



Principle 11 - The Sufficiency Principle

Here is another important principle: the principle of getting sufficient materials of the right type so your body can rebuild. The foundation of right materials is the food and water that you take in. When your food is the best quality and meets most of your nutritional needs then you can use the herbal food to target rebuilding needs.

For example, suppose your body needs ten capsules worth of a particular herbal food today and you only deliver two capsules worth, then the workers are missing eight capsules worth of the nutrients needed to rebuild. Remember that for many of these herbal materials, your body uses some nutrients every day just to maintain daily living. If you need ten capsules and four of those are for daily needs of living, then the other six are supposed to be available to rebuild with. But if you are only bringing in two capsules worth of herbal nutrients, then you are running short of meeting even the daily needs and are creating a deficit. Your body takes the needed materials for sustaining your life out of less critical areas that aren't needed to keep you alive, but these must be replaced later and before any rebuilding of broken down areas are taken care of.

Some people do not understand that herbs are just plants in their complete and whole form. Herbs are not (and should not be) concentrated down to one element. If you are considering taking a concentrate (also sometimes called extract, which can be confusing) this format has had one element of a plant isolated (or chemically reproduced) and so the herb is not in its wholesome state and is not balanced and whole the way God designed it to be. A whole herb has many interrelated parts that allow the body to use all of the elements that it needs in a synergistic fashion.

How fast can something rebuild if sufficient materials are taken in? I know people who have broken a bone and 24 weeks later it was not fully healed. I also know people who, by getting in sufficient materials for rebuilding bone, have completely rebuilt the broken bone in four weeks. This is done by knowing what materials are needed and then diligently and aggressively taking those materials. Aggressive means from four to up to ten times "normal" amounts every waking hour or two. That may be ten or many more times the label's recommended maintenance amount. Self-muscle testing is the best way to know what and how much of the herbal foods your body needs.

One instance is a double break of the fibula. One winter, a slick step at work caused Winona to take a fall and break the fibula in two places. We had recent experience rebuilding broken bones so we knew what to take to speed the rebuild. While the bone was healing, Winona took literally handfuls of capsules of Dr. Christopher's Complete Tissue and Bone every day, along with drinking two to four quarts of Dr. Christopher's Calc-Tea with Comfrey formula (herbal calcium), and taking two to six tablespoons of Dr. Christopher's Jurassic Greens to keep the body alkaline. By using this aggressive approach, her healing was speeded, and she was able to be back to 100% function and done in less than four weeks.

There are many options to taking herbs and getting enough. Start with the basics and keep learning. Ensure first, you are getting Wholesome Foods, (we talked about this in Principle 8) that you are putting your priority into learning how to eat only nourishing food so that the herbs you need are being used to rebuild and not to just meet your core body nutrition needs for daily operation. Then look at the options for getting the herbs in sufficient amounts to match your budget and lifestyle. Can you grow your own? Grow as many as you can so they are available when you need them. This will ensure they are a regular part of your diet and food so your regular maintenance and rebuild is a part of your daily life.

Consider the options of different formats for getting the herbal materials in the body. We take the herbs in a variety of formats as it seems appropriate. Here are some options

- Herbs in capsules are convenient when you are traveling or need to take them with you to work. There are some people who don't like to swallow capsules.
- Whole extract liquid herbs are available for many herbal combinations, which works better for rapid absorption or for someone who has trouble swallowing capsules

- Tea or Herbal Infusion or Decoction to enjoy a nice relaxing cup of something warm (or cold as preferred) while meeting the rebuilding needs.
- Bulk powder to get more rebuilding materials in without swallowing capsules and at a reduced cost. I use powder format for many rebuilds. I spoon the powder into a glass and fill the glass with water, mix in the powder and drink it down. Some herbal combinations have bitter herbs in them, so while I don't mind the bitter taste some people cannot take those herbs as powder in water.
- You can also use a small capsule machine to make your own capsules from these bulk powders at significant cost savings, as Winona usually does.

Remember that herbs are only needed during the rebuild. When your rebuild is completed you stop taking them. For many rebuilds a few weeks or months of diligence is plenty and that system is rebuilt, so these are not plants you continue to need for the rest of your life. Using herbal foods is to rebuild and be back to full function, not about continuing to need the materials for a lifetime. Much like building a house, when it is complete, and you move in, although there will be maintenance to keep things running well, you will not have to build the rooms over again!