

DR. CHRISTOPHER'S Herbal Legacy Newsletter

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Help For Arthritis -Jo Francks MH

A woman recently asked me, "What can be done to help the arthritis in my hands?" She showed me that she could only close her hands half way into a fist. I recommended that she use apple



cider vinegar in a solution of 1 tablespoon of apple cider vinegar and 1 tablespoon of honey in a glass of distilled water and drink this solution 3 times a day. I also told her about Dr. Christopher's Joint Formula and that the dosage for this formula is 2 capsules 3 times a day. The herbs in the Joint formula are designed to dissolve deposits, cleanse and relieve pain. They help the body move towards wellness. I forgot about the conversation I'd had with her until I saw her a couple of weeks later. She told me that she had been using the apple cider vinegar solution and the joint formula faithfully since I had told her about them. She showed me that she could now close her hand almost all the way into a fist. Because the change was gradual to her she wasn't sure if the formulas were helping. I reminded her that she could only close her hand half way the last time we talked. We were both pleasantly surprised at the progress she had made with

just using the joint formula and the apple cider vinegar and honey drink.

This reminded me of another incident that happened after teaching a class on herbal health. I was approached by a man who had been using a cane for years. That day he didn't have his cane. He was very excited to tell me that he had been taking apple cider vinegar every day and his arthritis was clearing up. He didn't need his cane any more. So many people have been helped by using these simple and safe remedies.

Dr. Christopher recommended the apple cider vinegar and honey drink to many of his clients. It is very good for digestive problems such as GERD. It also helps balance the Ph in the body and it has been used to help build up the friendly flora in the intestines.

Jo Francks is a Master Herbalist graduate of The School of Natural Healing. She is also a Holistic Iridologist and Quantum Touch practitioner.