



Principle 14 - Faith To Take Action

Nothing happens until you start to act. Until you act on the principles that create rebuilding, your body will continue to struggle and suffer with pain or illness. That seems like a very obvious statement, but it is surprising how often people learn these principles, and say something like, "That's a great system and I think it would be good for me, but..." Fill in the blank with whatever you think will stop you from taking action; "I've already scheduled surgery," "My doctor wants me to take this medication," "My spouse would not support this," "I can't afford it," "I don't think I could make all those changes," and so on. When these kinds of thoughts or statements come up for you, ask yourself, "What do I really want?" You can also ask, "What would happen with _____ (your "but" here) if I took action on these principles?"

My experience is that often people who learn about these principles don't take action. Congratulations for being one who takes action!

It takes faith, or the belief that trying something will work, to motivate a person to action. Real faith in the idea that a body can be rebuilt by the plants that nature provided, either in food or herbal food format, means that despite objections and hurdles, you are willing to take the first step. Only you know what the first step is for you, whether it is giving up something harmful, starting to include more water, changing the way you think or feel, etc. But when you have faith that this will help you, even if you just hope it will work, you will take that first action step.

When I first discovered Dr Christopher's products in 1996, I had a lot of physical problems that needed serious rebuilding for me to lead a normal life. I did just one thing. I took the one supplement that would help my most serious weakness. In six weeks I felt like a different person. I'm sure my family appreciated it because I was a different person to be around. That success gave me the faith to try other rebuilding processes in my body. Today, with over 20 years of success in myself, my loved ones, and my friends and neighbors, I have a certain knowledge that the principles supported by the needed materials rebuild the body. I have seen it and I have experienced it. It all came from a successful first attempt. If you need guidance for that first step that it will be successful, ask for additional help. I know you will be successful!

What can you do today to start toward your own wellness success story?