

Female Herbal Support & Suggestions

By Dr Christopher

PUBERTY

Too many of us recall with distaste the time we became women. Instead of rejoicing as we crossed the threshold from childhood to young womanhood, we suffered shame, embarrassment, and pain from menstrual cramps. Perhaps we were uninformed and terrified at the flow; one young woman confided that she was certain that she was dying when her first period commenced, for her mother had never explained puberty to her. Most often, our mothers' hasty and uncomfortable explanations colored our emotional reactions to menstruation.

How lovely it is for a girl to become a woman! Her body shape changes and she begins the path to motherhood when she first menstruates. Many modern mothers, having overcome their negative feelings about menstruation, are helping their young daughters celebrate their "rite of passage" into womanhood. Sometimes the mother fashions a special menstrual pad out of satin or silk, trimming it with embroidery or ribbon. After the pad is used, mother and daughter ceremonially bury it as a symbol of childhood now past. Some girls wear a pretty skirt, a special ribbon, or other adornment at the time of their periods, signifying a heightened and joyful attitude toward their bodies' cycle. Mothers help their daughters understand the emotional and energy changes related to their cycles, using these changes to plan their monthly activities; they are most active during the time after menstruation, when their energies are concentrated, and then as the period approaches, the girl learns to be more meditative and quiet. How wonderful to have mother guide her young woman through these changes!

Too often, however, young people's systems are so out of balance that puberty becomes nightmarish for them. They suffer from acne oily skin, large pores, sometimes all over the face, chest and back. They become touchy, irritable, snappish; sometimes they are depressed, sometimes ecstatic. Why all these changes?

It takes a lot of energy and building materials to change from a girl to a woman. When she fills her body with low-energy, devitalized junk food, a girl cannot obtain the vital nutrition she needs to grow. Her body may be crying out for the natural hormone and estrogen materials it needs; it may be starving for the vitamins, minerals and enzymes it lacks. With so many junk foods at hand, most young people stuff themselves, and yet feel hungry. We can call this "hidden hunger," resulting because the foods eaten have not supplied our needs. Often the girl's menstrual cycle can be early or late, with cramps and systemic misery.

What can we do about these extremes? Dr. Christopher recommended the mucusless diet, with plenty of fruits, vegetables, grains, nuts and seeds. He observed families who raised their children on these foods from the time they were small. As teenagers, the children suffered no acne and no anger; they went through puberty with their sweet dispositions still intact!

A girl approaching puberty should drink a cup (or more) of red raspberry leaf tea daily and the same of blessed thistle tea. These supply the estrogen materials her body will require. Continue to drink these throughout the teenage years. They taste pleasant, and you can sweeten them and cool them in the refrigerator for a healthy substitute for soft drinks.

Some girls crave licorice root, which is a hormonal herb. It makes a good-tasting tea, hardly requiring any honey to sweeten, also very nice cold. We like to buy the licorice roots and chew on them, which also relieves nervous tension. Sarsaparilla is an excellent hormonal herb; make up a strong tea, sweeten and chill it, and add a bit of sparkling mineral water for a really nice treat.

Menstrual Cramps

If you happen to suffer from menstrual cramps, try some of the following. Catnip tea is a great pain reliever and general relaxant. Take it sweetened with honey, nice and hot. It can also bring on delayed menstruation. Another favorite for these uses is camomile tea. Sometimes, if you have enough camomile around for this purpose, you can make a very strong brew and add it to a hot bath for pain relief and relaxation. Basil, marjoram, and thyme--the common kitchen friends--make up into relaxing and pain-relieving teas. Hot ginger tea can bring on a delayed period and relieve cramps.

Other herbs used for painful menstruation, which is also called dysmenorrhea, are black cohosh, chaparral, cramp bark, squaw vine, true unicorn, valerian, and wild yam. You can also try taking more red raspberry leaf tea than usual to relieve the pain.

Try hot baths with the addition of any of these teas. Sometimes a walk in the sun and fresh air will cleanse the body of toxins which aggravate the condition, although you may have to talk yourself into going. Chiropractic adjustments may relieve pressures in the area that cause real menstrual pain. One teenage girl we know enjoyed her first painless period at age eighteen. A naturopath/chiropractor worked on her back and zones in her body, relieving enough pressure that the period came easily.

A mother can help a young woman enjoy her entry into puberty by directing her into appropriate womanly expression. Instead of rushing her into nylon stockings, unseemly makeup, and--of all things--training bras, a mother can teach a young girl to sew soft, colorful clothing out of cotton and silk, pleasurable fabrics that are healthy to wear. Many women are astonished to see their nervousness diminish and even disappear when they stop wearing synthetic fabrics.

A girl can take pleasure from clean, flowing hair and healthy, rosy skin. Instead of pining away over images of skinny models and sexy movie stars, a girl can be led to emulate strong, healthy, vibrant women--perhaps their mother, perhaps their aunt--who are in harmony with themselves and with their environments, who love God, and who live joyfully and forcefully.

Some girls thrive on school activities and plenty of interaction with peers, while others, more delicate in nature and spirit, need more quiet time, home time. Several teenage girls we know opened like flowers when they stopped attending public schools and pursued their studies in home school, only attending

social activities as often as they felt like it. None of them developed into recluses as you might expect; in fact, after a period of time, each ventured into the world in her own way, one traveling to Europe, one becoming a nanny a continent away from her family, one apprenticing on a learning farm, and so on. How important it is for parents, especially mothers, to be quietly in tune with the needs of their daughters!

Puberty is a time to strengthen and tone one's body in preparation for parenthood. It is a time to run, to dance, to play ball, to jump and stretch and work hard at whatever activity pleases us. One modern dance teacher, pregnant at the time, told me that dancing well, training well, would help prepare my body for giving birth easily, and I found it to be so.

It is also a time to avoid anything that would weaken us. The controversy about marijuana and childbearing still rages; the active ingredient in the drug, tetrahydrocannabinol, crosses the placenta and also concentrates in breastmilk, so a newborn can receive the cumulative effects of marijuana ingested by the mother. Proponents of taking the plant say that it is an herb like any other and cannot hurt anyone. However, no studies have been pursued to confirm either stance for sure. We feel that unhealthy substances, such as synthetic drugs, chemicals and so on, certainly have no place in anyone's system, but also that certain herbs can be inappropriate--including marijuana. We need to avoid anything that changes our clear, responsible perception of the world during the teenage years and throughout our lives.

Many mothers have confided to me that during their teenage years they craved to hold, to be held. This was not a sexual longing so much as just a need for contact, for comfort. But in our society, few relationships permit this kind of holding, so a young girl's longing often leads her to sexual intimacy when she really didn't desire it, and wasn't ready for it. Fortunate is the girl whose family likes to hug, to touch, to hold. Even luckier is the girl who can help tend an infant or young child--an opportunity for plenty of hugging!

In a day where sexual intercourse is regarded as a physiological necessity, to be entered into as casually as going to the bathroom or having a meal, it almost seems anachronistic to restate Dr. Christopher's traditional views about morality. But even some medical doctors--Dr. Robert Mendelsohn, for example--consider that the issues of sexuality supersede the physiological. The moral, social, and spiritual aspects of sexuality affect us more profoundly than a new morality press would have us believe. How fortunate is the teenager whose parents can discuss sexual matters openly, without embarrassment, but most of all within a spiritual context. I suspect that more young people could avoid premature sexual contact if they could discuss the matter in a holistic way.

For a girl who takes plenty of exercise and uses the mucusless diet--including a gallon of water, preferably steam-distilled, every day, adolescence should offer no particular health problems. In fact, it should be the most healthy and happy time of her life!

But sometimes, especially if we are just beginning a cleansing and healing program, we experience problems. Very common is acne, which is most often a manifestation of an unclean bloodstream. Red clover tea is an excellent blood-cleanser, with a very mild taste. Burdock root tea works fast and well to

cleanse the bloodstream. Carrot juice, very pleasant to the taste, cleanses and builds good cell structure. Many families drink green drink, consisting of fresh greens, such as comfrey, parsley, mint, lambs quarters, marshmallow (that is, common mallow), your dandelion and other local greens, blended into a base of pineapple juice in a blender. At first you may wish to strain out the pulp, but it is good for you too, and soon you should become accustomed to it. Some people make a green drink by simply blending the wildings into water, straining out the pulp and sweetening a bit with pure maple syrup or honey. This green drink supplies vitamins, minerals, enzymes, and healing factors in a fresh, assimilable form.

Don't forget the monthly three-day cleanse, which is a semi-fast. For three days you use no foods. Instead, you follow this simple program. Upon arising, drink sixteen ounces of prune juice--that's two cups--not only to cleanse the bowels but to purify the intestines. Then throughout the day, you drink one kind of juice, such as apple, carrot, grape, citrus, tomato, etc. Fresh raw juices are superior to canned, although good bottled grape juice has proven to be a good cleanser. Apple juice is a superior blood cleanser, too. You should use whatever is native to your area; if you live in an area growing citrus fruit, make up this combination: squeeze fresh in the morning four to six grapefruit, two to three lemons, and enough oranges to complete two quarts. Drink by swishing in the mouth before you swallow. Alternate whatever juices you drink with glasses of steam-distilled water. You should take about a gallon of juice in a day.

Don't eat anything during the day, although if you become very hungry towards night, you may eat an apple with the apple juice, carrot, or celery with the carrot juice, etc.

During this juice fast, take one or two tablespoons of olive oil three times a day. This helps your liver take the toxins out of your body.

Be sure that your bowels are eliminating well during this time. If they aren't, take more prune juice, or take two or more capsules of Christopher's Lower Bowel Tonic, three times a day.

After your three-day cleanse, don't take a large meal. Instead, start eating a bit of fruit and nuts with your fruit juice, and then have a salad for lunch, including some raw vegetable juice. Repeat this for dinner; ease into more solid foods in the next day or two.

If you want to treat your acne externally, be aware that it's not an external problem. I would recommend very sparing use of soaps, which is contrary to most advice on acne. Soap removes the protective oil from the skin and upsets the acid-alkaline balance. Only use soap if your skin is really dirty; otherwise, wash with water. Instead of using thick makeup, which must be soaped off, let your natural healthy glow illuminate your skin. There are mineral-based blush powders which have no chemicals in them; they can be used as blush and as eyeshadow; just make sure when you purchase them that they really have no chemicals, as some cosmetic companies are mimicking the idea but including additives.

Some people recommend astringents to control large pores on oily skin. First of all, your skin won't produce excess oil if you follow the mucusless diet (see page 173). Although you will be taking adequate oils in your diet, they are in a form assimilable by the body. Probably the worst "junk food" anyone can take is hydrogenated oil--margarine, hydrogenated peanut butter, shortening. These oils have undergone

a chemical change which makes their structures unusable by the body. They clog up the digestive tract and bloodstream and cause many problems, including that oily skin that troubles you! Eliminate them from your diet, replacing them with natural oils (olive, safflower, almond, sesame--there are many choices). You'll see a real difference in just about a week.

As for the large pores, astringents only help for a little while, as they fill the pores with moisture, seeming to close them. But after a short time, the pores return to their normal size. A good diet, plenty of steam-distilled water, exercise, and the consistent use of the blood cleansing herbs mentioned above, will help tighten those pores. In the meantime (and perhaps just for fun) you can make some astringent lotions to apply to your face. Rub some strawberries on your skin and splash them away with water! Squeeze the juice from a cucumber and do the same. Tomatoes, raspberries, and zucchini all gently tone the skin. You can make a "green drink" for the complexion, blending comfrey, fennel, geranium, lavender, marigold, nettles, peppermint, sage or yarrow (any one or combination of these) with pineapple juice to make a thick, thick mush. Put them on the face, containing them with a piece of gauze if necessary, and lie down for a half-hour or so. Rinse off and notice a glowing skin.

Good old-fashioned witch hazel (the distilled herb preserved with some alcohol), which you can still purchase at most pharmacies, is known for its skin-toning abilities. You can combine it with fresh or bottled (unsweetened) apple juice, adding a little rubbing alcohol to preserve. This fresh-smelling astringent is cheap enough for everyday use, but nice enough to bottle in a small container and give as a gift.

Dr. Christopher had many successes healing young women. One day a relative called him: "Do you want to see your favorite niece again? I don't think she's going to live until morning."

"Is Ann sick with asthma again?", Dr. Christopher asked.

"Yes," her father replied, "and the doctor doesn't think that she will survive it. Will you come out right away?"

"Sure, I'll see you just as soon as I can drive there."

"Oh, by the way," he said, as sort of an afterthought, "would you bring some herbs?"

Dr. Christopher smiled as he agreed, because this particular family didn't place much credence in his herbs. He didn't believe in running before he was called, even though he had seen this girl suffering with asthma for fourteen years; it was a family trait. Her father, although he knew that Dr. Christopher was an herbalist, had never asked his help. Dr. Christopher brought his wife with him, and went to their house.

Between the girl's gasps, he gave her sips of peppermint tea until she had taken a full cup. When she finished that, in about ten minutes, he gave her a teaspoonful of tincture of lobelia. In another ten minutes, he gave her another teaspoonful, and then a few minutes later, a third teaspoonful. He had never used more than three teaspoonfuls of the tincture of lobelia, because he was always called during asthma attacks at crisis. That is the best time to clear the ailment. They sat and talked after the girl had swallowed the third teaspoonful, and then she started to throw up. She vomited continually for an hour

or so until she had nothing left in her; it brought up pus and phlegm from yellows to greens to blacks. She rolled over and fell asleep, so the Christophers left. She never had another asthma attack after that, as long as she stayed on the program, and grew up to have beautiful children of her own.

Another girl of fourteen had been born with polio, with one leg shriveled and four inches shorter than the other. She wore a built-up cork sole on her shoe, but she was still crippled.

The family read about Dr. Christopher's Incurables Program, and they began to follow it, step by step, for this girl. They used the Bone Flesh and Cartilage fomentations over that leg, continuing faithfully. By the time the girl was out of her teens, the leg was four inches longer than when she was fourteen years old. It was no longer shriveled; it filled out so it looked like the other leg. She was now dancing, and by the time she was in her early twenties, she not only ran her own dance school, but was demonstrating dance over the United States, traveling as a professional. The polio was gone. By going to the cause of the disease and working from there, we can cure even incurable diseases.

After a lecture, a woman came to ask Dr. Christopher to help her daughter, about fourteen years old, who tried to commit suicide. This girl required constant adult supervision to prevent her from harming herself. She had a skin disease diagnosed as being worse than psoriasis or anything else the doctors had seen. Scales covered her arms from the elbows down, her legs from the knees down, and her neck and face, with secondary bleeding. Having suffered with this for so many years, the girl could not attend school any longer, and was isolated at home. She gained tremendous excess weight, because in order to pacify herself, she would eat all day. Her mother called her a fat blob! And because she was getting worse and worse, she tried to kill herself.

As usual when presented with a difficult problem, Dr. Christopher offered a quick prayer, asking for guidance. The formula for the bone, flesh and cartilage combination (B F & C) came to him, step by step, and he told the woman to write it down. She wrote down all the herbs he mentioned, as well as the directions on how to put them together. She was to make a tea of six parts oak bark, three parts marshmallow root, three parts mullein herb, two parts wormwood, one part lobelia, one part skullcap, six parts comfrey root, three parts walnut bark (or leaves), and three parts gravel root. After soaking one ounce of the combined herbs in a pint of distilled water for four to six hours, she would simmer the mixture for thirty minutes, strain, and then simmer the liquid down to half its original volume. This could be made in larger amounts, whatever was needed. The mother would dip cotton flannel in this tea, or white cotton or wool stockings to cover the legs, with other long stockings to cover the arms. After covering all affected parts with these soaked cloths, she should wrap the arms and legs with plastic bags. This should remain on the girl all night, every night, until the morning. After a period of fresh air each day, the process would be repeated.

The mother tried this, and her daughter was very cooperative. The program began on a Tuesday, and although this disease had been worsening for many years, by Friday of that week all the scales had dropped off, and the skin was pink, healing.

After six months, when Dr. Christopher lectured in that city again, he learned that this young lady was back in high school, participating as a cheerleader, being very active. She was on the three-day cleanse

and mucusless diet, as well as the red clover combination tea, the blood cleansers. Staying with this, she went from a large fat blob into a slender, well-shaped girl, overcoming her weight problem as well as the skin infection.

Once, when at a convention in the Northwest, a beautiful young lady came up to Dr. Christopher and his son, David. "How do you like my fingers?", she asked. They were well taken care of and the nails were done nicely. Dr. Christopher said, "Fine," and she asked, "Can you tell which finger has been cut off?" They couldn't tell. She showed him the finger that had been cut off; she used the B F & C combination, and the knuckle grew back, and the bone and flesh grew back in. The nail, which had been completely gone, grew back on, as pretty as the others. This was a truly unusual case of healing with the B F & C formula.

Here is an unusual case where Dr. Christopher used the B F & C formula on a young girl. He was lecturing in the Safford region of Arizona, and a man, who sponsored the lectures there, wished something could be done for his daughter, a teenager. They hated to sit down at the table with her, because she always scratched and picked at her head, digging the scabs out. The man brought her to the baths where the lecture series was located so Dr. Christopher could take a look at her.

The girl had red hair, but there wasn't much of it. You could see her scalp, covered with sores which could not be cleared up. Dermatologists and other specialists could do nothing to stop the irritation on her head.

Dr. Christopher had her use the B F & C combination as a fomentation on her head. She soaked a cotton stocking cap--white, he emphasized, as herb combinations should never react with dye--with the concentrated B F & C formula tea, wearing this at night with a bathing cap over it. This would be left on all night, six nights a week.

After three months, Dr. Christopher lectured in the area again, and the girl came to show him that the scabs were all gone. Within the first week the itching stopped, and the sores healed up. But the hair that had been so thin was thickening, and by the time Dr. Christopher came back, she had a good head of hair, beautiful red and full as it had been years before.

Whether your teenage problems are serious, as these were, or minor, you can overcome them naturally with herbs and with a good diet. Living your teenage years happily and healthfully can help prepare you for bearing children and for doing a lifetime of significant and satisfying work.

HEALTHY WOMAN

In his book *Male Practice*, Dr. Robert Mendelsohn chronicles the incredible mistreatment of women by medical doctors. He shows the unnecessary drugs, surgeries and other treatments that women are

subjected to as they bow to the "god image" of modern medical practitioners. In particular, the number of needless hysterectomies, which he compares to castration, is appalling.

Fortunately, a woman can heal herself--and her loved ones around her--with herbs and natural treatments. As Dr. Christopher proved so often with his Incurables Program, even dreadfully sick people can heal themselves.

Dr. Christopher told story after story about sick women he helped with simple remedies, simple treatments. For example, a man and his wife brought their daughter to Dr. Christopher's office in Salt Lake. This young lady was the sickest, saddest-looking person he had seen in a long while. She had met a young man who came to love her very much, and he wanted to marry her. But she refused, saying it wasn't fair to him, being in her condition, so anemic and sickly. He told her that he loved her enough to marry her and take care of her under any circumstances.

She was in a very serious condition, so they put her on the three-day cleanse and mucusless diet. She took extra cups of red clover combination tea, and drank a minimum of one pint of grape juice a day, chewing each mouthful. When she could, she took even more. She also ate plenty of raisins and grapes in addition to the juice. She used the yellow dock as a tea, and soon she began to show improvement. She exercised adequately, being careful not to overdo it, and changed her diet from mucus-forming food to the mucusless diet, having lots of salads and fruits, emphasizing as much raw as possible. She used the female corrective and hormone-estrogen formulas, and she also used the vaginal bolus and yellow-dock combination in the slant board routine. She showed improvement from the very beginning.

The parents had brought her to Dr. Christopher in the spring, and by fall they sent him an invitation to her wedding, because she had cleaned up her system and was very happy to get married. She was menstruating regularly and had gotten over her case of anemia. She was living a new life, healing it herself by following through on Dr. Christopher's instructions.

REPRODUCTIVE SYSTEM

Dr. Christopher always checked his patients with iridology before advising them. A lady came to him, aged about 45, asking for a reading to help with her condition. He saw that she had a prolapsed transverse colon which had dropped to a point where it tipped her uterus and pinched her bladder, and she was having a very serious trouble there. She had problems with the ovaries, with infection in both of them, and she was troubled with vaginal drainage. In addition, she had one breast that was badly infected, which might necessitate having part of the breast removed if she had asked another doctor for treatment. After the reading, Dr. Christopher asked why she had come to him and what she wanted him to do. She said that she had just spent three days in a clinic, where they had verified everything he had read from her irises, but they wanted her to go to the hospital immediately and have the uterus removed and the bladder stitched up to the spinal cord area, and also have her breast removed. She was frightened of all this cutting, so she wanted to find help in some other way.

She promised that she would stay on the program that Dr. Christopher advised. She took the female corrective and hormone-balancing combinations, used the vaginal bolus six nights a week, flushing out

each morning with the slant board routine, massaging 15 to 20 minutes a day on the abdominal and pelvic area while the tea was inside. She was also to use the three-oil massage over the abdominal area, and go on the three-day cleanse and mucusless diet. In addition, she was to drink a gallon of steam-distilled water a day, and plenty of red raspberry leaf tea. She kept her bowels clean with the lower bowel formula, and kept the bloodstream cleaned up with the red clover combination tea.

Dr. Christopher did not see her again for six months. When she came to see him this time, she bounced in, not dragging as she had before, a totally different woman, much happier and healthier. She had no operations, and yet her prolapsed transverse colon had gone back into place, and her uterus and bladder had gone back into position. She was feeling like a new woman, and she did indeed have a new system by following through with the entire herbal program.

When Dr. Christopher was traveling, using chiropractic offices and naturopath's offices, diagnosing, reading eyes, and helping with herbs, another lady with a similar problem as the above came to see him. In addition to the prolapsed transverse colon infecting the entire reproductive system, it had impinged on the bladder, so that whenever she laughed, sneezed, or coughed, she would void her urine, a very embarrassing problem. In addition, one of her breasts was so infected that the doctors were urging her to have it removed.

Dr. Christopher told her he could give her advice as to what to do, but that he was traveling and wouldn't be able to guide her or see her for several months. She agreed to follow his instructions, and asked to see him when he returned.

He put her on the full program. She was to clear the bowel with the lower bowel formula, to clean the bloodstream using the red clover combination, and to rebuild the reproductive organs with the female corrective and the hormone-estrogen formula. She was to continue the whole program, six days a week.

When he returned to that city six months later, she had called and prearranged an appointment. She bounced in, looking years younger, all smiles. She said her urine loss was under control now, with no unwanted voiding. She had no pains in the ovaries; in fact, she had dropped some stones from the three-day cleanse. She had also passed some tumors, one almost the size of a grapefruit, and cysts as well. When she went to the family doctor for an examination, he was astounded, because her body was rebuilding itself. The breast they were going to cut off had healed itself, with no more infection. She felt that it was a new world, and that life was worth living again.

Although she healed rapidly and consistently, Dr. Christopher pointed out that herbs don't work all at once, but you have to apply yourself and be patient to wait for the results of your hard work.

A lady came to Dr. Christopher because she was having trouble with her reproductive organs. He asked her to follow the full female routine. One day, some months later, she came back to see him. She said, "This morning when I woke up, I thought, 'Look, I have been in this program for months now. I have taken the herbs orally, I have used the vaginal bolus, and the yellow dock combination, and after so many months I am sick and tired of this.'"

She hadn't seen much change in her system, although she felt a little better, but not enough to continue. While she was thinking this, she was sitting on the toilet. And when she got up, she happened to turn around and glance into the bowl. And there was something about the size of a half dollar, with legs on it, swimming around in the water. This something had dropped out of her!

She screamed, and her husband came in. They put it into a bottle and took it right over to the family doctor. He examined it under the microscope and said, "I have never seen one of these whole like this. They have to cut them out of a person; it is a spider cancer. They never give up and leave by themselves." He was simply amazed that it had just come out of her. The reason was that her body had now become so healthy that the spider cancer didn't have any waste materials to maintain itself.

When this lady saw the spider cancer, she determined that even if it took six months or years she was going to continue with the program. Sometimes it takes shorter or longer with certain people than with others, but Dr. Christopher encouraged everyone to keep with the program, if they are doing everything properly.

A lady who had had three children by Caesarean section came to Dr. Christopher because she was "baby hungry." Medical doctors had told her that her scars were so bad that if she dared become pregnant again, the strain on her system would kill both her and her baby. Another section, they insisted, was totally impossible; one doctor crudely said that they couldn't even crochet her back together again if she attempted another pregnancy.

But she wanted another child. Dr. Christopher advised her to begin the usual program with the three-day cleanse once monthly, the mucusless diet, the hormone-balancing and female corrective formulas. In addition, he told her to do the three-oil massage, which is detailed in our section on Hair Loss, page 136. The lady was to sunbathe as well, and to exercise.

Time passed, and Dr. Christopher had pretty much forgotten about this case. But the lady came to him with a baby in her arms. The scar tissue had begun to soften, and eventually became healthy tissue. She had an easy home birth vaginally, with no complications. This lady went on to have other children, grateful to Dr. Christopher for her healing with herbs.