



# DR. CHRISTOPHER'S NATURAL HEALING NEWSLETTER

IN MEMORY OF THE LATE JOHN RAYMOND CHRISTOPHER, N.D., M.H.

Christopher  
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## Memoirs of Dr. John R. Christopher Master Herbalist

Once in a great while the Earth is blessed with an enlightened soul who is able to raise the consciousness of his fellow man by his love, wisdom, and humor. It is as though a person has come from an angelic rank; someone who has a direct connection to a divine source of information. Mark Twain was one of these people. He opened up peoples' eyes to the absurdity of the political situation of the day with his keen observation and wit. His death was mourned by the nation. Dr. John Raymond Christopher, the great herbalist, was another of these magnanimous beings. He was internationally known as America's foremost herbalist. He died of natural causes recently (following an accident) at his home in Covered Bridge Canyon, Utah, at the age of 73.

This special memorial edition is dedicated to Dr. Christopher and his great service to mankind. The editor has compiled various excerpts from his funeral service, held Friday, February 11, 1983, at 11:00 a.m. in the



Dr. John R. Christopher, N.D., M.H.  
25 Nov. 1909 - 6 Feb 1983

### IMPORTANT

Dr. Christopher's Natural Healing Newsletter is strictly an educational publication. It is not our purpose to advise the sick. If you suffer from any type of disorder, we certainly recommend that you see a physician. Nothing written or reported in this publication should apply to any product or products.



Stake Center of The Church of Jesus Christ of Latter-day Saints in Spanish Fork, Utah. Hundreds attended the service and many who couldn't attend sent letters, flowers and phone calls to his family expressing their condolences. The Christopher family would like to take this opportunity to thank the thousands who have shown their love and concern.

In addition to the talks at the funeral, a few quotes from other memoriums and news articles have been included with this special issue.

### **Life Sketch of John Raymond Christopher**

by Jane Steiner

My brother-in-law, John Raymond Christopher, was born November 25, 1909, in Salt Lake City, Utah, to Raymond (Jean Ramone) and Lorena Roth Raymond, whose home was listed on the birth record as Loraine, Switzerland, and Paris, France, respectively.

They then left Ray and an older sister at the Salt Lake City Orphanage and moved on. Several months later, Leander and Melissa Ann (Craig) Christopher called at this orphanage to adopt a child, preferably a son. As a group of children were lined up for them to choose from, one little tyke, clad only in a diaper and a thin undershirt, toddled out of the line and with no invitation, crawled up on Melissa's lap and hugged her. "This is our son," they quickly announced. They also took his sister, Ruby, as the blood parents had so stipulated, and went home to 183 Jay Street, on the Avenues, a house now listed with the Utah Historical Society, that Mr. Christopher had built. They later moved out to Highland Drive where he and Ruby grew up in the old Wilford Ward (where Raymond, by the way, had his first ward choir). He also later graduated from Granite High School.

His love for, and understanding of, choir music probably stemmed from his experiences with the Mormon Tabernacle Choir where his mother was a member and sang alto during his early childhood years. Every Tuesday night this very young boy and mother, Melissa, took the old street car into town and Raymond sat on the step next to his Mother's seat in the alto section of the Tabernacle.

There he became a familiar sight. Then at the age of 14, he was allowed to sing with the bass section, the youngest member EVER of that choir, where he sang for another 11 years.

One of his favorite memories of old Highland Drive, and the deep snows of that "then country place" was the story his mother told him of one cold winter night when young Raymond was choked up with the croup. A knock came at the door. His father answered it to find, standing in the cold, a bearded man in shirt

sleeves (no coat) who announced a young child was ill but was not to die; he had an important mission here. "Now do thus and thus to cut the phlegm", he said. They turned to do his bidding, then turned back again to thank him and invite him in, but he had gone--no footprints were found in the deep snow.

After graduation Ray worked days in his father's lumber or planing mill, and sang and played nights with a dance band to earn money for college. He first graduated from the Henager Business College as an "A" student. His only A's in High School came from Chemistry and Music.

He then enrolled in the Law School at the University of Utah where his family just knew he would really shine as he had such a gift of gab, as well as a great photographic memory (he could read a book in a day, and lecture on it that night.) However, this 'career to be' as a great attorney came to a crashing halt when he was a passenger in a horrible automobile accident, was pronounced dead, and thereby was taken to the Morg. His father and mother were called to identify him, and saw a flicker of an eyelash. He was then rushed to the hospital. Here he suffered amnesia for many weeks which often reoccurred throughout life. The Medical Doctors said he would do well to live to the age of 35, due to the concussion, amnesia, back injury, etc., as well as the crippling arthritis he was born with. However, he was just delighted to prove them wrong by nearly 40 more years of life.

In 1935 he married Irene Short, and a daughter, Sandra Joy, was born to them. They were divorced in 1936, then remarried two or so years later. Another

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daughter, Carol Ann, was born. They were divorced again in 1943.

On August 19, 1944, John Raymond Christopher and Wendella Walker were married in the Salt Lake City L.D.S. Temple. Five children came to bless this union: John Rulon, Ruth Ellen, David Wendell, Janet Lorene, and Steven Craig Christopher. As of this January, "Pappa and Mamma Nanni" are the proud grandparents of 17 grandchildren. Ray was always proud of his family and also said he was so happy to have married into such a large family of brothers and sisters, aunts and uncles, cousins and grandparents.

Their first year of marriage was spent in Olympia, Washington, where Ray was drafted into the Army and was stationed at Fort Lewis with the medics. It was here that he really became seriously interested in herbs and a career as an herbalist. A Major Shumate allowed him to use, with great success, an herbal wash and salve in the dispensary on some of the soldiers with serious skin diseases that were not responding to the standard orthodox treatments.

From here he went to Canada, studied at the Dominion Herbal College under Dr. H. Nowell, the great herbalist, and later obtained his degree in Naturopathy, then more study and a degree from the Los Angeles Herbal Institute.

The following years were spent with Ray, "The Crusader"--i.e. herbalist--in and out of courts, in and out of jail, which was very hard on his wife and little family. During the time he was being stopped from practicing his "life's work" he and his family travelled up and down the country selling whatever. There were over 40 moves before they got tired of counting. They lived in many wards and had many choice experiences where Ray was usually choir leader or Sunday School chorister. His greatest joy with a ward choir came when they, and later a stake choir, put on a two hour rendition of his favorite oratorio, "The Messiah." They said it couldn't be done with a ward choir, but he did it!

In each new ward, he was usually given a class to teach that was judged to be most difficult. But he had a way with rebellious or disinterested youth, took no nonsense, and won their love and respect. He was an Eagle Scout, and spent a number of years as a Scout Master. His Deseret News Boy Scout Band of the early 30's, under the watchful eye and guidance of Elder Mark E. Peterson, was very successful as was his young men's chorus called the El Viente Singers. And, all the praise and reviews this chorus received, didn't please him nearly as much as the one time they sang in the tabernacle when President Heber J. Grant (an L.D.S Prophet who has since passed away) rose

afterward and said, "Oh, that was so beautiful, please sing it again."

He made many friends in his practice of, and teaching and lecturing about herbs and diet. The first book he wrote was entitled, *Just What is the Word of Wisdom?* Apostle John A. Widstoe called him into his office, questioned his use of the words organic and inorganic, then gave his blessing on a "fine treatise on this subject."

Ray was never sent on a formal full-time mission in his youth, but these last few years he was a great missionary for the Church and brought many into the faith or saved them from leaving the Church. Lynn Johnston, of Mesa, Arizona, said of him, "He stood firm and dignified on his beliefs in the Gospel, but was always kindly tolerant of others." Many times in his life he came close to great harm or death, and this is why he chose to wear the old style garment because it had been a protection on many occasions.

I do not personally know of another man of this day and age that has suffered as much persecution and slander as Ray has--probably because of his three main faults: Too generous, Too optimistic, and Too trusting, to the point of gullibility. Ray seemed to have the ability to trust the wrong people too often. Its one thing to be judged and persecuted by non-believers and enemies, but to have "so-called" friends turn away and slander his name for their own gain is quite another story. Perhaps the reason he never really retaliated was that he tried to follow the counsel given him in his Patriarchal Blessing, which states, and I quote;

"May you be a missionary for the Lord and love mankind as did Stephen of Old, who, when persecuted to death, prayed God to lay not that sin to their charge. That is living the higher law of the Gospel which you are expected to do, dear Brother Christopher. That means that you are not only to love your friends, family and loved ones, but you are to love your enemies. You are to pray for those who would curse you and do good to those who hate you; to pray for those who spitefully use and persecute you. You are to go about doing good as did the Savior, feeding the hungry, clothing the naked, healing the sick and afflicted, those who are in need, as you may have opportunity, and thus find the key to true happiness in this life and in the life to come."

Ray traveled and lectured extensively these last 10 or so years. Then on February 25, 1982, he fell on the ice in his driveway, and the severe blow to his head caused amnesia again, and later brought on a stroke.

From then on, his family felt it was like a tug of war--they would get him nearly well, and on his feet, then arthritis or a fall or another stroke or flu would knock him back down--up again, and knocked down once more. "Why, why," they pleaded, "who are we fighting?"

When the Healthview Newsletter from back East printed the story of his accident and resulting illness, he received hundreds and hundreds of touching letters and get-well cards from all over the United States, Canada, as well as England, pleading "Please Dr. Christopher, you must get well--don't leave us, we need you."

Many testimonials came thanking him for better health, better eyesight and some even their lives. One letter reminded him of the baby who was nearly blind when they had brought him to a recent National Health Federation meeting and how he had explained the use of the eyewash. Now, they said, the eyesight was back to normal and they expressed their utter delight and undying gratitude. Well tis said, "A Prophet is not without honor save in his own place," or could we say state? This probably applies to an herbalist as well!

But were we all holding him back? Was it really his time to go? I know he always used to say "Everything in its time and season." He often told two stories about death. One was of the woman who said, "No, MY will be done. I demand that my son live!" And her prayer was answered, so for 40 years she had to care for a 200 lb. vegetable (baby).

The other was a patient, a small boy covered with bed sores, etc., which they were able to clear up with slippery elm and his health did improve. But he just could not get up. Finally his family said, "Thy will be done," and a blessing was given asking the Lord to please make him well if it was "His" will--otherwise, please take him now rather than all this suffering. After the "Amen" the boy looked up and said, "Goodbye Daddy" and "Goodbye Doc," and was gone.

Some of Ray's outstanding qualities are, of course, his happy nature, always smiling face, always optimistic, and always expecting that "better tomorrow." He was generous to a fault, ready to help anyone who came to him ill, even though it could jeopardize his work and family.

But to me, I'll always remember him as the one who didn't know the meaning of the word "in-law". This word just wasn't in his vocabulary. He took his wife's family (large as it was) as his own. My children, in growing up, could never tell which one was the in-law!!

He financed my mission, my wedding, and was always ready to help any member of my family whenever he could. I have my regrets at his passing, because I always intended to put my arms around him and thank him for everything. But I believe he is here watching, and listening, so may I ease my conscience now and mentally put my arms around him and say "Thank you dear brother, for all you have done for me and mine in our growing years."

Della told me Ray had promised he would stay and see Steve and Milana's first baby. Ralene was blessed Sunday, February 6th, as was Janet and Brent's baby boy, Richard Raymond. Ray became very restless and chilled that afternoon and he prayed aloud constantly, "Please let me die, let me go home!" After a warm bath he bid us all a goodnight, and said, "I love you." The family talked for a while about this subject of God's will, and decided that we should not be selfish. We entered the room again to check his covers and found him dying. She said, "I am grateful we could all be there with him, hold him in our arms, tell him that we loved and appreciated him, and remind him that we WILL be together again."

I don't think there has ever been a man laid to rest who is more loved, honored and respected by his family, friends and followers the world over, than Ray is today. He has certainly left his mark on humanity. He *will* be remembered!!

**Speaker:** Bishop Callis Harms

Brothers and sisters, its an honor to occupy this position on this occasion. I shall use the title Dr. Christopher, because he so richly deserved the title, far more than anyone else I know. None has shown more impact and blessings than Dr. Christopher has on our lives. My family is but one of the tens of thousands who owe their health to his kindness, concern and efforts. I have a nephew whose name is Christopher. My brother's wife was told by the doctor that she would never have children as her organs were badly diseased and should be removed. I told my brother what Dr. Christopher said to do. His reply, "and we will name our first son Christopher."

Like the Savior, as has already been said, Dr. Christopher in his life went about doing good and healing the sick. And like the Savior, for his efforts, he was despised and rejected of men. A man of sorrows and acquainted with grief. Like the Savior, his teachings were opposed by an established profession who, because their position and status were threatened, used the



existing legal system against him and sought to stir up popular opinion in opposition. Like the Apostle Paul, Dr. Christopher's teachings were opposed by a group who have an established tract. When Paul taught the epistles, he opposed the worship of the Goddess Dianna and the silversmiths cried one to another, "Sirs, ye know that by this craft we have our wealth. Moreover, ye see and hear that this Paul hath persuaded and turned away much. . . . so that this, our craft, is in danger." They were full of wrath. And the whole city was in confusion.

And like Joseph Smith, his name is known for good among his friends and for evil among those who opposed him. "Moroni told me that my name should be had for good and evil among all nations or that it should be both good and evil spoken of among all people, indeed truth divides people." Joseph Smith commented on his experience. "I soon found that telling my story had excited a great deal of prejudice against me. It has caused me serious reflection and often has since." How very strange it was that an obscure boy should be thought a character of sufficient importance to attract the attention of the great ones of the day, and in a manner to create in them a spirit of the most bitter persecution and reviling. And so it was with Dr. Christopher. For he, too, was a teacher of truth, and attracted the attention of the great ones of the day. And like Lazareth, Dr. Christopher received his blessings in that Eternal World where they shall endure forever. "And it came to pass that Lazareth died, and was carried by the angels into Abraham's bosom. The rich man died also, and was buried, and in hell he lifted up his eyes and being in torment, and seeth Abraham and Lazareth in his bosom, he cried and said 'Father in Abraham, have mercy on me.' But Abraham said, 'Son, remember that thou in my lifetime receiveth thy good things and likewise Lazareth evil things, but now he is comforted and thou art tormented.'"

About two months ago, in my neighborhood, a certain medical doctor gave a party for his friends. He spent \$17 thousand dollars to decorate his house for the occasion. In his life he has received good things. But Dr. Christopher is now in Abraham's bosom, which is a Jewish expression meaning 'Paradise' where blessings shall be heaped upon his head forever. Like the Apostle Paul, like Joseph Smith, and like the Savior himself, Dr. Christopher has immeasur-

ably blessed the people of this world with his efforts and received little in return in mortality. But he shall have eternal rewards without end.

President Kimball has written, "every act of God is purposeful." He sees the end from the beginning, he knows what will build us or tear us down. What will thwart the program, or what will give us eventual triumph, even seemingly undesirable conditions may be a part of a purposeful plan. Being human, we would expel from our lives, sorrow, distress, physical pain, and mental anguish, to assure ourselves of continual ease and comfort. But if we close the doors upon such, we might be evicting our greatest trends and benefactors. Suffering can make saints of people, as they learn patience, long suffering, and self mastery. The sufferings of our Savior were a part of his education and though he were a Son of God, yet learned he obedience by the things which he suffered. In sorrow and distress and anguish were a great part of Dr. Christopher's life, but now death has opened a door of opportunity to him and he goes to use his great ability to work with people.

"There is no period known to the righteous when they experience so much joy as when they pass through the portals of death and enter upon the glorious exchange in the Spirit World." (Brigham Young.) And so his testing and trials are over, Satan will never have power over him again.

**Speaker:** Clinton Miller, former Vice-President and Legislative Advocate for the National Health Federation:

Brothers and sisters, I am so grateful that last Monday, David called me in California and offered me the opportunity of coming and remembering and reflecting and rejoicing and repenting and rededicating my life with you today. When he asked me to come, I was busy preparing to go to Oregon where the Naturapaths are in the fight of their lives where a proposal was made to outlaw Naturopathy or destroy it in the state that fathered it for the whole United States. When I think of Naturopathy, I think of the great Naturopath, Dr. Christopher. In fact, there's a lot of words that have gone through my mind today, and I am so grateful that I was able to come to Spanish Fork and meditate this morning for hours before this meeting, because there is no place I'd rather be to remember the warmth that Dr. Christopher brought into

our lives.

As I reflected this morning of some way in which I could say some words that would comfort those who knew him better, but did not love him better than I did, I thought the best way to do this is to tell the truth about the man. I think anybody who knows the truth about Dr. Christopher is going to be comforted and can find nothing but rejoicing in their hearts today. Dr. Christopher changed my life, and I asked David if I could tell this story. He said yes.

About 25 years ago, I just started my business, and I assumed I would follow the footsteps of my fathers who were prominent and successful business people. I started my own business, and it was prosperous. I had a small business in which I was making whole wheat bread. I was taking this bread which I make, the way Dr. Christopher said it should be made, into a health food store in Salt Lake City, and Mrs. Psoriasis, who was behind the counter, said, "Did you know that Dr. Christopher is being tried over in court today?" I knew of Dr. Christopher, in fact at that time, he was my role model, and how grateful I am that I had a role model like him. I said I didn't know, so I stopped my route and went over, because I had never been to a trial. I walked into this trial where the judge, obviously, in my opinion, was an unrighteous judge. He wasn't there to bring justice, but to convict a man, and he had made up his mind that this time they were going to get Dr. Christopher. There weren't very many people in the court room, and it was my first experience, and as I sat down, I saw this handsome visage, and I loved to behold Dr. Christopher's face, and have as long as I've known him. He is one of the most handsome, beautiful people I have seen in my life. He was sitting there with no anguish in his face, no concern, no bitterness, just beauty. Then this excellent attorney he had attained, stood up and gave his defense, and I have been, and still am, a deeply emotional person, and when he finished his defense, I started to clap. I didn't know that you weren't supposed to clap in court. But the judge did! And he said to me, "Young man, come here." I walked up through the swinging doors before the judge and he had turned every color a man could turn from anger to rage, and his eyes were angry. He was trembling and he said, "Young man, why did you clap?" I replied, "I clapped because that was the best defense of an absolutely innocent man that I

have ever heard in my life." The jury was standing to the side, listening very carefully. The judge became angry again and said, "Young man, I could have you in contempt of court." I said that I didn't mean to show contempt for his court, but I do believe this man is absolutely innocent and has done nothing to ever be persecuted by the State. So he sent me to my seat and then did his best to instruct the jury to bring back a guilty verdict. And the jury left, and I think they went through a revolving door; since then I have been in a lot of courts, but they came back in so quickly, and when they came back the judge looked at them and asked if they had their verdict. They said yes, he is not guilty, your honor. And of course, we knew, and all that know him and known of this controversy have known that he was never guilty of the things that he has been charged. But I began to think of that time, what good would it do if I became like some of my uncles had become, wealthy, and built my business on the sands, if it could be wiped away by an unreligious judge or by unrighteous laws. A short time after that I went into a health food store in Ogden, in which a woman was trembling and I asked her what was the matter. She said the FDA was just here. I asked why they were there, and she said she had a book they said she had to destroy. I asked did she, and she said yes, they said they wouldn't prosecute if I did this, and what was it, it was a book on herbs. The book simply told what herbs you should take for what condition. This book was in the waste basket, and I reached down and picked it up and because of Dr. Christopher and Sister Garner in Ogden, I decided that, if possible, I would dedicate my life to see if we couldn't get the laws so that they reflected what we, the people, intend to do, not prosecute or persecute people like Dr. Christopher. So I offered my services to the National Health Federation and thanks to my beloved wife, we left on almost a month's notice, sold the business, and moved back to Washington, D.C., where I've been for the last 20 years, trying to change the Federal and State laws to be sure that the Christophers of this world—and there are many Christophers—would not spend time behind prison walls. In fact, to start with, in the National Health Federation, we tried to have nobody on the board of governors who had not spent time in prison; we didn't feel that a person who hadn't spent time was dignified enough to serve on our

great organization.

I was offended when I first heard a Church authority say that we should rejoice at a funeral. I was at a funeral of a man I loved very much and I missed him. One of the great prophets of the Church opened his remarks by saying this is the time of rejoicing, and I understand now, that it is a time to rejoice. There are four great times that I love; I love the blessings of babies, I love baptisms, and I love marriages and I love funerals. But the best of all is the funeral. Now when a person is born in this world, I know that they have kept their first estate. . . and when they are married I understand that they know how to make covenants, but when you come to a funeral of a righteous man, who has kept his second estate, and many of us are not going to, that is the time to rejoice. I am rejoicing now, and I hope that our hearts are so happy at this time because if ever a man was fit to meet God, who is a clean vessel to go back into His presence, it is the man Dr. Christopher. Dr. Christopher understood his role here upon the earth, and although he shall be known as one of the great herbalists of all time, his influence is just beginning to be felt.

We have what we call "the searchers" for the National Health Federation (who) began to recognize that we had to change public opinion from Washington to California, so we started conventions. At our conventions, Dr. Christopher was the favorite speaker. And you meet all kinds when you put conventions together. We were so grateful when Dr. Christopher would come because it didn't make any difference when you put him on the program, he would never complain. Now those of you who have put on conventions know that early in the morning is a hard time to get anyone to be on because that is when people don't come. And we would put some of our celebrities on in the morning and they would be very angry and upset that we would put their great personage on early in the morning. So we put Dr. Christopher on early in the mornings, and a strange thing happened. Our conventions filled up early in the morning. And people would come and it would set a climate for the whole day. And when ever possible, we would put Dr. Christopher on one of the talk shows. For every wet eye for Dr. Christopher today, there will be thousands across the United States, because millions have heard his voice because he went on the circuit over 50 times every

year, and the few thousands we would gather together at conventions were nothing compared to the millions he talked to over the talk shows. And for those of you that have been in a studio when this happens, they have a marvelous electronic board in which they let the calls come in, people call in when they become interested. Dr. Christopher would walk into a talk show and almost immediately the whole board would light up because people from all over the listening audiences would call and ask questions. It would stay lighted for hours after he would leave. And when he would go back into an area, they'd say "Please get Dr. Christopher, if you can, on our show."

I am glad that Dr. Christopher, when he was in Evanston, Wyoming, as a naturopath, did not stay there. I am so glad, Sister Della, that you brought him to Salt Lake.

We are living in the latter days. We truly are. And he understood that one of the great things that you and I shall see, and I am talking about "great" in the eyes of God, we shall see plagues, and he talked about them (he was unembarrassed, that is the thing that made me thrilled) he was unembarrassed to stand and say "I received this formula from God."

One day in Snowflake, Arizona, he was standing there and a person asked him a question for a formula and he would say, I don't know the answer to this, and it would come to him. I know he got it from God.

Now it was great of Sister Steiner to give the background of his genealogy today, because I have always mis-introduced him. When I introduced him I always introduced him as half Indian and half Angel. I didn't realize where his background was from. Dr. Christopher recognized that the greatest herbalist was God. And he put second to God, Eve, as one of the great herbalists, and brought back to us the recognition that thousands and tens of thousands of biological plants were put here in great variety for our use. He recognized that when we receive a little bit, we shouldn't say I received and want no more; he recognized that all of the truth that God has given to us can be expanded on so rapidly now with our modern electronic world but that which is past, with Dr. Christopher, is only a prologue of what is going to happen. I believe that within the next five years, more people will hear Dr. Christopher's words by ten fold than has heard of him up to the pre-

sent time. As I listened to his voice, as we drove up from California--we had his tape recordings--I listened again to this great, great teacher. He talked as though he was singing. I didn't know of this great musical background until this morning.

One way we can really show we rejoice in Dr. Christopher's life is to follow another 'R', and that is to re-dedicate our lives and recommit and recovenant.

Dr. Christopher knew fear; this might come as quite a surprise to some of you. He did fear. Dr. Christopher recognized that all should fear and he taught we should fear. But we should fear the right person--Dr. Christopher feared God, but he never feared man. I think from now on, in the decisions we have to make, so often we do things that are wrong, only because we fear man, and what they will say about it.

I never saw Dr. Christopher hate his enemy. I think that at any time, in the worst persecution that he had, even when he was in exile, I think Dr. Christopher could have walked into a circle with any of his enemies and walked in without one bit of malice because that man was without guile. Now those of us that truly loved him will meet again, and listen again to what he told us about being clean. Because being clean doesn't mean just to wash our hands. Dr. Christopher was clean in mind, spirit, and yet he understood what it was to also be clean in body. And he tried to teach us as a person who called repentance to this generation. And he did call repentance to us. I never heard him talk but what he was preaching repentance, but he did it so gently and so kindly that he didn't offend. Now I dedicated my life for the last 25 years to try to make sure that the Dr. Christophers of this world are not persecuted, in the greatest and freest country in the world. And I hope we will all do likewise and understand that this Church of Jesus Christ of Latter-day Saints was set up to uphold the laws of the land, and they must be exercised by righteous men and in righteous ways.

I bear you my testimony that Dr. Christopher, my friend, and my brother, is and will be with Christ, and for those of us that miss him and hurt because we miss him so much, I am not going to say turn that hurt off, I am going to urge you a thousand fold because I think we should keep that yearning to be with the people that are righteous so intense that until we gain

that same exaltation, we shall yearn with all our might, mind and strength.

**Speaker:** LaMond Tullis

It was in the Autumn of his life that I became acquainted with Dr. Christopher, I think about three years ago. I was struck by his majestic presence, and the dignity of his person.

... Ray Christopher made a tolerable choir. We worked hard for we know he was trying his best with us at a time in his life that for him was trying. Sometimes every movement of his body was accompanied by pain. As Bishop Dobson mentioned, the last performance we had, with Ray Christopher, was in this Chapel for our Stake Conference, about a year ago. Over 50% of the adult population of the Canyon Ward was seated behind me in the choir seats of this Chapel. There was some concern that Ray might not make it, he had suffered a set back, and had become somewhat disoriented. We really didn't know as we sat in those choir seats whether we would have a conductor or not. Obviously we had a back up in mind, so we would go ahead in any event. But as we sat there, suddenly he came through the door accompanied by his son, and I think probably there wasn't a dry eye from those who sat in that choir. But would he be able to make it? We didn't know. He came and sat in that seat right over there, and when it came time for us to do our number, Ray didn't get up. The pianist went over and took his hand, brought him over to stand in front of the choir, and we waited. All of a sudden with a magnificent presence, he raised us to our feet and I must tell you we were certainly electrified. I don't think Ray Christopher had ever been better, certainly he could not have been better, no one could have been better than him that day. Some people said they have not heard a better choir in this building, well that is a little exaggerated, but we really weren't bad, I can tell you that.

Who was this man I had come to know. I had asked that question many times. I knew him as a man with ideas before their time who had a reverence for God and for his human creations. I knew him as one whose influence has reached many countries of this world, from isolated individuals to the dining table of the missionary training center in Brazil. I knew him for his children, for they had a fierce loyalty to him that I deeply respected. I knew him as one, who, in

public, hid his physical suffering with good cheer. I knew he was a controversial man, and I know nothing as to the epicicy of his profession, but I do know that when he was hurt, that in public, and I also suspect in private, he did not carry bitterness in his heart or seek revenge for the sake of revenge. That to me, is a magnificent lesson of a magnificent man.

**Speaker:** Bishop Lowell Dobson

... I imagine that he is scolding us a little, as we sit here with long faces and tears in our eyes and kind of an unhappy countenance; I remember him as one of the most pleasant, happy individuals that I have ever crossed in my life. And his sense of humor delights me. It was a pleasure to greet him at the Chapel door on Sunday mornings, and hear his little quips and comments, as he would chat with us as he came in. I remember him well. We, in our family, quickly nicknamed him "The Colonel Sanders of the Canyon Ward." The great dignity he carried as he got his lawnmower and his rake in his blue pin-stripped suit, and commenced to do his lawn. And he delighted our canyon with the great quality and character and the consistency he had. I remember him as one of the most consistent individuals. In the short time that I've known him, his appearance, his dress, I don't believe I had ever seen one of those beautiful white curly locks on his head out of place, nor until the last few months, did I ever see him out of a beautiful dark suit--and his dependency upon the Lord was always constant. It never wavered. So these are the things I remember Brother Ray for, and I know that in different ways he touched multitudes of people here upon this earth, as we have heard from these good brethren today. And I know his passing does not conclude his input upon this earth nor will it for centuries; for through his writings and tapes, and through his good teachings to his family to bring them to the point of life that they are today, will his teachings pass on, through time for all eternity.

**Excerpts from a memorandum**, written by Sharon H. Bird, and printed in the Central Utah Journal, March 9, 1983.

"I kinda enjoy life, it's been great--rather vicious, but great." Thus said Utah's internationally known Master Herbalist, Dr. John R. Christopher. What were the conflicts, controversies and confrontations in this warm and pleasant man's life?

In his chosen life's work, Dr. Christopher was considered the number one authority on herbs by 57% (the next highest authority being 5%) in a nationwide survey by Utah Survey Associates, July 1979.

The following cases illustrate what Dr. Christopher was up against as a crusading herbalist. (1) In Evanston, Wyoming, desperate parents called him out in a blizzard in the middle of the night to save their two-year-old son from pneumonia, which he did. Their regular doctor had said the boy wouldn't live and had promised to come back the next morning to sign the death certificate. The regular doctor, when he came, had been very angry that an unorthodox doctor had been called in on *his* case! (2) Incredibly, there is the time Dr. Christopher was charged with murder! A woman with cancer had been sent home from the hospital to die. Her two grown children obtained his services to ease their mother's last days, which he did with the procedures outlined in *Dr. Christopher's Three-Day Cleanse and Mucusless Diet*. Meanwhile, neighbors looking out the window saw this "unorthodox" doctor go in the house. After the woman died peacefully, Dr. Christopher was hauled into court. Luckily her children testified in his behalf! Why is it, when patients treated by an orthodox doctor die, they were going to die anyway? But when treated by an unorthodox doctor, he killed them? and conversely when they get better? This is incongruent thinking. Ignorance and superstition abounded wherever Dr. Christopher went. There were many mistaken attitudes about natural healing--false analogies, half truths, and deliberate distortions. Generalizations ran rampant--if one "unorthodox" doctor is incompetent, we must punish all of them. (If one BYU student was a hijacker, that proves beyond a doubt that all BYU students are hijackers.) It seems that in the olden times, doctors used herbs (and quacks were the ones who put quicksilver in your veins), but now we are too modern to use old-fashioned folk medicine--we use inorganic drugs instead. Now quacks are the one who use herbs! Dr. Christopher suffered much persecution and slander.

Special interest groups in Utah had the power to pass licensing laws against their competitors. It was thought there were enough naturopaths already. Dr. Christopher was in and out of court many times. Usually the jury acquitted him against the judge's instructions. Finally, in 1969,

he was not so lucky and was convicted and given a suspended sentence. Because prescribing (suggesting herbs) without a license was a felony, Dr. Christopher was stripped of citizenship in his beloved country and forbidden to vote. By what standard was he a criminal? Was he violent? Did he hurt anybody? No. He only wanted to practice his life's work which he was trained to do. Unrighteous laws prevented free exercise of conscience. I think we should have freedom of choice in health care as well as other areas of our life.

When I met Dr. Christopher after this catastrophe, he had to "pick himself up and start all over again." He was in the business of disseminating information so that people could take care of themselves. As you can see, this multiplied by many times the good he could do. Dr. Christopher was forbidden to prescribe, so he taught by telling stories plainly and simply, keeping audiences spellbound.

In typing his mailing list, I was surprised at some of the prominent and famous people all over the USA who were interested in herbs (I was still a little skeptical). Slowly, Dr. Christopher's business grew, it "kept body and soul together," and provided jobs for his children. Later, his daughter Janet became "Miss Orem". Dr. Christopher gave out his herbal formulas in lectures and writings, not believing in secret patented medicines. Nature's Way requested permission to use his name on the formulas they sell commercially. (Personally, with the time and trouble of putting them together, I would rather buy them ready-made!) Dr. Christopher wrote a series of articles in "The Herbalist" magazine in 1977 and 1978 which increased his exposure tremendously all over the USA. In a newsletter, he gave very valuable ideas about herbs and natural healing. His books can be found in health food stores.

Also, for a few years, Dr. Christopher travelled extensively, speaking in nearly 120 cities a year. He was in demand because of his own reputation and he also spoke on the National Health Federation's lecture circuit. He would bring me a manuscript he had written on an airplane from Seattle and catch another plane tomorrow to Arizona, etc. Later, his son David and David's wife Fawn accompanied him on lecture tours. David explained, "I could see that it was a correct principle, and I couldn't understand all the flak he was getting." Enemies said he was a

charlatan (fraud, quack, imposter) teaching a pack of lies about weeds to stupid, uneducated, gullible people and taking advantage of them. Friends listened and learned from him. What are some of his concepts on natural healing?

(1) Dr. Christopher told of the Four Thieves Anti-Plague Medicine, which contained garlic. During the Black Plague in Europe in the Middle Ages, thieves took this and went about robbing corpses. The sulfur fumes seem to be strong enough to kill most anything!--With no side effects like sulfa drugs. When my little girl had an earache I put a piece of fresh garlic in her ear and it was better by morning. The previous alternative was to go to the doctor and pay a lot of money for penicillin.

(2) Dr. Christopher's assertion that 90 percent of human disease is probably caused by the "stomachache" (poor elimination from the bowels) may have its basis in the concept that viruses and bacteria flourish in waste. Get rid of the waste and you get rid of the germs. The same thing applies to sweating waste out of the system. He said that if you had a pile of garbage outside your house and wanted to get rid of the flies, you could either get rid of the garbage or swat the flies one at a time. (Orthodox doctors spend a tremendous amount of time learning the names of specific germs and what drug to use on each.)

(3) Dr. Christopher taught that synthetic fabrics prevent waste from sweating out and keeping your skin from breathing. Wearing synthetics was compared with the paint that killed the Golden Girl in the movie. Since Dr. Christopher's articles on this subject in 1975, I notice that, nationwide, fashion is going back to natural fabrics.

(4) Dr. Christopher said, "Every organ in the body, it comes to me, is being operated with electricity." He thought that too much static electricity causes mental confusion and needs to be grounded--we need to walk barefoot on the ground once in a while.

I first started to believe in Dr. Christopher's herb stories when he told about giving a lecture about oak barn in Salt Lake City. It was a blizzard night, and he saw a woman step into the back of the room for shelter from the storm. She had come from Southern Utah for treatment by a dentist for her bad gum disease. The mold was already made for new teeth, and all her teeth were to be pulled the next day. Going for a walk from the hotel into the storm, she came in a door



for shelter. Dr. Christopher just happened to be talking about the astringent qualities of oak bark and how the Indians put it between their teeth for sore gums. The next morning she went to a health store, got oak bark powder, and followed the procedure Dr. Christopher had told about, and lo and behold, her gums got better and she didn't have to lose her teeth. Dr. Christopher's methods work with nature, not against nature.

I was pleased to find Dr. Christopher also had a Doctor of Divinity Degree. How appropriate! He was kindly tolerant of others, but personally very religious. He quoted the Bible a lot about plagues and troubles in the last days and how to deal with these things through natural healing. He believed that a loving Heavenly Father, who created us, also created the healing herbs we need--we are the "dust of the earth" and need to get the "right kind of dust." He would talk about Nature's doctors--"sunshine is one of the greatest doctors we have." "Massage is one of the oldest therapies known to mankind, it is really a terrific therapy for human beings," water, sleep, breathing, etc. "We need all of our natural therapies." Dr. Christopher said, "Herbs, like drugs, need to be used properly." Too much of anything is harmful. "Fire can burn your house down, or warm your home."

Life was sacred to Dr. Christopher. He was very tender in talking about mothers yearning for new babies. It was against his principles to tell of any birth control herbs.

Dr. Christopher explained that nerves wear out and become like frayed electric wires. He told of patients who stopped being nervous and started getting more sleep after using herbs rich in what is needed to rebuild nerve cells. In my opinion, this treatment of the "cause" is better than the orthodox drug treatment of the "symptoms." It seems to be a matter of good old-fashioned common sense.

As more information gets out, one-time skeptics are becoming believers. Herbology is gaining acceptance among young people and also conventional medical doctors. Different methods of healing should supplement each other. We need to change public opinion and change laws through the political process to allow free exercise of conscience in our health care.

### **"The Road Less Traveled"**

A Retrospective of the Life of Renown Herbalist  
Dr. John R. Christopher by Rebecca Ruesch.

You know, the only good thing in this life is when you're helping somebody else," Dr. John R. Christopher said at one of his lectures in 1976.

A man who truly practiced what he preached, Dr. Christopher's life was marked by service to those around him and service to many others whom he helped through his extensive writings on natural healing and through his lectures.

His life was devoted to teaching people how to heal themselves. "I have come into what I feel is God's own way of healing," Dr. Christopher has said, "and that is the natural procedure that does nothing but ease the body... that's our whole program--the natural things, the simple things."

And thus his life was spent--learning, reading, practicing, and teaching the simple truths--as he saw them, of natural healing.

A deeply religious man, Dr. Christopher was always careful to credit "the gentleman above" for guiding him to successfully restoring health to so many with his vast knowledge of herbs and drugless medicine. "This is such an important part of life--to know the right way to go," Dr. Christopher said.

He often remarked "our herbs...have no skull and crossbones on them, no poison marks on them, they are not habit-forming, and the entire procedures we follow are just for the good and benefit of mankind."

With his passing on February 6, 1983, at his home in Covered Bridge Canyon, Utah, the world has lost an internationally renown herbalist, naturopath and humanitarian.

He was born with rheumatoid arthritis and was extremely sick as a child and well into his early adult years. "For 35 years I didn't know a well day," Dr. Christopher once said.

His family recounts that as a young boy he said to his mother, "You know, Mama, I would like to be a doctor when I grow up." "Nonsense," his mother is reported to have said, doctors have to cut people when they operate and you can't even stand the sight of blood when we kill a chicken for dinner." "Well Mama," the young boy prophetically replied, "I am going to be a doctor that doesn't cut people."

Characteristically, it was through his concern for others that Dr. Christopher became interested in herbal medicine.

As a young boy his mother suffered from both dropsy and diabetes and was not responding to

conventional medical treatments. As Dr. Christopher recalled, "a wandering medicine man came to our house to treat my mother, who was suffering from diabetes. He recommended several herbs which seemed to make my mother feel better and which gave her more energy. However, soon afterwards, this man was put into prison because he was not a medical doctor and did not have a license to practice. Since we were not able to gain any further advice from him, my mother started losing ground, got worse, and eventually passed away." His family remembers that the young boy watched his mother suffer a slow and very painful death.

From that time on, John Christopher determined he would learn all he could about herbs--hoping he could eventually use them to prevent others from sickness and suffering like his mother's.

After many years of intense studying alone, he enrolled in the Dominion Herbal College in Vancouver, British Columbia, and received his Master Herbalist Degree. Two years later he graduated from the Institute of Drugless Therapy with an N.D. degree and in 1950 went on to receive his Herbal Pharmacist Degree from the Los Angeles Herbal Institute.

After serving in the army and successfully treating many patients with herbology, Dr. Christopher opened his own clinic in Salt Lake City. Managing a staff of 14, he treated between 30 and 40 patients a day as a general herbal practitioner.

Although Utahns, for the most part, were generally accepting of Dr. Christopher's natural methods, having had some exposure to herbology through their pioneer ancestors; the law was not so accepting of Dr. Christopher and thus began a long series of legal confrontations that eventually would force him to quit practice.

With his kindly sense of humor and tolerance he reportedly joked to his wife once when leaving on tour, that she had better call to find out what jail he'd be in that night. "When they give you \$50,000 bail on a misdemeanor and try to keep you in jail, well, you can understand there's more than meets the eye," Dr. Christopher has said of his legal persecutions.

An ability to take things in stride led Dr. Christopher to see the discontinuation of his practice as, "a blessing in disguise."

As his family has said--giving up the clinic allowed him to reach more people. During his

life he lectured and traveled extensively and was a popular guest on TV talk and radio shows nationwide.

He has been referred to as the "Einstein of Iridology" and received the first Agnes Arber Distinguished Service Award in 1980 from the Herb Trade Association.

Dr. Christopher said during his life that "a reputable herbalist will not use toxic herbs, poisonous herbs or habit-forming herbs." And that herbs "must be used with prudence and skill." Indeed, a skillful teacher and herbalist who persevered against legal, governmental and medical prejudices to share his belief and knowledge with many worldwide. He once said, "The happiest thing that any conscientious teacher can say (is) . . . my students have gone ahead of me." Dr. Christopher has left a vast legacy and a challenge to continue his life's work; "there's so much we haven't even had a chance to work on."

#### **"In Loving Memory"**

by Lotus Bailey, B.A., M.H. Graduate of the  
School of Natural Healing and Research  
Assistant to Dr. Christopher.

Dr. Christopher was laughed out of his family doctor's office because he wanted to know more about herbs. He had read of herbs in the scriptures and knew that the old patriarchs were well versed in the prudent use of plants. Dr. Christopher was determined to learn about the use of herbs for healing and preventing illness. He became interested in the "Word of Wisdom"—information revealed to the Mormon prophet Joseph Smith which advocated a healthy program for man's temporal salvation. He began to use proper diet and herbal cures to heal himself. Later, after the army, he used herbs to better his health. He wrote, in one day, a booklet explaining the "Word of Wisdom" which the Latter-Day Saint Apostle John A. Widstoe lauded as an inspired writing.

The professional practice of Dr. Christopher led him back to his home town, Salt Lake City, Utah, in addition to Olympia, Washington, and Evanston, Wyoming. In Salt Lake City, the Doctor managed his own clinic with a staff of 14 people including a full-time masseuse and recommended as an obstetrician, to his followers, a Dr. Loretta Foote, who delivered "at home." This was a very successful clinic which taught the principles of healing with Nature. Dr.

Christopher would often travel as many as 50 miles one way to attend a sick person on a house call. His success stories numbered in the hundreds. Enemies of Dr. Christopher came from the popular medical opinion makers of the day. They exhibited professional jealousy and sought to persecute and discredit the dignified doctor. He was taken to court five times on contrived charges and each time he emerged triumphantly from the courtroom, except the last one where he was convicted of "practicing medicine without a license." Dr. Christopher called these harassments "a blessing in disguise" for now after being stopped from practice of herbs, he turned his interests to teaching. This venerable teacher could reach many more people through the lecture circuit.

Whenever Dr. Christopher spoke, the lecture hall was usually filled to capacity. Often people would stand in the aisles or the rear of the auditorium to hear him reveal his "miraculous" case histories. He contended that these cures were possible because of an understanding and adherence to natural law. The philosophy of Dr. Christopher was a wholistic one. It was designed to help the person take responsibility for his own healing, to go to the cause of the disease and not merely to treat the symptoms. He also discussed the side effects of inorganic unassimilatable drugs and gave blueprints for people to wean themselves from these poisons.

The program Dr. Christopher set forth included cleansing the body of toxic material through the use of fruit and vegetable juices, and distilled water. The mucusless diet was a vegetarian diet of fruits, vegetables, grains, nuts, and seeds all in their wholesome state--with the life therein. He felt that dead, devitalized, processed "foods" and constipation were the reasons for most of the diseases in the country today. Dr. Christopher advocated cleaning out the bowel so it would function on its own, not through the constant use of enemas and colonics, but with the use of tonic and rebuilding herbs. The bloodstream and the other bodily organs could be rebuilt with herbal formulas which were, to him, herbal foods. One of Dr. Christopher's favorite sayings was, "There are no incurable diseases. Only incurable people who do not or will not work with Mother Nature." Iridology and Foot Reflexology were also taught as an integral part of his diagnostic tools.

The School of Natural Healing was established

in 1953 in the State of Utah, and more recently in England at London and Cambridge University. Students travelled long distances to attend Dr. Christopher's seminars. Herbalist, Master Herbalist, Herbal Pharmacy, Botany, Nature Cure, Hydrotherapy, Iridology, Advanced Iridology, and Midwifery courses were and still are taught.

The treasures of humor given to Dr. Christopher's students and audiences provided the comic relief from an oftentimes serious recounting of case histories. One reminder to students who gravitated to unnecessary technicalities in their questions was, "K.I.S.S." (stands for "Keep It Simple, Stupid!") Nature cure was to be kept simple. No great complication was necessary.

Another gem was the story of the constipated old man in the hospital who had a doctor's order to be given an enema by the nurse. The nurse came into the room, administered the enema, and was suddenly called out by the bell, and forgot to record the enema on the man's chart. Another nurse came by and administered a second enema despite the old man's protests. She, too, was called suddenly out of the room. A third nurse did likewise. When the exasperated old man heard a knock on his door, he called out, "Who goes there, friend or enema?" Dr. Christopher usually told his humorous stories with a straight face so we were unaware until the last moment that his intent was to cheer the crowd with an occasional joke.

Once, an anxious mother in the audience worried that her fussy baby would disturb the Doctor's lecture. Dr. Christopher consoled her from the stage and said, "Don't worry about that crying baby disturbing me. It sounds like I'm disturbing him."

A man once remarked, "But Dr. Christopher, how can we gain strength and build muscles from just fruits, vegetables, grains, nuts and seeds? Don't we need meat for stamina?" Dr. Christopher replied, "Ask any gorilla. He lives to be a robust 100 years or so and when he dies he has his own teeth and his own hair!"

Dr. Christopher put together about 50 herbal formulas that were sold all over the world. In these he always used non-toxic, non-poisonous, and non-habit forming herbs. These were used as healing aids for the entire spectrum of man's disorders. He stated that most of these came not from himself, but from the Good Lord who he invoked especially in very difficult cases. He told his students to always offer a silent prayer

before helping anyone in need. His greatest reward was a "Thank You" from a grateful patient. The good doctor never began a class session without the morning moment of silent meditation which enabled Divine Guidance to direct the course of the seminar.

Students were encouraged to gather their own herbs or to cultivate them in their gardens. When gathering plants, we were encouraged to follow the tradition of the native American Indians and say a prayer of thanksgiving for use of plant, and if possible, to gather only one third of the plant so that its life could go on.

When not busy teaching, Dr. Christopher occupied his time writing manuals on herbs and nature cure. These works could be understood by professionals and laymen alike. His *School of Natural Healing* is considered the definitive reference volume on the use of herbs. Among Dr. Christopher's literary accomplishments which have enlightened thousands of people over the years are the following: *Just What Is The Word of Wisdom* (1941); *Dr. Christopher's Three-Day Cleansing Program and Mucusless Diet* (1969); *Rejuvenation Through Elimination* (1976); *The Cold Sheet Treatment and Aids For The Common Cold* (1976); *The Incurables* (1977); *The School of Natural Healing* (1969, and revised in 1976); *Childhood Diseases* (1978); *Capsicum* (1980); and *Regenerative Diet* (1982). A set of ten cassette tapes has also been published of Dr. Christopher's lectures. These contain the basic tenets of the Doctor's healing program.

At Dr. Christopher's funeral service, Clinton Miller, head of the National Health Federation, eulogized that the Doctor's influence would not end with his death, but would increase a thousand fold. The "Doc", as he was affectionately called, has touched and inspired many lives with his insight, excellent judgement, and perception as a healer. Many of these people were his patients or students who are now going forth to bring millions of souls to the realization of the "Words of Wisdom." Dr. Christopher sometimes mentioned that it was possible to heal the body and bring a person more comfort, but "when it is your time to go, you will go, and only the Good Lord knows when this is."

**Newspaper excerpts from previous interviews with  
Dr. Christopher**

**"THE EINSTEIN OF IRIDOLOGY"**

Excerpts from article in the "Austin Sun"  
August 25, 1977

Herbology as practiced by Dr. Christopher, is more than "the use of herbs to promote healing and prevent disease." In fact, it is as different from standard pharmacology as modern jazz is from elevator music. For one thing, Dr. Christopher is much more interested in what an herb does than why it does it. For another, he refuses to treat any ailment alone, but considers all illnesses as symptoms--and usually as symptoms of improper eating habits. And if that isn't enough to alienate him from the medical community, Dr. Christopher's "wholistic therapy" embraces just about every known non-surgical practice, from massage to faith healing, that has emerged since the first caveman coughed.

**"No Poisons"**

"First of all, we professional herbalists use only beneficial herbs," cautioned Dr. Christopher. "We use no toxic herbs, no poisonous herbs, and no habit-forming herbs--not even tea or coffee. The herbs can't be bad for you. There are no skull and crossbones on our formulas, although they must be used with prudence and skill."

"Some herbs are particularly concentrated foods, good for certain parts of the body, because of the minerals they extract from the earth," he says.

For two hours Dr. Christopher extolls and expounds on the virtues of numerous herbs to the reverent attention of his overflow audience. The heat rises in the un-airconditioned hall, suckling children scream and squawk as he freely digresses into the blessings of juices ("...the blood of the fruit...there's no better cleanser to be found."); the archetypical evil which is white bread ("Take the bran off the wheat and feed it to the pigs; take off the shorts and feed it to the chickens; take the heart out, and the oils, then enrich it with the foremost cancer causing coal tar derivatives, and you've got a paste excellent for gluing old fecal matter to the walls of the colon..."), along with an occasional exegesis on man's spiritual destiny (Christopher is a devout Mormon).

By intermission (watermelon juice supplied by the Green Life Juice Bar) it is obvious that this simple country doctor isn't just pushing plants.

In attitude and style, Dr. Christopher's works

have many things in common, but foremost among them is a shared bias against "modern medicine". Every pamphlet contains at least one reference to some poor soul, shipwrecked on the shores of the grave, abandoned by medical technology, who was rescued through natural techniques. Unfortunately, these favorite "miracle tales" tend to obscure the very distinction they are meant to illustrate.

Unlike Dr. Christopher's School of Natural Healing, almost every medical school in the country teaches--to the exclusion of all else--some form of pathology, i.e. the diagnosis, discrimination, isolation, therapy and/or cure of disease. Whereas Christopher considers the human form capable of marvelous endurance and strength, to most M.D.'s, the body is a battleground, permanently besieged from without and rebelling within. Germs and viruses become "the enemy"; physicians the soldiers in the "War on Cancer," on heart disease, multiple sclerosis, and a hundred other ailments that annually carve up a "defense" budget so huge even the most prosperous quack is a nickel-and-dime operator by comparison. (In 1975, for instance, Upjohn Pharmaceutical Company topped \$1 billion in sales. Is that what they mean by "feel like a million"?) And to top it all off, if anyone seems to be winning this self-styled "war", it's the diseases, as cancer rates climb and drug discoveries lag behind the increasing pace of tense city life.

So when Dr. Christopher resumes his seat and begins answering questions in his firm, quiet voice, it's not hard to believe that nerve deafness--a common problem of the elderly which defies drugs--can be cured with a combination of garlic oil and tincture of black cohosh, blue cohosh, blue vervain, skullcap and lobelia. Nor is it impossible that a comfrey poultice will heal a hole in the eardrum; that chickweed tea will clear up eczema; and, once the intestines are unstopped and food well-digested again, maybe eggshells dissolved in apple cider vinegar taken three times really will do something for varicose veins and other calcium deficiencies.

#### **"Diagnosis Through the Iris"**

A second tenet of Christopher's practice is the integrity of the body and its need to be treated as a whole ("wholistic therapy"). Thus, in the absence of biopsies and blood tests, iri-

dology--the ability to diagnose disease by examining the iris of the eye--becomes a staple part of Christopher's program.

"Those old timers have put a lot of dues out," added Mark Bluementhal, head of Sweetheart Herbs and founder of the Austin Natural Living Committee. "Dr. Christopher has a lot of friends still in jail; he knows what the FDA can do. But like, he flew back to Utah today to celebrate his 33rd wedding anniversary with his wife. . . . He doesn't want any more trouble. So it's not his fight anymore. It's up to the groups like the Herb Trade Association and, ultimately, the people who buy and use herbs. Herbs are basic to people's health, and they have a right to them."

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In "The Recorder" in San Francisco, editor Paul Speegle wrote an editorial on how Dr. Christopher was arrested and originally fined with a \$50,000 bond. He added, "Where hardened criminals, guilty of crimes of violence and threats to society are given low bail, some members of the legal profession are requesting that an investigation be made to determine what prompted such an excessive bail in this case."

"Could this be a ploy to take the heat off the doctors in the current malpractice mess by making it unpleasant for acupuncturists, herbal and natural healers? Just asking!"

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In 1975, a Calgary, Canada, news editor, Linda Curtis wrote, ". . . when he said he took a drink of cayenne pepper each morning, I nearly dropped my pen. Admittedly, I am not too familiar with cayenne. . . how could anyone consider taking a tablespoonful in a glass of water and dashing it back? Well, the good doctor wasn't kidding."

"Later, when I dropped in at one of his talks, he tossed what seemed to be almost three tablespoons of cayenne pepper into a tumbler of water, downed the whole thing and came up smacking his lips. He is convinced it's a great tonic, and aid in lowering high blood pressure, stopping bleeding and performing other remarkable feats."

". . . Dr. Christopher is a grandfatherly fellow who obviously knows his business," she added.

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Nan Chalat wrote in the Heber City, Utah. "Focus", October 23, 1980, p. 4D-5D:

"Though his reputation as a Master Herbalist is well known, few know that Dr. John Christopher is in Park City this week. He slipped quietly into town to teach an advanced seminar in natural healing to students from all over the United States and Canada... In all, Dr. Christopher has been practicing for more than forty years... Unorthodox methods of healing were dealt with harshly. Nevertheless, he was intent upon exploring the use of wholesome organic substances in alleviating the suffering of others. He found much support for his findings in early pharmaceutical and religious texts which had fallen by the wayside in the wake of the new medical discoveries of the time... the law was not accepting and so began a long series of legal confrontations. Legislative pressure finally became so oppressive that the doctor was forced to stop practicing."

"He did not, however, lose faith in his healing methods. He was permitted to teach and this he has pursued with vigor ever since."

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The New Age Community, January 1976, p. 9, Vancouver, British Columbia.

"The fields he specializes in have become so popular that he travels extensively; lecturing, giving workshops, and teaching people how to heal themselves. He is very busy, yet he returns to Provo weekends to be with his family."

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At the time of his passing, Dr. Christopher was about to publish a comprehensive herbal which included over 100 herbs and their constituents as well as his own case histories. He also planned to release a book on herbal aids for women's diseases and an autobiography. Their works are in the process of completion by his family.

Dr. John Raymond Christopher is survived by his wife, Della, and his children, Carol, John, Ruth, David, Janet, and Steven; plus 17 grandchildren. He will be deeply missed here on earth by his family and thousands of friends who knew and loved him.

The Doctor's work will be carried on by his family and staff in the tradition of his teachings.

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## **Dr. Christopher's Natural Healing Newsletter**

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