



Principle 21 - Rebuild the Weakest Systems Every Year

Once you have identified the inherited weaknesses, you create a rebuild plan. Start with the weakest body system or organ, or the most urgent issue, and work through them all the way to the inherited risks that are not currently causing you trouble. Map out a 7-week plan for each of them and schedule the next seven cycles on a calendar. Perhaps the easiest way is to use a calendar to identify seven full cycles for the coming year to work on the seven weakest systems, thus taking 49 weeks. Your plan needs to be flexible enough that if you find during the week of rest that the previous six-week cycle of herbs had partially rebuilt but is not yet 100%, that six-week rebuild cycle would be repeated for that system and the next rebuild moved back. Some systems are inherently weak in each of us and will need to be repeated every year, or more. Cleaning and rebuilding the cleansing organs needs to be done every year or two; so Dr. Christopher's four primary cleanses that make up his Extended Herbal Cleanse could be included in this schedule. This may take one or two full cycles.

Natural outcomes of following the cleansing and rebuilding in 7-week cycles include feeling better, having more energy, losing weight and feeling and looking your best.

Let me share a personal experience. One of my inherited weaknesses is age-related macular degeneration. Many of my uncles have gone blind after age 60. This is a serious concern to me, particularly because my DNA profile indicates I am at high risk for macular degeneration and blindness. I want to keep my sight and I have noticed a weakness in my sight. About 30 years ago my eyesight began degrading rapidly so that I couldn't see distance or close up clearly. I was prescribed glasses to see distance for driving and glasses to see close up to read. I don't like glasses. I forgot to wear them or figured I could squint to see the labels or the road signs. I wanted to deny that I was losing my eyesight.

I had already had wonderful success in rebuilding other systems of my body so I decided to look at the herbal support to rebuild my eyes. Dr. Christopher's makes herbal combinations that focus on rebuilding both for night blindness with a product called Bilberry Eye formula, and also a product called Herbal Eye that comes in both capsules and in extract. I followed Dr. Christopher's program to rebuild the eyes by taking the Herbal Eyebright formula capsules and the Bilberry Eye formula capsules as well as washing my eyes daily with the Herbal Eye wash (see http://www.herballegacy.com/Herbal_Eyebright.html for more information). I have repeated this process every few years since and currently don't need to wear glasses; my most recent eye test a year ago indicated my eyesight is 20/20. I will continue to follow this process over the years, as I do not want to go blind as my uncles have.

Rebuilding the weakest organs and body systems is probably the most important thing that I have done for myself over the years. **After 20 years of rebuilding I feel better and have better energy than I did in my younger years. I invite you to rebuild your body to enjoy the blessings of full health and energy.**

This is that final principle.