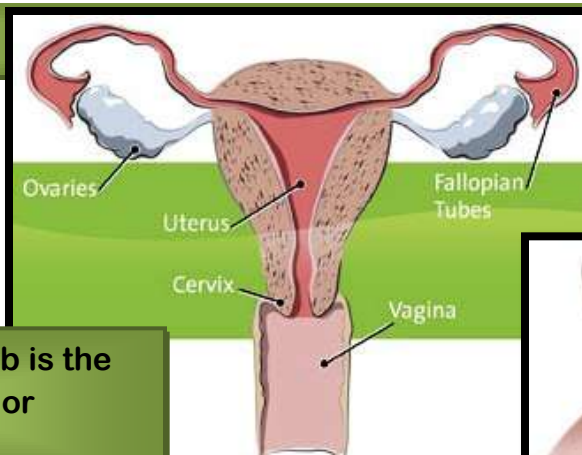


UTERUS

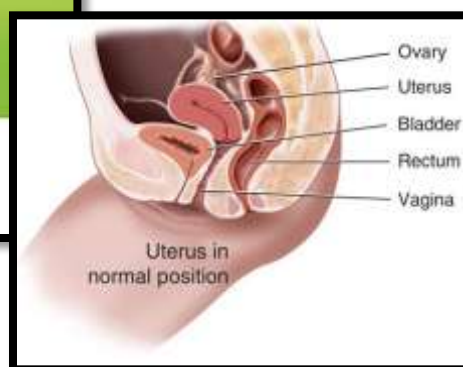
HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139
<http://www.healmarketplace.com> healletters@aol.com 866-581-4390



Definition



The uterus or womb is the organ of gestation or pregnancy.



Herbal Aids

Chaparral for Prolapsed Uterus: Use the infusion as a douche.

Chaparral tea (not bitter):

- 2 Tbsp Chaparral or Creosote bush (*Larrea tridentata*; *L. divaricata*)
- 4 tsp Elder flowers (*Sambucus canadensis*; *ebulus*)
- 2 tsp Peppermint (*Mentha piperita*)

Preparation:

Place the **creosote herb** and 1 3/4 pints of D-cell or distilled water into a quart Mason jar, cap, and place in the oven for 5-6 hours at 180-200 degrees F. (or make the tea in a thermos bottle, see "Preparation"), strain, and clean the bottle, place the last 2 herbs in the bottom, pour in the chaparral tea, and seal; allow to stand all day or 2 hours, shaking the bottle occasionally; strain through muslin and pour the tea back through the strainer over the herbs several times; sweeten with honey, bottle, and keep in a cool place.

Uterine Prolapse



Dr. Shook's Healing Douche for Prolapsed or Enlarged Uterus:

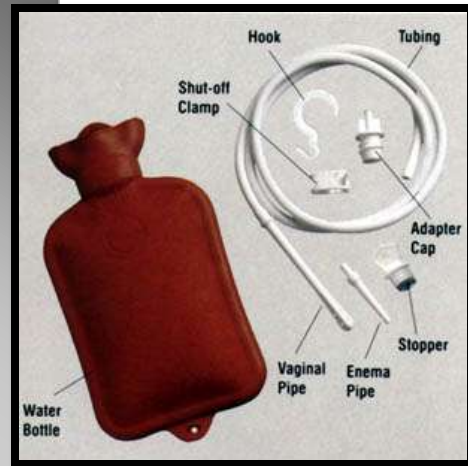
2 ounces Raspberry leaves (*Rubus idaeus*)
15 drops Sandalwood, oil (*Santalum album*)
8 ounces Irish moss, mucilage (*Chondrus crispus*)
1 ounce Glycerine.

Preparation:

Simmer the raspberry leaves for 15 minutes while tightly covered in 1 1/2 pints of water; strain, add the remaining ingredients and shake together thoroughly.

Administration:

Use as douche (make fresh each time).



Jogging and a Prolapsed Uterus: All patients should do some jogging, which is a bouncing motion. This helps to improve circulation, tone the organs, and slough off the dead cell accumulations faster. Each person should work up to a mile of jogging a day, but start out with one-fourth mile or less. Never jog to the point of exhaustion because all the good that is done each day will be undone as a result of overexertion. If for some reason the jogging cannot be done outside, do it inside the house in front of an open window. This will especially vibrate the peristaltic colon muscle and give it tone, will revive the uterus from a prolapsed state in the female, and help heal the prostate in the male.

Prolapsed Uterus, Flaccid Vagina and Uterus:

1 ounce Uva ursi (*Arctostaphylos uva-ursi*)
1 ounce Squaw vine (*Mitchella repens*)
1 1/2 ounces Dandelion root (*Leontodon taraxacum*)

Preparation:

Simmer in 1 quart of D-cell or distilled water for 20 minutes, strain.

Dosage:

3-4 tablespoonfuls 3 times daily.

Hemorrhaging: A hemorrhage occurs in the lungs, stomach, uterus, or nose--flowing fast--just take a teaspoonful of cayenne in a glass of extra-warm water, drink it down, and by the count of ten the bleeding will stop. Instead of all the pressure being centralized, it is equalized, and the clotting becomes more rapid. Whether the bleeding is internal or external, a teaspoon of cayenne taken orally in a glass of hot water will stop the bleeding quickly. For the lungs, a vapor bath, along with the warm cayenne infusion will be very beneficial.

Inflammation of the Uterus:

2 ounces Raspberry leaves
1/2 ounce Myrrh or gum myrrh, powder

Preparation: Simmer the raspberry leaves for 10 minutes in 1 pint of water, keeping the vessel tightly covered; strain, and when cool enough to use, add the myrrh and stir in well.

Administration: Inject 1/2 of the quantity into the womb every second day (this is both soothing and toning to the uterus).

Inflammation of the Uterus:

1/2 ounce White pond lily
1/2 ounce Comfrey root
1/2 ounce Slippery elm bark
1/2 ounce Uva ursi
1/2 ounce Wild Yam root
1 ounce Licorice, juice or powder
1/4 tsp Cayenne

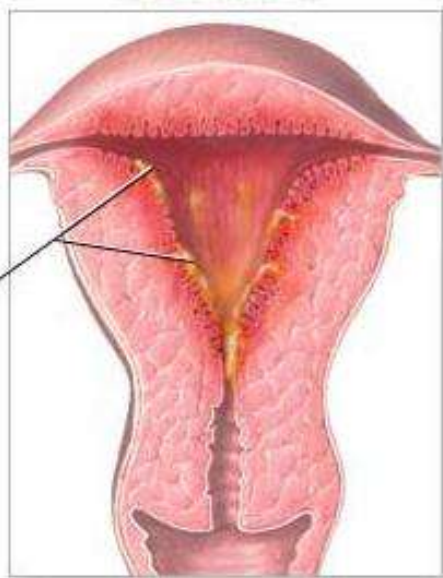
Preparation: Simmer all of the ingredients, except cayenne for 20 minutes in 1 quart of water; strain hot over the cayenne, cover and allow to cool; sweeten to taste, bottle and keep in a cool place.

Dosage: 2 fluid ounces 3-4 times daily.



Inflammation and infection of the endometrium (the lining of the uterus)

Endometritis



Dr. Christopher's Herbal Aid for Female Reproductive Organs: This is an amazing combination of herbs to aid in rebuilding a malfunctioning reproductive system (uterus, ovaries, fallopian tubes, etc.). Over the years herbalists and patients have seen painful menstruations, heavy flowing, cramps, irregularity, etc., that have been helped and the patient now has a painless menstrual period, good menstrual timing, and a new outlook on life by using these aids to readjust the malfunctioning areas.

The Female Corrective Formula consists of: Golden Seal Root, Blessed Thistle, Cayenne, Cramp Bark, False Unicorn Root, Ginger, Red Raspberry Leaves, Squaw Vine, And Uva Ursi.



Recommended dosage is 1/2- 1 tsp. herbal extract in cup distilled water morning and evening or three times a day if desired, six days a week for as long as required to get results desired.



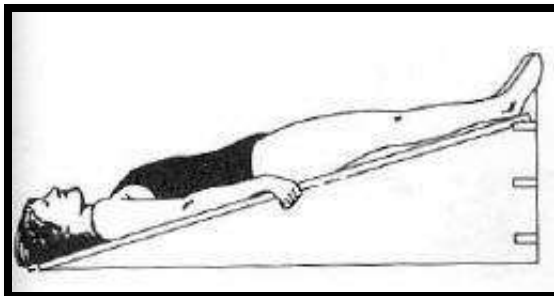
We have seen many severe cases who have had many years of suffering cleared up in ninety to 120 days. Some get relief sooner, some take longer--no two cases are alike. **This is a food to rebuild the malfunctioning organs.**

Dr. Christopher's Slant Board Combination: aka:
HEAL's Hemorrhoid Tea:

An aid in prolapsed uterus, bowel, or other organs, to assist in giving relief.

Make concentrated tea (simmer down to half its amount)

Six Parts	Oak Bark,
Three Parts	Mullein Herb,
Four Parts	Yellow Dock Root,
Three Parts	Walnut Bark or Leaves,
Six Parts	Comfrey Root,
One Part	Lobelia,
Three Parts	Marshmallow Root.



Inject with a syringe (while head down on slant board) into vagina, 1/4 to 1/2 cup or more; or rectum, one cup or more; for prolapsus or hemorrhoid problems and leave in as long as is possible before voiding.

Dose suggested is one fourth to one cup, one or more times in a day, and drink one fourth cup in three fourths cup of distilled water three times a day.

When the tea is injected into the abdominal area and while on the slant board, knead and massage the pelvic and abdominal area to exercise the muscles, so the herbal tea (food) will be assimilated into the organs.

Golden Seal: For prolapsed uterus and prolapsed rectum, a small injection of the infusion can give results. One should remember that taking it internally can cause uterine contractions, so it should not be used during pregnancy, except as aforementioned.

Gravel Root: Gravel Root is said to help with problems in the genital tracts. When there is impotence, Gravel Root can help tone and heal the system. It controls chronic irritability of the womb and will clear up atony of the womb. It can prevent habitual abortion if it is due to a prolapsed, retroverted uterus or to debility resulting from chronic inflammation of the area.

Kelp: Kelp, as might be expected, is also of use in the female organs. It will tone up a weak uterus and help produce a healthier baby, as the balanced minerals will be supplied fully with the use of Kelp.

Squaw Vine: By far and away the most extensive use of this herb is to assist in pregnancy and childbirth. Combined with red raspberry leaf tea, it is an excellent way to strengthen the uterus during pregnancy and facilitate, according to Kloss, "a wonderfully easy delivery". It is especially useful taken several weeks before the baby is due.

Bayberry: Bayberry is reputed to positively influence the uterus and all the female functions. It is the one dependable remedy in uterine hemorrhages, whether due to abortion, miscarriage, or afterbirth. The tea may be taken internally and the uterus may also be packed with sterile cotton saturated with the decoction. A weak tea may be used as a douche for amenorrhea or atonic leucorrhoea, using the tea or the tincture internally as well. A douche similarly will help control vaginal discharge. Bayberry tea will strengthen and restore a prolapsed uterus, and will induce better contractions during childbirth. It will moderate the flow of lochia after birth.

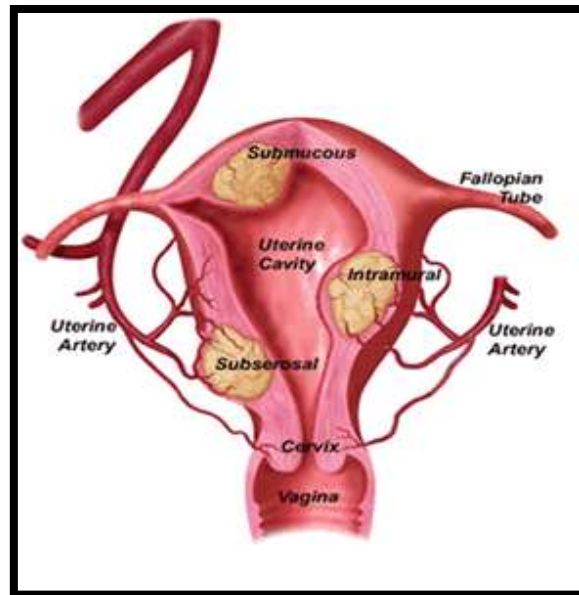
Fibroid Tumors

Dr. Christopher Comments: Question 5:

Is there a natural way to eliminate fibroid tumors?

Answer 5: Yes, there is. A tumor is a swelling, an abnormal formation of parasitic, non-inflammatory cells or tissue arising from the cells of the host, yet progressive and independent in their growth. Tumors can be malignant or non-malignant. They can be fast growing or slow growing and they can develop in many parts of the body such as the lymphatic glands or nodes, the urinary and genital areas or the abdominal structure.

The cause of the tumors is an inability to eliminate unhealthy materials and this generally stems from a lack of organic potassium in the diet.



Begin by observing the procedure in the **Three Day Cleanse and Mucusless Diet**, and use the following procedure:



Over the tumorous area use the comfrey combination also known as the bone, flesh and cartilage combination.

Keep the bowels free with **The Lower Bowel Formula**



Using Herbal Salve as a Fomentation



Items you will need: BF&C Salve, Plastic Wrap, Flannel Material



Saturate a folded piece of Flannel with BF&C Salve



Cover fomentation pack with plastic wrap



Apply over affected area



Cover entire area with towel



Warm area with hot water bottle or heating pad

The heat is applied to encourage the herbals into the surrounding tissue.

The heating source is normally applied for 30 to 45 minutes.

The pack is then to remain in place for the entire night or for 4 to 6 hours during the day.



Besides using this broth we also suggest one cup or more per day of elderberry tea. If elder blossoms are being used for the tea in place of the berry add about a fourth part of peppermint leaves to avoid nausea.



Drink one to three cups of potassium broth each day.



Make the broth with potato peelings at least one half inch thick, comfrey leaves, celery leaves, cut-up celery stalks, a few carrot tops from the garden, not wild, beet greens, spinach greens, chopped onions and garlic and several whole, black peppercorns as a stimulant and digestant.



Cover the mixture well with distilled water and slowly simmer. If possible, keep the temperature around 130 degrees for six to ten hours. **Do not boil.** After simmering, strain the preparation. Use this broth between meals as you might a tasty tea being sure to chew it well.

(See Liver Flushing E-Book for detailed instructions for making Potassium Broth)

Vaginal Bolus:

Technically, this is defined as a rounded mass, or a large pill, intended for internal use; but the term "bolus" as it is used by herbalists is in contrast to the term "poultice"--i.e., it is an internal poultice. The bolus is used internally in the rectal or vaginal areas and either draws the toxic poisons to it, or is the carrier for healing agents.

The bolus is made in several ways. The base of slippery elm is one of the earliest, oldest, and best forms, made into an easily-formed, dough-like mass that becomes slippery when in contact with water, and sliding into the orifice easily.



Slippery Elm Powder

You may use cocoa butter (made from coconut in the butter form). These are easily inserted and will melt at body temperature. Boluses for the vagina are generally made the size of the middle finger of the person using it and about an inch long; and with an adult; the bolus is used in a series of three (which is easier for the patient than one long three-inch bolus in the vaginal area). This, of course, is not



Vaginal Bolus



Heat Coconut Oil



Adding melted coconut oil

used in individuals where the hymen has not been broken. Boluses are usually made warm, and then allowed to cool to a point where they can be easily molded.

They are generally composed of powdered herbal agents mixed with base and may have various therapeutic actions.



Mix oil and herbs to pie dough consistency.

The vaginal boluses are generally prepared in fair quantities at a time, where they will be changed three times a week. If kept in a cool place, they will last for long periods of time--the cocoa butter will not melt except at higher temperatures, and the slippery elm type will hold its form for quite some time.



Form mixture into bolus.

To make a bolus with cocoa butter, melt the cocoa butter over hot water (never put it directly over the heat, because it burns so quickly and unexpectedly). When the cocoa butter is liquid, stir in the herbs until they reach a heavy gravy consistency. Then let this cool enough to roll into boluses. Set these aside to harden.

Dosage: Series of three, size of user's middle finger and one inch long, inserted fresh every two days, six days a week.



Place formed bolus on plate, then place in freezer for ½ hour to harden before using.

Vaginal Bolus :

Squaw Vine Herbs, Slippery Elm Bark, Yellow Dock Root, Comfrey Root, Marshmallow Root, Chickweed Herb, Golden Seal Root, Mullein Leaves

8 oz \$18.64 4 oz \$9.32 1 lb \$37.28



Whenever possible use the castor oil fomentation.

For complete instructions see Liver Flushing E-Book. Available at our website or by calling the office. 866-581-4390

Testimonials

Tipped Uterus and Other Major Female Problems Solved: 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 and 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.

Lady with a Multitude of Problems: A lady called Dr. Christopher in Salt Lake City from Provo, Utah, saying that her daughter had flown in from out of town, extremely ill. She was afraid that she was going to die, so she had come to her mother to take care of her. She asked if he would come and read the young woman's eyes. When he arrived, the young woman ridiculed him, and said she thought it was a bunch of crazy ideas that her mother had, and she wasn't going to let him look into her eyes. So Dr. Christopher bowed out and left.

Nearly a month went by, and the lady from Provo asked him to come again, that the daughter was so sick that she was frightened and would talk with him.

When he came, they told him that they had tried the best doctors they could find, but no one could help the girl (Dr. Christopher never said what the problem was, however). He gave her an eye reading and she would remark, "Who told you that!" Each thing he told her was the same thing that the doctors had diagnosed. When he finished, she said she was still dubious about the natural program, but that the reading was so accurate, he must have something good. She agreed to follow the natural program. She was too sick to even get up and walk.

So they started off gradually on the Incurables program, using juices to rebuild the body. Before many weeks had passed, she came to Dr. Christopher's classes and became quite a faithful student. She even began to study iridology and became good at it. She watched her own eyes and

could see the healing taking place. She had been told, though she had been married for some time, that she could never have a baby because of an immature pelvic area and an underdeveloped uterus, as well as other problems in her reproductive system. By using the mucus less diet and herbs to rebuild her body--the female corrective and the hormone-balancing combinations--and doing the exercises they advised, even these problems began to heal.

Eventually Dr. Christopher got a call from her husband on the West Coast; he was angry. It was a call of abuse, accusing the Doctor of keeping his wife up in Utah when she should be down with him. He was an electrical engineer, with a very important job, and felt he needed her with him. Dr. Christopher told him his wife had been too sick to even sit up alone, but with the aid of the program and the mother's assistance, she was improving. He told the husband she would be home with him as soon as possible.

The man told Dr. Christopher he was one of the worst quacks there could possibly be, let out some abusive language, and slammed down the receiver.

The wife did heal eventually, and traveled home on her own, without anyone assisting her. She was an excellent housewife, and she showed so much improvement that the husband was astonished, because he figured she didn't have too much longer to live.

Best of all, she had two beautiful children, with natural childbirth, and although the husband was an electrical engineer with a high-paying job, he was so delighted with the results that he became a chiropractor. He delivered their two children.