



Principle 1 - Your Body Will Rebuild Itself with the Right Materials.

This is the first principle to understanding your body. I have documented these principles to put you in charge of your own lifelong wellness. This principle is the first step to rebuilding the wonderful energy you had in your youth, or perhaps are gaining for the first time. My wife and I, along with many of our clients, are experiencing this joy and energy and feeling better every year.

This first principle is something I have seen to be true throughout the past 60+ years. As a child, I learned that my body was designed to heal itself. Is that strange to you? I found that when provided the proper materials my body would heal itself of any injury or illness.

As a young child I remember getting a cut or scrape and my mother putting a little of her very precious "Grandma's salve" on it. I would go back outside to play and forget all about the pain of the cut that was now healing.

When I was in my 20's I did some very serious damage to my knee and it hurt... all the time. The doctor offered surgery but I declined because I believed it would heal itself properly and get better. I was in the military and was required to do physical training with the rest of the group every day of the work week. Running hurt and my knee hurt and was swollen after every run. I held the belief that my body could heal my damaged knee so firmly that for the next eight years, without any other support or knowledge of how to help it, my knee continued to hurt most of the time. Meanwhile, I kept searching for and praying for the right materials to rebuild my knee. In 1996 God put a book in my hands that outlined the right materials to rebuild the torn meniscus and the shredded cartilage in my knee. The book is *An Herbal Legacy of Courage* by David Christopher written about his dad, Dr John Christopher. I applied the principles I learned from that book, and took the herbal materials as outlined and within six weeks my knee was pain free and I was running five miles with no problem at all. Today more than 20 years later I am still pain free and fully able to do everything with that knee. Over the past 20+ years I have learned and applied these principles to every area of the body and found success in rebuilding all systems but one (which is teeth and I'm working on it). Maybe I'll find or be led to the answer to that one system also.

So the first principle is simple but critically profound. **"Your body will rebuild itself with the right materials."** What a great gift from God this is! This principle implies that we can provide the right materials and our body will rebuild any damaged system. My experience says this is true. Provide the right materials and every system in your body will rebuild to its blueprint. More on how to know what the right materials are and the right amounts in another principle.