



Principle 12 - The 6 and 1 Principle - (Also known as the Sabbath Principle)

A gentleman walked into my office. He said he had made good progress for 3 weeks and now he seemed stuck and nothing was improving. I had outlined a rebuilding program with him the month prior. After asking a few questions about his food intake and method of doing the rebuild I learned that he didn't take a day off each week from the herbs he was using to rebuild.

Experience shows that all herbal rebuilds work better, are more effective, move more consistently forward, and are more quickly completed when the 6 and 1 Principle is followed. This is also known as the Sabbath Principle by some people.

What does the 6 and 1 Principle mean? Take the herbs six days a week and on the seventh day do not take any herbs. This allows your body to rest from the work of rebuilding on one day a week. This cycle is repeated for six weeks and during the seventh week no herbs are taken. During the seventh week you pay attention to your body and notice if the reasons for the rebuild of that system are taken care of, or if some challenges are still present. If there are still symptoms of system weakness then another six weeks of rebuilding is indicated. For some weaknesses multiple rebuild cycles may be needed. Keep going until the rebuild is complete.

I have noticed that some people follow this principle diligently and make rapid progress. I have had a few clients who just haven't followed the principle. Three or four weeks later they tell me that they aren't making any progress. The herbs aren't working. With no rest, the workers for the body are tired and are no longer getting the work done.

I have been following this principle for the past 24 years and have experienced first hand how fast my body has rebuilt. I have had weak systems that were troublesome for 13 or more years, that in six weeks were working properly. I inherited a weak pancreas from both my maternal grandfather who had severe low blood sugar issues, and from my paternal grandmother, who had diabetes and died from it. I had blood sugar issues for 13 year that were so severe I could not eat any sugar or processed fruit without dropping my blood sugars to the point of nearly passing out. I had to eat small meals every 2 hours and was hungry all my waking hours. In just 6 weeks of taking Dr Christopher's Pancreas Formula my blood sugars stabilized and I felt better than I had in 13 years.

If you want to experience a rebuild that will surprise you, follow the principle of six days on herbal support and one day off for six weeks and then take one week off the herbs. During that week off, notice if you are fully recovered or if you need to repeat the rebuild for another six weeks. You may want to write down or make a note on your calendar when beginning your program and the end of the six weeks. I know that this principle works when rebuilding with food and herbs.