

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Herbs for Year Supply

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There is a definite peace that comes from having a ready supply of herbs on hand for a sudden illness or emergency.

Recently I had a family member in another state call because she was very sick. She wanted to know what she could do. She had nothing on-hand in her house. If the phones lines were down, even cell phones will not work in a major disaster. What if she could not call to get advice?

Most important is herbal education – this invaluable skill will bless many in circumstances that we cannot predict. For the best herbal education we recommend The School of Natural Healing - (www.snh.cc).

Look around us – the world is having so many challenges from weather, earthquake, wars, etc. Becoming self reliant is becoming critical! Here is a list of herbs that I think every home should have on hand (you can customize it to your needs). The following list is for a family of four for one year.

<u>HERB</u>	<u>TYPE</u>	<u>HERB</u>	<u>TYPE</u>
<i>Cayenne</i>	extract powdered 1 lb. ointment	<i>Plantain</i> (<i>Stings & Bites</i>)*	powdered 1 lb. ointment 4 oz.
<i>Lobelia</i>	extract cut 1 lb.	<i>Red raspberry</i>	cut 1 lb.
<i>Garlic</i>	whole cloves in vinegar or bulbs hung Garlic oil 2 oz. Super Garlic Immune*	<i>Echinacea</i>	powdered 1 lb. extract
<i>Complete Tissue & Bone* & Comfrey</i>	powdered 1 lb. cut 1 lb. ointment	<i>X-Ceptic*</i>	extract
<i>Yarrow</i>	cut 1 lb.	<i>Nerve Formula*</i>	extract
<i>Brigham Tea</i>	cut 1 lb.	<i>Ear & Nerve Formula*</i>	extract
<i>Chaparral</i>	cut 1 lb.	<i>Catnip</i>	cut 1 lb.
<i>Mullein</i>	cut 1 lb. oil	<i>Cleansing Herbs</i>	Lower Bowel Formula*, Liver/Gall Bladder Formula*, Kidney Formula* & Blood Stream Formula*
<i>Nettle</i>	powdered 1 lb.	<i>Anti-spasmodic*</i>	extract
<i>Infection Formula*</i>	powdered 1 lb.	<i>Nutritional Herbs</i>	Vitalerbs*, Jurassic Green*, Kid-e Formulas*, Herbal Calcium extract*
		<i>Slippery Elm</i>	powdered 1 lb.

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<u>HERB</u>	<u>TYPE</u>	<u>HERB</u>	<u>TYPE</u>
<i>Licorice Root</i>	powdered 1 lb.	<i>Herbal Eyebright*</i>	extract & eye cup
<i>Black Walnut</i>	cut 1 lb. extract	<i>Chasteberry/Mindtrac*</i>	powdered 1 lb. or capsules
<i>Pau d' Arco</i>	cut 1 lb.	<i>Oregano</i>	oil
<i>Ginger</i>	powdered 1 lb.	<i>Black Ointment*</i>	ointment

In addition, be sure to have any herbs on-hand for family members dealing with specific challenges.

Additional items: Raw honey and wheat germ oil

The best way to store herbs is in a cool dark place. Now that they come in mylar bags it is great. When I open them I keep them in the mylar bag and then put the bag in a #10 can with lid or in a bucket. This keeps them earthquake safe and water proof. Make sure you label the can or bucket and then I place them on a shelf alphabetically. This makes it easy when you when you go to grab them. Any glass jars such as tinctures, extracts and syrups put in cardboard boxes with dividers or wrap in newspaper.

*Indicates a formula by Dr. Christopher. You can find these formulas at an herb shop. Find herb shops we recommend at <http://www.christopherwebsites.com>.

To learn how to use these herbs in an emergency we encourage you to pick up the book “*Herbs to the Rescue*” by Kurt King, M.H. Even better, as part of the Family Herbalist course you study this book in depth. To learn more about Level 100 – Family Herbalist go to <http://online.snh.cc>. To purchase the book *Herbs to the Rescue* visit this link:

http://www.christopherpublications.com/King_Herbs_Rescue.html