](#) by [Dara](#)

In our last newsletter we included Dr. Christopher's comments on "The Coffee Enema" It appears that one comment has created a lot of conversation. One of our members has asked if I could talk a bit more on the subject.

Dr. Christopher Discusses "The Coffee Enema"

One of the most harmful methods of tripping the gall bladder reflex is the coffee enema. It is used by so-called "holistic" practitioner without respect to its ill effects on the body.

Coffee contains a high amount of caffeine which can be habit-forming. Over the years, Dr. Christopher has treated patients who could not take food orally or intravenously. There was once a baby who had to be fed rectally until his health improved. Nutriment were actually absorbed through the rectum. Likewise, with the toxic substances. A young lady who was trying to stimulate her gall bladder into functioning properly, administered to herself at least one coffee enema a day for several months. During this time she became addicted to caffeine and began to experience severe withdrawal symptoms once the enemas were stopped. She would never think of taking even a sip of coffee, but here she was getting high doses of caffeine rectally!

There are safer ways to stimulate the gall bladder. One is by taking [cayenne pepper](#) orally. This has been reported in medical journals to trip the gall bladder reflex and promote the flow of bile naturally.

Coffee enemas are used to trigger the gallbladder to dump; they do not flush the liver. Nutrition taken in through the colon is absorbed straight into the blood stream. All the blood from the stomach and small intestine flow directly to the liver where the substances picked up from the stomach is broken down and handled as needed. Blood from the colon dose not route directly through the liver where harmful substances can be broken down or removed.

Years ago I heard the story of a man who decided to drink his whisky by enema into the rectum. He died of alcohol poisoning after ingesting less than a fifth of whisky into his colon. The effects of the caffeine are also intensified when absorbed through the colon.

The benefits gained do not out weight the negative effects of caffeine on the body. A teaspoon of cayenne extract taken by mouth will produce the same effect without any harmful side effects. I've also used a

strong tea of Skullcap & Catnip as an enema to encourage liver dumps. Both of these produce excellent release without robbing the body of vitality.

I recently purchased the entire Gerson Therapy program DVD Set as I was interested in doing the program. After going through the material I discovered the program is not based as I thought on juicing and eating healthy foods. They advocate some drug use along with the coffee enemas. I was also surprised to hear her advise against the use of water. She felt enough fluid was taken in through the juices and water was not needed.

A story shared on the DVD set to show the benefits of Coffee enemas convinced me how weak and worthless they actually are. The testimony goes that a man suffering from an acute onset of eczema began using the coffee enemas starting with one a day resulting in twelve hours of symptom free skin. So he escalated to two enemas a day and became symptom free as long as he continued to use the coffee enemas. It took nearly six months for the condition to clear.

I have used the emergency Liver Flush (ELF) to completely clear an acute case of eczema in two days with only two flushes. I have seen these results repeated over and over again with acute skin conditions of all kinds. The coffee enema is unable to quickly clear an issue because it does not flush the liver, only stimulates the gallbladder to dump what it is holding. From what I have seen and read the Gerson Therapy does not promote liver flushing aside from the coffee enemas.

As for Coffee enemas being the superior treatment for cancer I would have to strongly disagree. While the caffeine robs the body of vitality needed for healing, the Coffee enemas do not create a flush for a real clearing of waste from the liver.

Natural Healing V/S Drugs

Posted on [February 4, 2013](#) by [Dara](#)

One of the barriers I keep coming up against with those who are new to natural healing is the idea that herbs work like drugs. For years we have been told to enjoy the good life and when the body becomes sick run to the doctor for a pill that will fix whatever ails you. The truth is all drugs are poisons. They do not create health in the body. Their purpose is to treat the symptoms of disease not clear the underlying cause of discomfort and produce a healthier state of life.

Herbs on the other hand feed and nourish, raising the overall vitality and health of the body. We understand there is a master herb in nature for every organ and function of the body. These herbs contain specific nutrition for support and feeding of the areas they target. When there is injury or illness in the body it is important to feed and build with the proper nutrition intended for that particular area.

The master herbs remind me of a master builder, they have specific nutrition, (tools and equipment) intended for the overall health of their targeted area. What they do not contain is copious amounts of raw nutrition (building lumber) needed for the massive rebuilding required when there is disease or injury. This is why any good healing program will incorporate the use of fresh vegetable and fruit juice.

Healing the Heart

An example of this would be [healing the heart](#). The master herb for the heart is [Hawthorne berries](#). This herb contains an enzyme which allows the heart cells to absorb more oxygen which help to safeguard them in the case of a heart attack. It also contains specific nutrition to rebuild and strengthen the heart muscle. What it does not contain is the blood cleansers and other nutrients needed to clean up issues in the blood and body which cause a stress on the heart.

Years ago the uninformed brother of a member scolded me severely for telling his sister all she needed to do to heal her serious Kidney Disease was drink our Kidney Flush Tea. He was misinformed and grieving his dead sister. We had offered her our [complete program](#) which worked well when I healed my diseased kidneys. I learned from her brother the only part of the program she bothered doing was to drink a bit of the Kidney Flush Tea. Sadly her choice not to educate herself better and do the entire program was one of the last she was able to make.

There are no magic bullets, no magic herb you can swallow which will clear any and all disease from your body. Personally I don't believe our Heavenly Father and Creator would make one. The Gift is in the journey, as we learn to stop doing the things that make us sick and begin to make healthy choices for ourselves we start feeling better. The more good we do the better we feel. This is real healing for the heart, mind and body.

Bio-identical Hormones

Posted on [November 6, 2012](#) by [Dara](#)

My primary objection to BHR is Bioidentical Hormones are a man made product lacking in life giving enzymes necessary for proper absorption. It is not better to get the nutrients you need from live plant source foods. Our Creator has provided for all our needs in the plant kingdom. Putting man made compounds into our bodies is not going to provide a true healing. This is not the correct life giving fuel the creator intended for the human body.

The other issues I have with ingesting a manufactured version of a hormone is the damage caused to your body's glandular system. The body is supposed to be producing something. When your body senses the presence of a hormone in the blood, the internal manufacturing plants (glandular system) are shut down. The glandular system is not required to function and in time may lose the ability to work properly. We have a glandular system that produces hormones to meet our body's requirements from minute to minute as well as day to day. There is no way we can monitor our systems to the degree necessary to correctly meet these needs.

The question has been asked: Is there danger of overdosing with estrogen herbs for menopause as is known to happen with manufactured birth control pills which sometimes cause clotting because of the excess estrogen?

Dr. Christopher says, "No. Herbs are assimilable and any part unused is dispelled naturally. The inorganic preparations are accumulative, causing the side- and after-effects."

Dr. Christopher's Hormone Replacement Formula: *Changease* A hormone estrogen herbal combination consisting of: Black Cohosh, Sarsaparilla, Ginseng, Blessed Thistle herb, Licorice root, False Unicorn root and Squaw Vine.

These are natural herbal foods that are needed by both **men** and **women** of all ages. Since they are natural, the body can accept, assimilate and use those materials that are needed to produce estrogens and other hormones naturally. This formula will assist in rebuilding the weak malfunctioning areas and help keep the organs healthy so they can supply the proper amounts of hormones and estrogens themselves. Herbs are a natural food, so they do not have "side effects" and "after effects" as are so evident in man-made and synthetic drugs.

The recommended dosage is a cup of the tea (one teaspoon of tea to cup of hot water) both a.m. and p.m. (or more often if needed) six days a week as long as necessary to get the desired results.

This herbal combination is a great blessing during **puberty**; and again a boon to womankind **right after a baby is born** in order to replace the estrogens and hormones used during pregnancy.

One of the most appreciated times for this formula's use is during **menopause**. Many older women claim they have found relief from hot flashes—and other menopause problems, after using this formula. The recommended dose would be as a cup of tea, two or more times a day, as needed.

The Ten Basic Kinds of Water

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

1. Hard Water. This is saturated with calcium, iron, magnesium, and many other inorganic minerals. All water in lakes, rivers, on the ground, in deep wells, is classified as hard water. (Many city systems take water from rivers or lakes, or reservoirs supplied with mountain water; they erroneously call their supplies “soft water” but it is soft only in comparison with water which is harder.)

2. Boiled Water. Boiling helps remove some of the germs, but concentrates the inorganic minerals. Other germs are carried into a fertile element for rapid and lusty propagation of germs and viruses already in the body.

3. Raw Water. This has not been boiled. Raw water may be hard (as calcium hardened water) or soft as rain water. It contains millions of germs and viruses. In every densely inhabited drop. Some of these viruses and bacteria may adversely affect the thyroid gland, the liver and other vital body organs.

4. Rain Water. This has been condensed from the clouds. The first drop is distilled water. But when it falls as rain, it picks up germs, dust, smoke, minerals, strontium 90, lead and many other atmospheric chemicals. By the time rain water reaches the earth it is so saturated with dust and pollutants it may be yellowish in color. Water is supposed to act as an atmosphere purifier. If we had no air pollution, we would have far less pollution in our drinking water.

5. Snow Water. This is frozen rain. Freezing does not eliminate any germs. All snowflakes have hardened mineral deposits. Melt the cleanest snow and you will find it saturated with dirt, inorganic minerals, germs and viruses.

6. Filtered Water. This water has passed through a fine strainer, called a filter. Some calcium and other solid substances are kept in the filter; there is no filter made which can prevent germs from passing through its fine meshes. Each pore of the finest filter is large enough for a million viruses to seep through in a few moments. A home filter usually only picks up suspended solids and is effective for the time, maybe only for hours, until it is filled up. Then it is ineffective even for removing suspended solids, and at the same time becomes a breeding ground for bacteria.

7. Soft Water. This water is soft in comparison with water which is harder. It may contain many trace minerals and chemicals, viruses and bacteria. It is not to be confused with “softened water.” Soft water may be classified as water which is harder than distilled water.

8. Reverse Osmosis. This is a system of water purification which allows pre-filtered water to be forced through a semi-permeable membrane to separate impurities from our drinking water. However, this membrane allows only certain molecules to pass through providing the water pressure is exactly constant. The matter of water pressure is a problem still to be solved. Furthermore, the membrane also allows some iron and nitrate molecules to pass through. Another problem to be solved.

But it now seems promising that we can look forward to tremendous strides in this system of water purification. Gulf Oil, Culligan and Eastman Kodak are sponsoring vast research in this area. High purity water between 90 and 97 percent of the dissolved mineral (and organic solutions), and over 99 percent of the suspended and colloidal particles are rejected by, the special membrane which has been developed for this process by these companies in their research. The product water, from this new research, is ultra-clear, low in dissolved solids, practically free from hardness components and essentially sterile as produced. This makes a close second to distilled water.

9. De-ionized Water. A process of exchanging "hard" ions for "soft." The total ions are still present. The end result is the same. But the water has the appearance of being distilled. (Nature recognizes transformation but not extinction!) Since water leaving the sodium-cation exchanger has little hardness, it contains sodium salts.

10. Distilled Water. This is water that has first been turned into steam so that all of its impurities are left behind. Then through condensation, it is turned back into pure water. It is the only pure water. The only water free from all contamination. Distilled water may well be considered the only pure water on earth.

Herbs Are Not Drugs...

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

When speaking of herbs & Drugs most people tend to use the same terminology. To set the record straight we need to understand what herbs are and what they do.

Herbs are not Drugs, they are Super-Nutrition packed food. Some herbs contain properties that will target specific areas of the body. For example, the herbs found in the prostate formula target the prostate to increase circulation and healing to the prostate gland. Your garlic, goldenseal, dandelion root, etc.. Work to destroy viruses, germs, bacteria, etc.. from the tissues, organs, and blood stream. There are several herbs such as Red Clover that specifically clean up the blood stream. Herbs are like Master Builders with blueprints. They know what to do and have the ability to do a momentous amount of restorative work in the body when used in conjunction with a complete Natural Healing Program.

Following are a few Natural Healing Aids you can include in your healing programs:

Hydro-therapy: Creating a forced circulation through the sick or damaged area by alternating Hot and Cold water. The Hot water brings fresh blood to the affected area. The cold drives the blood in deep through the sick area providing a forced circulation through the blockage that occurs when injury or illness is present in the body.

Juicing & Superfood Drinks: This is where your Herbal Master Builders look for the “wood” [nutrition] to Rebuild & Restore your body. The Herbals provide the special nutrition for the specific work being done. The thing to remember is that the herbals do not contain all the nutrition needed to do all the work they are capable of doing.

By using these highly nutritious foods you are making sure they have all the substances needed to do all the work they are capable of doing.

Exercise and Movement: Circulation is the key to good health. This is best done by a daily routine of exercise and movement. Just do it. Everyday do something more than you did yesterday. This will break lose the old emotional stuff also. Remember you cannot be any healthier physically than you are emotionally. Let the old stuff flow out and the new in.

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 ask our Calcium Information sheet.

Are You Healing?

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



Healing comes in many ways. Normally a healing takes time and will not be rushed. This morning Tanner and I were discussing his first full week of liver flushing. When I asked what benefits he felt he has gained he said none. The tumor in his tonsil felt the same to him. As an afterthought he added his need for pain pills had reduced by more than 50% each day, he only needed to take one pill a day now. He also admitted to increased energy. The last two mornings he had worked out with his weights. These two improvements taken together tell a far different story of the healing going on.

We live in a time of instant everything. No time to wait, everything must be quick and ready now. There are no instant healings; anyone who says otherwise is lying. When we consider the condition the body must be in before tumors will begin to grow, it is much easier to understand the three to six month minimum for healing any cancer or tumorous condition.

There was a study done in the early 1950's where rabbits were given a daily swab of nicotine to their ears. The most interesting fact to come from this study is no tumors were formed until the detoxing and elimination organs were too degraded to do their jobs. Understanding this one fact we can know a body with even one tumor has been extremely compromised. All must be done to not only clear the tumor but also to rebuild the impaired body systems. Removal of the tumor will not nourish the body or provide the needed nutrition to the malfunctioning organs. If the body is not rebuilt using only the highest quality foods tumors will continue to form.

Cleanse & Feed

Dr. Christopher said these words over and over when he was alive. Cleanse & Feed. Cleanse out the waste and disease while feeding the body back to health. This is why the incurables program works. The work is system wide, feeding every part of the body while supporting the natural elimination of disease through the regular channels.



This next week Tanner and I will be [Kidney Flushing](#). This is not a week of

heavy detoxing but of flushing out the waste made ready for removal by our week of liver flushing. We will also be enjoying our fresh juices and raw fruits and veggies during this five day program. A stronger program can be done by juice fasting during the five day flush. Tanner has decided he wants to eat raw so we will go this route with his program. There is not right or wrong, each person must do as strong a program as he is able.