

# BONE, FLESH & CARTILAGE



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## History & Use

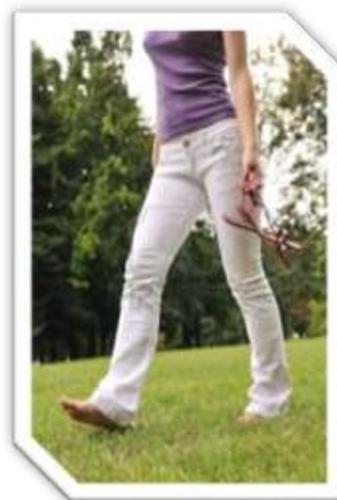


Building on his early experiences with black walnut tincture, Dr. Christopher developed the **Bone, Flesh & Cartilage Formula** for skin trouble. The additional herbs made a wonderfully effective remedy for minor burns, infection, cuts, abrasions, bruises, hemorrhages, sore gums, bunions and corns. It also removes calcium deposits that exacerbate arthritis. A nurse in California used it to dissolve a bone spur on her heel. It has healed skin cancers. And it works, as the black walnut tincture does, for eczema, psoriasis, and other chronic skin conditions.

BF&C is also known to heal wounds, even those of surgical incisions that fail to heal. Amazingly enough, the BF&C has been known to regenerate tissue. *(Look at testimonies)*

The **Bone, Flesh, and Cartilage Combination** performs wonders in restoring flesh and internal healing of bones and cartilage. It can be used in any of its forms, extracts, capsules, and topically in a salve. All will do the job. The choice of how you take it depends on what the problem is.

This formula has done miraculous things with broken backs, legs, hips, etc. The BF&C formula has been used on curvature of the spine, polio, multiple sclerosis, and muscular dystrophy, stroke and arthritis of the bone. Used externally as well as orally BF&C has brought tremendously fast results. *This formula is a "power house" and has been used on (and restored to health) cancer of the spine, arthritis and polio, and has helped rebuild torn cartilage and sinews, fractures, etc. etc.*



## Dosage:

BF&C Salve is an ointment using an olive oil and beeswax base and may be applied directly over affected areas as a pack or massaged directly into the skin.

BF&C Extract may also be taken daily: ½ - 1 Teaspoon in cup hot distilled water three to five times a day.

## BF&C Salve as a Fomentation Pack

A fomentation is used to apply herbs to convey heat, moisture, and medicinal aid in order to **relieve pain, to reduce inflammation, and to relax affected areas.**

### Directions for using Herbal Salve Packs



Spread generous amount BF&C Salve on double layers of Cotton or wool Flannel.



Apply Over Affected



Cover with Large Piece of "Glad" Press & Seal Wrap



Place a folded towel over Pack and apply a heating source to the pack for 45 minutes to an Hour.

Leave pack in place for 4 to 6 hours or overnight.

When pack is removed wash area thoroughly with soap and water then sponge off area with a strong solution of Apple Cider Vinegar and water.



## Hydrotherapy



Remember to do your Hydrotherapy: Hot & Cold changes.

While in the shower do 7 hot applications & 7 cold applications.

Adjust water so the hottest degree you can tolerate without scalding yourself. Let the water run over the affected area for 1 to 2 minutes. Your skin will become pink with the fresh



blood you are drawing into the area.

Now move the affected area out of the flow of water and turn the hot water completely off. Wait a few moments for the water to become cold before applying to the affected area.

The more dramatic the change from hot to cold the stronger the blast of fresh blood will be through the blockage. Carrying all the healing nutrients to the injured area and removing with waste as it passes on out. Whenever you have disease or injury you have blockage. The hot water brings fresh blood to the surface and the cold send the blood deep into the body blasting it through the blockage providing a forced circulation into the injured or sick areas.

Do seven (7) repetitions of hot & cold each time. Hydrotherapy should be done at least twice a day. Three times a day is the best: Morning, Noon and Night.

### Directions for Hot Tea Fomentation:

**BF&C Fomentation:** Soak the combined teas in distilled water (at the rate of one ounce of combined herbs to a pint of distilled water), then soaking four to six hours, simmer thirty minutes, strain and then simmer the liquid down to 1/2 its volume and add 1/4 vegetable glycerin (if desired).

**Example:** One gallon of tea simmered (not boiled) down to two quarts and add one pint of glycerin.

Soak flannel, cotton, or any white material other than synthetics--never use synthetics.

Wrap the fomentation (soaked cloth) around the malfunctioning area and cover with plastic to keep it from drying out. Leave on all night six nights a week, week after week, until relief appears.

Soak a Turkish towel or gauze or similar material in hot tea, lightly wring (just enough that the liquid will not run off the body), and place as hot as possible without causing blistering. Generally keep the fomentation moist and warm by placing plastics, oilcloth, etc., over fomentation.

**Dosage:** Wet enough that the moisture will not run off the body, cover entire malfunction area, keep damp and change periodically.

## Stiff Neck:



The following explanation of our "**Bone, Flesh, and Cartilage**" Formula is the most complete program for this condition of a stiff neck. The fomentation as it penetrates into the area will relax the muscles and feed the nerves so the bone structure (vertebra) will adjust itself.

At the same time it will build up the blood circulation to carry off waste materials as well as feed the painful area with herbal food to put it into a healthy state of self healing. Follow direction as given above for making an Herbal Salve Pack. Apply over affected area.



## Ingredients:

This formula for feeding the Bone, Flesh and Cartilage consists of the following and their constituents:

**Oak Bark:** Calcium, potassium, phosphorus, magnesium and manganese.

**Marshmallow Root:** Calcium, phosphorus, potassium and very heavy in protein.

**Mullein Herb:** Calcium, phosphorus, potassium, magnesium, iron and zinc.

**Wormwood:** Vitamin C, calcium, phosphorus, potassium, chlorine and magnesium.

**Lobelia:** Calcium, phosphorus, potassium, sodium, lobetic acids and many alkaloids.

**Scullcap:** Calcium, phosphorus, potassium, sodium, chlorine, magnesium and iron.

**Comfrey Root:** Protein, calcium, phosphorus, potassium, iron and allantoin.

**Black Walnut Bark:** Sulphur, iodine, potassium, calcium, phosphorus, chlorine, iron, manganese and magnesium.

**Gravel root:** Zinc, copper, manganese, iron, magnesium, chlorine, sodium, potassium, phosphorus and calcium.

## Testimonials:

### Movement in Body after 15 Years Immobility

While sitting in his family restaurant that used to be located in the University Mall, across the hall came the most grotesquely-built wheelchair the Doctor had ever seen; it was all out of shape, having been built for someone deformed. And sitting in the chair was one of the most deformed people he had seen. The lady's arms and legs and back were twisted out of shape. She was being pushed by a young lady, who took her right up to Dr. Christopher. "I am surprised to see you, Dr. Christopher," the lady in the chair said, "I just had to stop and thank you; you have done so much for me." He began to wonder what the thank-you could be, because she was terribly malformed. She said that she had been like a vegetable for nearly fifteen years, having to be fed and given liquid to drink. She couldn't even raise a hand or leg. She started on the Incurables program,

with some people helping her, and they put the BF&C fomentation down her crooked back and over other parts of her body--and she said, "Just look at me now." She was moving her hand, and she raised it off the wheelchair a little bit. She did the same with the other hand. She could turn her head and move her shoulders. She could even move her back a little, although it had not moved for those fifteen years previous. Grateful for her new life, she felt that she would live to get up out of that wheelchair and walk. She was so grateful for the formula. And Dr. Christopher said it would be a wonderful day when this young lady could walk and be on her own after fifteen years.

## Regenerate Tissue

BF&C has even been known to **regenerate tissue**. Ray's nephew was a passenger in a car accident, and although relatives held onto him so that he wasn't thrown from the car, he was dragged for some distance along the hot asphalt, and his small fingers were scraped to stubs as far as his first knuckles. Ray gave the child capsules of BF&C and told the parents to mix the powder with honey and wheat germ oil. Within two months, the fingers had healed, complete with perfectly formed fingernails. When Ray next saw his nephew, the child ran toward him and threw his arms around him. "Look, Uncle Ray!" he shouted. "My fingers grew back!"

In a similar story, a young woman came to Ray and said, "How do you like my fingers?" He said he thought they were beautiful, clean, and well manicured. "Can you tell which finger was cut off?" she asked him. He couldn't tell, even when he looked close. She told him her story: her **finger had been amputated** below the knuckle. She had used BF&C, and the knuckle had regenerated. Gradually, all the bone and flesh filled in, and even the fingernail grew back perfectly formed.

## Spinal Disorders and Backaches

Serious diseases such as degenerative arthritis account for less than 5% of back pain. We treated a lady once who had such a disease. One of her vertebrae was degenerated and the doctors had given up on healing her. The bone had holes eaten through. She refused to change her diet in any way but she agreed to try some herbs. A friend persuaded her to use the BF&C spinal formula as a nightly fomentation. In about six months the woman had grown new vertebrae--that is, the old one was completely restored and regenerated. The BF&C formula is truly one of nature's herbal miracles and can be used wherever there is damage along the spine.

Where tumors are present, one would want to add the elderberry tincture or some other form of high potassium food as an internal supplement.

Although we always want to work on the cause of backache, we can relieve the symptoms by using the cayenne heating balm. This consists of cayenne pepper, wintergreen oil, pure mint crystals, and other essential oils in a base of olive oil and untreated beeswax--apply sparingly to sore places.

We have found that the BF&C ointment works well together with the cayenne ointment. One takes the other into the skin more quickly and brings relief.

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## Formulae

White Oak Bark, Comfrey Root, Gravel Root, Mullein Leaf, Marshmallow Root, Black Walnut Hulls, Wormwood, Skullcap, Lobelia

## Therapeutic Action

This is an aid for malfunction in bone, flesh, cartilage and is excellent for varicose veins, sprains, curvature of the spine, tremors, skin eruptions, pulled muscles, blood clots, calcium spurs, etc. The additional herbs made a wonderfully effective remedy for minor burns, infection, cuts, abrasions, bruises, hemorrhages, sore gums, bunions and corns. It also removes calcium deposits that exacerbate arthritis.

## Dosage

2-4 droppers full (1/2-1 tsp.) 3 to 5 times a day.

## Pricing:

**Now Available as a powerful, healing salve:**

BF&C Salve: 2 oz/\$19 4oz/\$35 8 oz/ \$70

**Tinctures:** 2oz/\$20 4oz/\$35 16oz/\$105 32oz/\$210 Gallon/\$630

**Dry Kits:** 4oz/\$40 8oz/\$60



Dry Herb Kit



Gallon



2 oz --32 oz



Marshmallow Root



Black Walnut



Lobelia