

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Dr. Christopher's Program for Skin Blemishes

July 15, 2009



Are you looking for nice clear, blemish-free skin like a baby? If so, follow Dr. Christopher's Program for Skin Blemishes to clear up problems like acne, eczema or other skin blemishes.

First, follow the Mucusless Diet (http://www.herballegacy.com/Mucusless_Diet.html). This will often clear up many skin problems.

In addition, it is important to have your lymphatic system functioning properly. See <http://articles.herballegacy.com/the-lymphatic-system/> for more details.

Adding the following Herbal Combinations will also help.

Herbal Combinations:

- * Skin Blemish Tea (see instructions below)
- * Herbal Cleanse (Lower Bowel, Liver & Gallbladder, Kidney & Blood Stream Formulas)
- * Complete Tissue & Bone
- * Hormonal Changease

Skin Blemish Tea: To make Skin Blemish Tea mix equal parts Burdock Root, Echinacea Root and Yellow Dock. Boil 16 oz of distilled water then simmer these herbs in the distilled water for 10 minutes. Pour onto chamomile flowers, cover and let it cool. Strain. Wash your face with this tea. Add honey to the remaining tea and drink.

Herbal Cleanse: For the herbal cleanse you will take the Lower Bowel Formula, Liver & Gallbladder Formula, Kidney Formula and Blood Stream Formula. Follow the instructions given in the complete Herbal Cleanse program (<http://articles.herballegacy.com/dr-christophers-extended-herbal-cleanse/>).

Complete Tissue & Bone: take 1-2 capsules between meals.

Hormonal Changease:

- Capsules: take 2-3 capsules between meals OR
- Extract: 5-30 drops between meals.

To find an herb shop that carries the single herbs and Christopher Formulas go to <http://www.christopherwebsites.com>.