

# DR. CHRISTOPHER'S Herbal Legacy Newsletter

## Iridology & Reflexology – How are they Beneficial to me?

by Noell Larsen, M.H.

“You can learn what’s ailing you by going the medical route, by visiting a chiropractor, or by testing through kinesiology. But the easiest and cheapest methods of diagnosing non-emergency conditions might be iridology and reflexology.” – Dr. Christopher (Every Woman’s Herbal)



**Iridology** is the ancient practice of assessing current health conditions in the body by examining the colored portion of the eye, known as the iris. It is based on the concept that every organ within the body corresponds (like a map) to some section of the iris. The use of iridology has been around for centuries, going as far back as ancient Greece.

The process of identifying organ weaknesses and strengths through the iris is not therapy or treatment of illness. Iridology is to help the individual with treatment diagnosis, direction and improvement. Most individuals who use iridology see it as being a useful alternative to invasive diagnostic measures used in conventional practice. Iridology does not involve any type of invasive procedure, which is attractive to many people.



Iridology along with assessing organ strengths and weakness is also able to identify mental and emotional health and wellbeing.

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.

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 this entire 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 Reproductive and Hormonal Changease 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

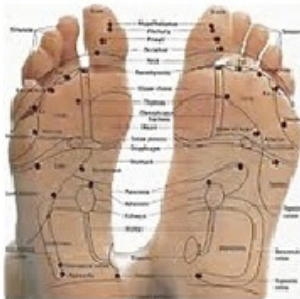
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with the Lower Bowel formula, and kept the bloodstream cleaned up with Bloodstream formula as well as following the extended herbal cleansing program.

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 problem (story from Every Woman's Herbal).



**Reflexology** is therapy used with the concept that every organ within the body corresponds (again, like a map) primarily to a reflex point on the sole of the feet or palms of the hands. Through application of pressure on these particular points, organs of the body can be stimulated, circulation to the organ increased, function of the organ return to normalcy, etc.



With over 7200 nerve endings under the surface skin of your feet and 2500 nerve receptors per square centimeter in the human hand, there is no wonder why individuals who experience reflexology say, one of the largest benefits is that of reduced stress. If reflexology were only able to reduce stress that would be a huge health factor on its own, but the correlated benefits brought to the body by the proper application of this therapy is much more encompassing.

Reflexology is a great tool to incorporate in healing and wholeness of the entire body.

Sandy Ellis tells this story about reflexology in her book "Dr. Mom's Healthy Living":

"I was making some Halloween costumes a couple of years ago, and, as usual, was racing the clock. I was cutting some material using a quilter's ruler and a rotary cutter. I got in too big of a hurry and allowed the rotary cutter to jump the ruler, slicing my finger to the bone. I felt the blade go through the tissue, but did not experience any pain immediately. (The body always goes into a few moments of blessed shock where you don't feel it) I jumped up and started pacing the room with my finger pressed against my hip, saying, "This is going to hurt. This is going to hurt."

"One of my daughters realized what I had done, so she ran for the Cayenne and gave me four capsules to control the bleeding, Once the bleeding slowed down, we packed it with BF&C (Complete Tissue & Bone) ointment, soaked the gauze on the band aid with X-Ceptic and applied it over the BF&C.

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"Then the pain set in. For a few minutes I was not sure I was going to be able to handle it. Kelly, my daughter, told me to sit on the couch while she massaged the corresponding toe on my foot. Within a few minutes, the pain was gone. (The place she was massaging on my toe was painful, but not nearly as bad as the finger had been.) It was so amazing to me that the reflexology could remove so much pain from my finger that quickly. I had seen this work on other family members before, but it was the first time I had experienced it firsthand.

"I kept the BF&C and X-Ceptic on the finger and allowed it to heal without stitches. Today there is just a thin white line to indicate where the razor went through my finger."

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