



BONE FLESH & CARTILAGE

An Herbal Aid for Malfunctions in the Bone, Flesh, and Cartilage.

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Dr. Christopher's BF&C Formula



Building on his early experiences with black walnut tincture, Dr. Christopher developed the Bone, Flesh and 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.

The beloved story of how Dr. Christopher came by the BF&C formula begins when a woman came to his office early one morning, panicky and desperate. Hours earlier, her fourteen-year-old daughter had attempted suicide. She left the daughter in the care of several neighbors to find help from Dr. Christopher. The girl had developed almost three years before, a severe case of dermatitis, with heavy scales on her face, neck, arms and hands, legs and feet. No physician or specialist had been able to identify her condition, much less find a cure. She began to gorge herself, became extremely overweight, and eventually decided to end her life. As Ray listened to this desperate mother, he

offered a silent prayer for help and "a formula came immediately to my mind" as he related it. He jotted the herbs down and gave the mother complete instructions on how to make and apply the fomentation and tea, and sent her to an herb shop to get them.

Four days after this mother had come to his office, she called to report that the scabs and scales were gone, and the girl's skin began to show what the mother termed "a healing glow." Six months later she was a cheerleader at school and enjoying all the social activities of girls of her age.

BF&C has been known to heal wounds, even surgical incisions that have failed to heal. One California woman had an abdominal surgical wound that had been draining for more than three years. She applied the ointment to the wound and took the capsules internally. Within seven days, the wound was entirely healed.



**BF&C Dry Kit
Ready to extract**

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,



BF&C Salve

The 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.

As you look over the constituents of each it is easy to see the strength and rebuilding power of this group of "God-Given" herbs.

DOSAGE



1. BF&C Salve is an ointment using an olive oil and beeswax base.
2. An Extract of BF&C may also be taken daily: try two to four dropperfuls added to hot water three times daily. Sweeten with honey if needed.
3. 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.



Uncle Ray!" he shouted. "My fingers grew back!"

Over the years of practice I have had a number of patients who have had broken bones from osteoporosis. One case was a woman in her middle eighties with a fractured hip. **After three months in a cast it showed no sign of healing, any more than two pieces of stick growing together.** This woman was frightened because she was told that if the hip bones did not knit after putting on another cast for three months, they would cut her leg open and use stainless steel rods, bolts and nuts to make it possible for her to at least get around on crutches.

This was in the early sixties and not much comfrey was available then. The lady's daughter was in one of my classes, and we asked the students to help out by donating as much comfrey as they could. We had enough donated from the class members that the patient had from a pint to a quart of comfrey green-drink or comfrey tea each day, six days a week, week after week. At the end of this "three months," the cast was removed and the doctors were amazed, because during the first three months there was "no knitting" of the bone even evident, but with the comfrey being taken orally during the next three-month period the leg was healed. The daughter told us her mother was out square dancing within a couple of weeks after the cast was removed!

Since this case was so outstanding we have had a formula developed called "bone, flesh and cartilage." 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. BF&C is used externally as well as orally and 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.

4. **BF&C Fomentation: Another method** To make and use a fomentation: This is applying herbs to convey heat, moisture, and medicinal aid in order to relieve pain, to reduce inflammation, and to relax affected areas. 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.



5. **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. 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.



TESTIMONIALS

1. **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 B.F& 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.

Compiled from the Writings of Dr. Christopher

USING H.E.A.L.'s BF&C SALVE

Over the past ten years I've had the chance to use and suggest the BF&C formula to many of our members. It has never failed to work well. I've also had great success using the herbal salve instead of the hot tea fomentations. Here are my suggestions:

For any diseased or injured area try cutting a piece of flannel large enough to cover the affected area.

Completely saturate the flannel cloth with salve.

Place flannel with salve over affected area

Cover with plastic, and then top with small towel

Apply moist heat source (hot water bottle or moist heating pad) to area for an hour before falling asleep.

Leave pack on all night.

Repeat nightly until healing is achieved.

When healing any issue remember to do your foundational programs. These are: Boosting with Echinacea, Plenty of nutrition, bowel cleansing and hydro-therapy over the affected area. For more on the foundational programs check out our free E-books: <http://www.healmarketplace.com/members/member/class/ebooks.html>