



Principle 20 - What Are Your Most Important Rebuilds?

Have you ever worried that you might suffer from the diseases or age-related health-reducing weaknesses that your grandparents or parents suffered from? Maybe you are worried that you will die from a heart attack like grandpa or suffer from diabetes like grandma?

You can defeat your inherited risks by knowing those risks and fighting them with a targeted nutritional and herbal program.

There are several ways you can identify your weak areas and inherited risks. One way is to have your DNA analyzed. My wife and I ran our DNA with Ancestry.com (other options are 23andme.com or familytreedna.com but check to ensure they can provide the raw DNA to you via a download). We then uploaded our **raw** DNA data to Promethease.com to learn our inherited risks. We already knew some of our weaknesses because of our knowledge of family members and ancestors' health problems. We learned other inherited risks from the comprehensive analysis done by the Promethease analysis <https://promethease.com/>. Other websites provide similar information, such as myheritage.com. I consider it a very valuable insight. The Promethease report identified thousands of health areas and reports of my risk (based on my DNA profile) and whether the risk is greater or less than average. It also lists specific medication concerns for your body type based on medical studies. We focused on what the system weaknesses were for each of us individually. By knowing our weak systems we have been able to use herbs to rebuild the systems of the body that were identified as inherently weak. So can you!

Another way you can identify inherited weaknesses is by filling out a Genogram. While a Genogram is used for other things it can be used to identify inherited health risks.

Or you can identify your inherited weakness by asking your body with a structured full body systems assessment. This uses self-muscle testing to identify what your weaknesses are and what you should focus on rebuilding this year.

I have always believed that certain plants will rebuild our physical inherited weaknesses. A few of examples of plants that are specific for body systems include:

- Hawthorn berry for the heart,
- Cayenne for the blood vessels,
- Eyebright herb for the eyes.
- Cedar Berry for the Pancreas
- Ginkgo Biloba for the brain

Each body system has a specific plant that is its primary rebuilding food. Gratefully, Dr. Christopher put these primary herbal foods into herbal combinations that work synergistically to cleanse or rebuild those specific body systems. For example the formula for rebuilding the heart is named Hawthorn Berry Heart Syrup and the Kidney cleanse formula is called simply Kidney Formula. The link to Fred's compiled list of Dr. Christopher's herbal combinations that tie to body systems is [here](#). You can self-muscle test for what is right for your body. If you can't figure out what you need for a rebuild, schedule an appointment to get some help.

In the final principle, we will teach you to design an annual rebuilding plan. I liken it to scheduling oil changes, tire rotations and so forth to keep the car in top safe operating condition. By following a 7-week rebuild cycle of your specific wellness risks every year or two you can rebuild your weak areas and enjoy abundant health throughout your life.