

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Supplements for Maintaining Health

from the Transfiguration Diet & Dr. Christopher's 3-day Cleansing Program

June 11, 2008

### Cayenne

Start by taking ¼ teaspoon of this herb three times a day. Gradually work up to 1 teaspoon three times a day. Dissolve the cayenne in 4-6 ounces of distilled water. Drink this, and then chase it with more distilled water. Cayenne is a pure stimulant, increasing the functional activity and energy in the body. It is a specific food for the heart and blood vessels and helps them regain their elasticity. It equalizes the blood circulation throughout the whole body, thus it is valuable for any hemorrhage (whether internal or external) and for restoring normal blood pressure. Cayenne heals stomach and intestinal ulcers, stimulates the peristaltic motion of the intestines, has antiseptic qualities, and much more. Cayenne is the strongest of the three categories of Capsicum (paprika, red pepper and cayenne). Any Capsicum that has over 25 BTU's (British Thermal Units) is classified as cayenne. At times you can purchase cayenne with as much as 10,000 BTU's, so decrease your dosage if it is too strong (too hot) for you. To assure that you get good quality cayenne, we recommend that you buy it at a health food store.



### Honey and Apple Cider Vinegar

Place one tablespoon of honey and one tablespoon of Apple Cider Vinegar in warm water, so that the honey will liquefy. Sip this amount three times a day so that at the end of the day a total of three tablespoons is consumed. It can be taken immediately after the cayenne. Use only apple cider vinegar, which contains malic acid, as opposed to white distilled or white wine vinegar, which contains harmful acetic acid. Be sure not to get "cider-flavored" vinegar. Apple cider vinegar dissolved mucus, has antiseptic qualities, aids in proper coagulation of blood, builds healthy blood vessels, and aids in digestion.

### Vitalerbs

Vitalerbs is the ultimate whole-food formula, perfectly balanced the way Mother Nature intended with vitamins and minerals. Vitalerbs provides the body with the essential nutrition from which the foundation of health is built. Vitalerbs contains organic juice powder from Alfalfa, Barley and Wheat Grass, Rosehips, Oatstraw, Purple Dulse, Ginger Root, Dandelion Root, Kelp Herb, Spirulina, Irish Moss, Beet Root, Nutritional Yeast, Cayenne Pepper, Blue Violet Herb and Carrot.

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

Take six capsules three times a day for therapeutic needs or two capsules three times a day for maintaining good health. You can find Vitalerbs wherever Dr. Christopher products are sold (to locate a store that sells Dr. Christopher products or to shop online go to <http://www.christopherwebsites.com>).

**Blackstrap Molasses or Sorghum**

Take one tablespoon three times a day. It provides an abundant and easily assimilated form of calcium, potassium and iron. Be sure to get un sulphured molasses from a health food store.

**Wheat Germ Oil**

Take one tablespoon three times a day. This is a rich source of fatty acids, vitamin E and octacosanol. Vitamin E is believed to play a role in stimulating the immune system, preventing formation of abnormal blood clots, and it is an anti-oxidant; it prevents oils from becoming rancid. Octacosanol is believed to be the agent in wheat germ oil that provides the energy-giving effects (improving endurance and vitality, and speeding recovery time). Wheat germ oil can be found in most health food stores.

NOTE: Some individuals' schedules may require that they take 1 ½ tablespoons of molasses and wheat germ oil two times a day instead of one tablespoon three times a day.