



Principle 13 - Pain is Just a Red Warning Light

Pain is like the red warning light on the dash of your car that tells you the oil is low, or that something is wrong in the car. It indicates that the body needs more materials to heal. Pain may be physical in origin, or may spring from emotional, spiritual, or mental causes. When you feel pain, do not ignore the warning light, put tape over it, or otherwise try to suppress it. Instead, learn the cause with self-muscle testing, and provide the needed materials.

Then the pain will go away.

A few examples of things to self-muscle test for:

- Pain from damage to a joint--provide Dr Christopher's Herbal Calcium capsules or tincture (also in bulk as Calc Tea) and Complete Tissue and Bone capsules or syrup (also in bulk as BF&C) and rub on the Complete Tissue and Bone Ointment or Massage Oil.
- Pain in the Kidneys--provide Dr Christopher's Kidney Formula or Male Urinary Tract Formula
- Phantom pain in an amputated limb: Clear the emotional blocks, and heal the damaged nerves with Relax-Eze and Mullein.
- Pain in the Eyes--Clear spiritual blocks, and rebuild with Dr Christopher's Herbal Eyebright Formula and Bilberry Eye Formula
- Pain caused by scoliosis of the spine--Dr Christopher's Herbal Calcium (also in bulk as Calc Tea) and Complete Tissue and Bone (also in bulk as BF&C) and rub on the Complete Tissue and Bone Ointment or Massage oil, and so forth.

Pain will go away as soon as the blocks are cleared, and there are enough materials (nutrients) consistently available to allow the body to rebuild the area. So provide enough materials. You can provide materials two or three or four times more than you think is needed and every hour or two as needed just as we discussed in Principle 11.

A headache is a little different than other types of pain, typically. The most common causes of headache are dehydration, or lack of available plant-based absorbable calcium. Get a drink of water, wait half an hour and take herbal calcium with a drink of water. An hour later more water and herbal calcium. Avoid caffeine or other stimulants.

A migraine will often stop quickly through opening up the blood vessels, which is accomplished by drinking a teaspoon of cayenne pepper in a glass of warm water. One of our dear friends discovered this after suffering for years with chronic migraines. She is delighted that when she feels one coming on, the simple remedy of cayenne pepper puts her back to herself in 5 minutes or less. Capsules may also be used; they just take a few minutes longer.

All of this will not work if you are continuing to dump toxic material into your body, such as sugar, white flour, or chemicals in processed foods that are causing inflammation, or if environmental toxins are adding to the inflammatory load on your body. If this is the case, first stop the toxins coming in, or cleanse the body with Dr. Christopher's Herbal cleanses..

Now, there is one herb to help with pain caused by injury to the body because it is a natural narcotic-strength pain reliever without any narcotic side effects that also provides a lot of materials to help the body. This herb is MULLEIN. You can take capsules or make tea. Just remember to strain the tea through cloth or a coffee filter as there are little "hairs" that may irritate the throat. This can provide almost immediate pain relief in cases of structural damage to the body, such as torn ligaments, broken bones, etc. You still need to provide the needed materials and not just attempt to block the pain. Winona discovered the power of mullein to relieve pain after a serious break of her wrist, shattering both ends of the bone in a fall. The pain was so intense the next day that she considered using narcotics, but tried mullein, and within a minute of drinking mullein tea, found that the pain was relieved. She continued to drink mullein at least once or twice an hour for the first several days, then was able to stop when the healing had progressed enough. We have witnessed several people be able to stop using opiate pain killers by transitioning to mullein.

So if you have pain, do not block the pain with pills. Instead treat the cause with the right materials in addition to wholesome food. What are the right materials? This is where **self-muscle testing helps which you are now mastering**. We need to adjust what materials we bring in based on what the workers need that day. Remember you are the foreman or acquisition manager. Our needs for building/rebuilding the body are different from day to day and you need different materials at different phases of your building or repairing.

One other pain is worth mentioning. This is pain that causes the body to be out of balance because of an emotional, mental or spiritual cause. These are also real. These types of pain can be found and corrected also. The tools that you have learned are valuable in working with this very real pain. You may need help finding these types of pain. I invite you to ask for help.

Remember that when you can't figure out what to do to clear the red warning light in your car you go see a mechanic. If you've used the tools you've learned, but still need help knowing what system is damaged and what materials are needed to repair that system you may wish to ask Fred.