

The Champion Clinic



Patient Handbook

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Introduction

I have been in practice for 36 years now and have worked with over 30 000 patients. I have helped them to heal themselves of all sorts of diseases using herbs and natural healing. Some had minor problems, others were told there was no hope and they had only a few months to live.

Without exception all the patients got well if they were willing to do the healing work in its entirety. Some were not, no matter how desperate they were. They found excuses that made them exceptions to the rule and continued to sabotage their own health.

Many people think their disease is unique. My long years of experience treating patients with every known illness, some of which baffled science and couldn't be labeled by doctors, has shown that no condition is unique. The severity of any disease is no exception, nor its length or its content.

Healing depends not on what medicine can do for you but on what you are willing to do for yourself. The simple fact is I'm incapable of healing anyone; I'm merely a guide, a teacher and a great ally in adversity. I can point the way to greater vitality and can lead you out of a maze of seemingly intractable illness and pain. I can show you how to create the health, vigour and vitality you thought was impossible. However, ultimately you are the one who is going to have to pick up the healing tools on offer and take control of your own health.

Basic Groundwork

Patience

People often suffer from the effects of unconscious living and carry years of unresolved emotional issues. They are used to chemical quick fixes and expect me to offer a three day programme which will cure them instantly. If you're looking for a quick fix then I am not the practitioner for you. **I want to show you how to change your life permanently for the better and that takes time.**

Ground Work

The first essential step is to open up the six eliminative channels in order to ensure they can cope with the toxins that will inevitably come out of the fat, muscle, lymph and blood. If the liver, colon, lungs, lymph, skin and kidneys are not ready to handle this toxic overload efficiently you may wish you'd never contemplated getting health! In fact you'll get worse rather than better as you bathe in your own toxins. Therefore, I insist

everyone one of my patients spends three months focusing on rehabilitating their eliminative organs before embarking on any intensive programmes.

The great news is that, in my experience, if you do the groundwork you may not need to go any further. At least this is what I have observed with the thousands of patients I've helped in my many years of practice.

Simply by doing the basic groundwork the majority of patients get better.

To begin:

- Rectify your diet and exercise patterns
- Cleanse your six eliminative channels
- Purify your bloodstream
- Boost your immune system

Basic Groundwork for the First Three Months

The Vitamin and Mineral Controversy

Nearly all vitamin and mineral supplements are currently not made from food. In fact, commercial vitamins and minerals are nearly always synthesised by the large pharmaceutical companies from exactly the same material that drugs are made from - coal tar derivatives, petrol products, animal by-products (including parts of their bodies and their faecal matter) and pulverised rocks, stones, shells and metals. The United States Pharmacopoeia simply says that if a product looks similar under a microscope or any other form of laboratory analysis, it is the same product regardless of what it is made from. For example, salicylic acid is considered identical whether it comes from wintergreen leaves or boiling coal in carbolic and sulphuric acid; glycerine maybe be made from fresh vegetable sources or boiled down animal carcasses, particularly the cartilage and hooves.

Synthesising Synthetic Vitamins and Minerals

Vitamins and minerals naturally present in food are bound to food complexes with carbohydrates, proteins and lipids. The human body recognises only this entire food complex as food. Nearly all supplements are synthetic combinations of isolated vitamins and minerals that are not bound to anything and may have an entirely different chemical structure from those found in food. They are also formulated so they can

boast of 100% of the daily-recommended allowance on their labels. These synthetic formulae often ignore antagonistic and synergistic effects among vitamins and minerals, as far as both absorption and metabolic reactions are concerned. The chelating agent in whole foods that assist absorption may be missing and synthetic calcium and iron are not well absorbed by humans.

Megadoses of vitamin and mineral supplements are largely excreted simply because the uptake mechanism in the intestines cannot cope with them, which is why B complex will turn urine yellow and make it smell strongly and iron will blacken the faeces. Megadosing is not simply a waste of money, it can also be dangerous. If the body relies on formulated supplements it is possible that it may get lazy or 'forget' how to extract the nutrients from food efficiently. In other words, megadoses may actually block the body's normal and natural wisdom. Bear in mind too that the technology which bought us chemical chelators, transporters and time-release agents in an attempt to get round this problem, is in itself synthetic. Such concentrates may affect sensitive people.

It is better to get our nutrients from natural sources because our bodies are designed to absorb nutrients from food. It isn't just how much you take of a nutritional supplement that matters, it is how much you absorb. I have yet to find any synthetic vitamins and minerals that are compatible to the human digestive tract.

Most people are unaware that B12, cyanocobalamin, is made from ground-up cows' livers or activated sewage sludge. These cows' livers are over-loaded already with steroid and antibiotics and the pesticides that cows ingest while eating. Vitamin A is made from fish livers and the toxic overload from these. Vitamin D is made from radiated oil, vitamin C from acid blends that can irritate the lining of sensitive digestive tracts, and most minerals are simply made from pulverised and powdered shells and rocks. A midwife I know can tell when a mother has taken calcium tablets during her pregnancy as they are lodged like clumps of grit in the placenta delivered after birth, undigested and useless.

Liquid Chlorophyll

Extracted from alfalfa which plunges its roots 30m deep into the earth to extract minerals, which are the building blocks of vitamins, 1 tablespoon of this daily is equivalent to 1 Kg of vegetable consumption. This pleasant tasting liquid balances the pH level of the body so stopping pathogens taking hold of internal tissue, it fights free radicals, so reducing ageing and wrinkling, promotes cell regeneration, boosts the immune system, purifies the blood, draws out pesticides and drug residues and soothes stomach ulcers.

Initially faeces can appear greenish. Don't panic. It is the only the body's inability to absorb all the goodness of the chlorophyll so the excess gets discharged. As soon as toxins are cleared absorption will improve and faeces will go back to their normal colour (see Basic Groundwork).

"Success is a journey not a destination"

Intestinal Formula No. 1

Ingredients:

Cascara Sagrada aged bark, Bayberry bark, African Bird Pepper, Fennel seed, wild Thyme leaf & flower, Garlic bulb, Lobelia seed, red Raspberry leaf, Turkey rhubarb root.

Therapeutic action:

A variation of Dr Christopher's famous lower bowel tonic that cleanses the liver and gall-bladder, stimulates the flow of bile and aids peristalsis so that the layers of encrusted ancient mucus lining the colon can gradually and gently slough off as the bowel is rebuilt, resulting in the perfect and efficient assimilation of food. It also helps heal inflamed diverticular pockets and relaxes tension in the colon.

Dosage:

Begin with 1 capsule with each meal. You should continue to increase your dosage by one capsule with each meal until you notice a dramatic difference in the way your bowel works. If you need more than 12 capsules daily, switch over to Intestinal Formula No. 2. Remember it has taken each of us years of dedicated effort to create a sluggish bowel so be gentle and patient with yourself. Go slowly.

This formula can be taken for a week, a month, a year or the rest of your life. Continue to use it until you are having one bowel movement each day for every meal eaten. 2 to 4 bowel movements a day is perfectly normal and indeed absolutely desirable.

What is the ideal bowel movement?

- You should be able to evacuate your bowel in less that 2 minutes without straining, squeezing or grunting.
- Every bowel movement should be soft and mushy like smooth cottage cheese, slightly gaseous and should crumble and break up as it reaches the water on the toilet's surface. Anything harder, dryer or more formed than this and you are constipated.

- Healthy bowel movements should be the colour of wild honey and should smell basically of the food you have eaten.

With chronic constipation only 10% of the food eaten is utilised. Do remember that most laxatives are poisonous and merely serve to irritate the bowel, doing nothing to remove the encrusted mucus. If laxatives are used regularly, the colon becomes addicted to them and in time grows weaker from over-stimulation and irritation so that the dosage has to be increased. A properly functioning bowel means better food assimilation and it also increases vitality and allows better absorption of nutrients, often reducing the desire to eat as much food.

"Your body is precious. It is your vehicle for awakening. Treat it with care."

Intestinal Formula No. 2

Ingredients:

Cape Aloe leaf, Senna leaf and pod, Cascara Sagrada aged bark, Barberry root bark, Ginger rhizome, Garlic bulb, African Bird Pepper.

Therapeutic action:

Richard Schulze's famous much stronger stimulating bowel tonic, with the exception of the omission of Curacao Aloes, is designed to disinfect all parts of the gastrointestinal tract. It disinfects, stops putrefaction, relieves gas and cramps, improves digestion, increases the flow of bile, encourages the growth of healthy intestinal flora, acts as an antibacterial, antiviral, antifungal and anti-parasitic, and increases circulation whilst cleansing. It is three times stronger than IF No. 1, healing and strengthening the entire gastrointestinal tract.

Dosage:

Begin with 1 capsule daily at supper.

The following morning you should notice an increase in your bowel action and in the amount of faecal matter you discharge. The consistency should be softer. If there is no dramatic difference, increase your dose the next evening to 2 capsules and keep on doing this on a daily basis until you achieve an ideal bowel movement. You may have to orchestrate the dose daily as bowel action is often governed not just by diet, but by exercise and stress levels.

There is no limit to the number of capsules you can take.

Most people need only 2 or 3 capsules, but I've had patients take up to 40 capsules daily. Be patient. It has taken years of dedicated effort to create the bowel you have so allow yourself a few weeks to get the dose right and increase by only 1 capsule a day.

Take this formula for a week, a month or the rest of your life. It doesn't matter. The point is to continue to use this formula until you are having a bowel movement on a regular basis for every meal you eat.

Intestinal Formula No. 3

Ingredients:

Organic Flax seed, Apple Fruit Pectin, Pharmaceutical Grade Bentonite Clay, Psyllium seed and husk, Slippery Elm bark, organic Marshmallow root, organic Fennel seed, activated Sycamore charcoal.

Therapeutic action:

This formula acts like a strong intestinal vacuum softening old encrusted faecal matter and toxic waste inside diverticular pockets for easier removal. Some of my patients have discovered it removes colon polyps and it is good for irritable bowels, as well as being an antidote for food and other types of poisoning. It will draw out 3000 different chemical drugs, as well as heavy metals and radioactive elements.

Dosage:

Take this formula 5 times each day for 6 days. Aim to get through the entire pack (240g) in this time. One hour after your liver flush or your morning nutritional drink, mix 1 heaped teaspoon of the powder in ½ pint of diluted juice. Liquidise it or shake it in a small jar with the lid on. Repeat ½ hour before lunch, between lunch & supper, ½ hour before supper and an hour before bed. Drink an extra ½ pint of pure water after each dose and remember to take your IF No. 1 or 2.

Echinacea Plus

Ingredients:

Echinacea angustifolia root & flower, *Echinacea purpurea* seed, Garlic bulb, Siberian Ginseng root, African Bird Pepper

Therapeutic action:

Echinacea is one of the strongest immune stimulators and enhancers known. It doubles the amount of T cells and macrophages in the blood within a few days of

ingestion while increasing Interferon, Interleukin, Immunoglobulin and other vital natural immune chemicals present in the blood. It works superbly by boosting the number of immune cells and the amount of natural immune chemicals and stimulates them into more activity.

By boosting the immune system you'll notice you have fewer colds and those you do get will go more quickly. If you are suffering from a chronic and long-term immune depressive related illness this formulation will stimulate the immune system and affect a speedier recovery.

African Bird Pepper stimulates circulation. Garlic is antiviral, anti fungal, antiseptic and antibiotic (and yes, I know, anti-social). Try sucking a clove bud or chewing fennel seeds to sweeten the breath. The interesting thing you'll discover is the more you detoxify, the less you'll smell of garlic. Siberian ginseng is an adaptogen making the body function better with increased vitality and energy.

Dosage:

In general, if you're not ill and simply want to protect your immune system and shield yourself from people around you who are ill (as we often have to running a very busy clinic), take 20 drops x 3 daily for 10 days once monthly.

If you are simply feeling a bit off and feel you might be going down with something, take 20 drops x 6 daily for 10 days.

If you actually have some obvious clinical symptoms - a sore throat, fever, nasal or lung congestion, a cold, an insect bite, food poisoning, a wound or bad bruise so that your immune system really needs to get to work, take 100 drops x 4 daily for 10 days. Then stop for 5 days and repeat the dose for the next 10 day cycle and so on.

Many of our patients have quadrupled the dose and so far none of them have suffered from immune burn out!

Liver / Gall Bladder Tonic

Ingredients:

Milk Thistle seed, Dandelion root & leaf, Oregon Grape root, Barberry root, Wormwood leaf & flower, Fennel seed, Wild Yam rhizome & root, Artichoke leaf

Therapeutic action:

This tonic is both cleansing and toning to the liver and gall bladder. It assists the liver to do its job more efficiently while simultaneously protecting it from damage due to

toxins and poisons in the food that we eat and in our environment. Use as an occasional maintenance tonic or to cleanse and strengthen the liver after illness and/or abuse.

The Milk Thistle in this formula is famous for its ability to bind and coat the liver cells, healing previous damage and protecting the liver from future damage. Dandelion, Oregon Grape and Barberry are all bitter herbs which are nature's classic way of stimulating the liver to excrete more bile which in turn cleanses the liver and gall bladder and stimulates digestion. Even if you've had your gall bladder removed these herbs will still cleanse the bile ducts.

If you've been constipated in the past, had your fair share of alcohol or animal products, drunk too much coffee or been exposed to toxic chemicals this formula is indicated. If you've had high cholesterol or any family history of liver or gall bladder problems it is also a good idea.

Dosage:

70 drops x 5 daily in the detox tea for 5 days. Rest for 2 days and then repeat the cycle for a month.

If you're serious about cleansing your liver take the following liver flush every morning for 1 month on rising. Preferable in the Spring when the body is in need of energising from a winter of heavy fatty congestive foods and not enough exercise.

Liver Flush

Juice the following:

1 (building up to 3) cloves of garlic

1" (2.5cm) of peeled fresh ginger

A fresh, preferably organic, lemon sliced

A combination of apple, carrot or carrot mixed with beetroot or any other fruit of your choice

To this combination of ingredients, add 1 (building up to 3) tablespoons of organic flax seed oil or olive oil. This can be stirred or liquidated in.

Garlic and ginger have excellent liver-protective qualities and garlic in particular provides important sulphur compounds that the liver needs to build enzymes. Please note fruit and vegetable juices are incompatible when mixed together with the exception of carrot and apple juice.

D-tox Tea

Ingredients:

Black Peppercorn berry, Carob pod, Cinnamon stick, Clove bud, Coriander seed, Fennel seed, Ginger rhizome, Hawthorn berry, Horsetail leaf, Juniper berry, Licorice root, Orange peel, Parsley leaf, roasted Chicory, roasted Dandelion root, Uva Ursi leaf

Therapeutic action:

This formula is an extra strength detoxification formula. Each herb in this formula is famous for its cleansing ability and has hundreds of years of successful documented use for purifying the bloodstream and lymphatic system while detoxifying the entire body. It is based on an old East Indian digestive tea formulation known as yogi spiced tea. It is stimulating to the digestion, soothes the stomach, is mildly cleansing for the blood, while strengthening the heart, cleansing the skin, liver and gall bladder, and is a mild diuretic and disinfectant to the kidneys and bladder - it may make you urinate a little more an hour after ingestion. Best of all it is an excellent coffee replacement and tastes good. It increases the circulation but contains no caffeine and will help you to give up the coffee and tea habit. Not that I'm encouraging you to do this, but if you've had an indigestible meal, skip the coffee and sip a really hot mug of this tea to facilitate digestion. It is also the perfect tea after a liver flush in which to put your liver herbs. Add a little pure organic maple syrup to it if you want to moderate the spicy taste.

Dosage:

To make the tea as effective as possible, put 2 tablespoons of the herbs into 1 pint (600ml) of pure water, allowing the tea to steep in cold water overnight. In the morning, heat up to a boil while tightly covered, reduce and simmer for 15 minutes. Strain out the herbs but do not discard them. Drink 2 cups of the liquid as hot as possible and then put the herbs back into the pot. Add a tablespoon of fresh herbs and a further pint (600 ml) of pure water. Let it sit overnight and repeat the whole process again. Keep adding new herbs to the old ones for 3 days, then discard all the herbs and start again.

Hypoglycaemia

There are 3 kinds of hypoglycaemia: severe, diabetic and reactive. Blood sugar level is normally confined within a safe narrow range of variation by the hormone insulin secreted by the pancreas, which reacts quickly to even the most subtle changes. Too much insulin results in too much sugar being driven into the cells and as a consequence a steep drop in blood sugar, which particularly affects the normal function of the brain.

Causes of hypoglycaemia include too much refined carbohydrate, chronic stress, food intolerance, thyroid or adrenal problems, deficiencies of vitamin B complex, chromium, manganese, zinc, potassium and magnesium, skipped meals, excessive tea and coffee drinking, cigarettes and alcohol.

Treatment

Take 6 small meals of unrefined foods that are digested slowly. Avoid dried fruits and all fruit juices as well as salt, sugar, tea, coffee and alcohol, potatoes prepared in any form, corn on the cob, anything white or refined, carrots and broad beans (unless raw), turnips, parsnips, pumpkin, watermelon. Of course, also keep away from cigarettes. All of these foods have a high glycaemic index and instantly translate into sugar once eaten. Eat fresh fruit with a small amount of protein like yoghurt and nuts. The only exception to this rule is bananas which are extremely high in sugar. Well-ripened ones may be eaten very occasionally once the whole treatment has continued for some months. Use only whole grains. Dairy products are fine if you do not have any intolerance and avocados moderately. A tub of soya yoghurt with 4 teaspoons of nutritional yeast is a good idea just before bed, to prevent blood sugar starvation while sleeping.

Panc Support Tonic

Ingredients:

Nettle leaf, Ginger rhizome, Fenugreek, Bilberry Licorice root, Milk Thistle, Dandelion, Meadowsweet, Burdock, Juniper

Therapeutic action:

John Andrews originally blended this formula and its results after persistent use over 2-3 months are superb. Designed to support and heal the pancreas while assisting and warming the liver and kidneys.

Dosage:

60 drops x 3-6 daily, depending on the severity of symptoms.

A tendency to hypoglycaemia can easily be identified with an iridological examination.

Kidney / Bladder Tonic

Ingredients:

Juniper berry, Corn silk, Uva Ursi leaf, Horsetail herb, Gravel root, Dandelion leaf & root, Burdock herb, Goldenrod flower

Therapeutic action:

This tea is diuretic (increases urinary flow) and disinfectant and works really well on stubborn urinary tract infections.

Dosage:

70 drops x 4 daily for 6 days in 1 cup each time of the kidney tea. Rest for 1 day and repeat the cycle if necessary. Also take 2/3 Anti-Inf capsules with each cup of tea if you have cystitis or any other kidney or urinary infection.

Kidney Tea

Ingredients:

Juniper berry, Corn silk, Parsley, Dandelion root, Horsetail leaf, Uva Ursi leaf, Goldenrod flower, Hydrangea root, Gravel root, Marshmallow root, Orange peel, Peppermint

Therapeutic action:

Cleanses the urinary tract of irritating materials which clog the kidneys including tea, coffee, hard water, alcohol and soft drinks. Dissolves all calcereous deposits in the liver, bladder and kidneys. This formula also completely dissolves kidney stones and calculi made of calcium in the gall bladder. Add 60 drops of the kidney / bladder tonic to increase diuresis (urination) and so help water retention and lymphoma.

Dosage:

Make as for Detox tea. Take 2 - 5 cups hot daily.

Female Formulae

Pre-Mens Tonic

Ingredients:

Vitex Agnus Castus, Wild Yam root, Sarsaparilla root, Dandelion root, Valerian root, Uva Ursi leaf, Corn silk, False Unicorn root, Squawvine leaf & root, Blue Cohosh root, Cramp bark, Jamaican Giner root, Blessed Thistle

Therapeutic action:

Taken 10 days before a period is due, this will ease water retention, anxiety, irritability and nervous tension. This is often called 'a woman's best friend' by my patients.

I have found a combination of the pre-crash tonic alternated with the Female Formula an extremely successful combination for any gynaecological imbalance including PMT, amenorrhea (lack of periods) or dysmenorrhea (flooding) if followed faithfully over a period of some months. It is worth also following a hypoglycaemic diet, eating complex carbohydrates and foods high in easily assimilable protein every 2 - 3 waking hours; getting checked out for systemic candida; and cutting out all dairy products which aggravate magnesium deficiency which will, in turn, exacerbate PMT.

Dosage:

40 drops x 4 / 5 daily in the 10 days leading up to a period. If your periods are erratic calculate as best you can. Then stop and go onto the Female Formula capsules taking 2 x 3 daily, then resume the cycle again. In time this routine will regularise long-term menstrual irregularity.

Female Formula

Ingredients:

Blessed Thistle, African Bird Pepper, Cramp bark, False Unicorn root, Ginger rhizome, Red Raspberry leaf, Squawvine leaf, Uva Ursi leaf.

Therapeutic action:

Rebuilds a malfunctioning reproductive system and is an excellent tonic nourishing the ovaries, fallopian tubes, womb, cervix and vagina. I have used this together with the basic ground work programme extremely effectively to treat infertility. Stop if you become pregnant.

Dosage:

2 capsules x 3 daily.

Changease Tonic

Ingredients:

Chinese Angelica root, Fennel seed, Vitex Agnus Castus, Wild Yam root

Therapeutic action:

A superb blend of easily assimilated carefully balanced herbs rich in natural hormones

and oestrogen to assist with menopausal symptoms. A powerful regulating and rebalancing formula which many of my patients have thanked God for. It works by increasing the communication between the endocrine organs in the brain and the ovaries, allowing a woman to age gently and naturally and make a comfortable transition through menopause and beyond.

In my 9th book 'Menopause Naturally' I cover in depth the problems that arise with HRT you get from a doctor. You may like to read it. If you have decided to come off HRT, make the transition gradually over at least 2 months. Ensure you have optimal nutritional support and as much rest as possible while doing so.

Dosage:

35 drops x 3 / 4 daily. If your symptoms intensify during a particular time of the day or evening, take an additional 70 drops at that particular time.

Male Formula

Male Ease Tonic

Ingredients:

Saw Palmetto berry, Uva Ursi leaf, Goldenrod flower, Echinacea purpurea seed, Juniper berry

Therapeutic action:

Cleans out sedimentation and infection in the prostate and dissolves stones in the kidneys. Reduces swelling and inflammation in the prostate and promotes the flow of urine. This formula, used in conjunction with the basic groundwork, has even helped when prostate biopsy revealed degeneration. Hot and cold sitz baths help too, taken morning and evening. Fill a basin with 4" hot water and another with 4" of icy cold water. Sit in the hot water and put your feet in the cold. Splash the hot water over the groin using your hands for 3 minutes (you may only manage a minute at first!). Then turn the other way round and repeat, then turn again and repeat one final time. Dry rigorously with a rough towel and dress warmly.

Dosage:

70 drops x 3 daily. Works best if used over a period of time. Allow 4 consistent months for best results and be faithful with all the basic groundwork, especially a good clean Vegan diet with high levels of raw food and juices.

Circulation Formulae

Circ Tonic

Ingredients:

Hawthorn berry, leaf & flower, Motherwort flower, Cayenne Pepper, Comfrey root, Garlic bulb, Siberian Ginseng root, Ginger root

Therapeutic action:

Restores and nourishes the heart muscle and circulatory system, dilates the coronary arteries; increases blood flow and oxygen to the heart muscle; helps with valvular problems, disturbances in the rhythm of the heart, palpitation and angina.

Gently regulates high blood pressure, strengthens the heart, protects the arteries and improves the circulation.

Deplaques the arteries of cholesterol whilst supporting the liver and assisting the circulation if used in conjunction with a vegan diet. This will stabilise cardiac arrhythmia (erratic heartbeat) and tachycardia (accelerated heartbeat) and will help with congestive heart disease. Hawthorn protects the heart cells themselves if used in high doses consistently for at least 3 months and helps the heart muscle to survive on less blood and oxygen. In the unfortunate event of a heart attack, the heart can survive longer because the heart cells don't die as rapidly and damage to the heart muscle itself is minimised.

To reduce blood fat levels even further be sure to eat 3 - 6 cloves of garlic daily. Not as bad as it sounds if you put 3 cloves in a liver flush (see liver / gall bladder and anti-parasitic formula).

Dosage:

70 drops 4 / 5 x daily.

Clarity Tonic

Ingredients:

Ginkgo leaf, Gotu Kola herb, Sweetflag root, Rosemary flower & leaf, Sage leaf, Cayenne Pepper

Therapeutic action:

Nourishes the nervous system and acts as a restorative tonic for the brain working slowly but deeply and surely. Gingko biloba has now become one of the most widely used herbs in Europe for its ability to increase brain circulation. It has been clinically proven to be effective for depression and other mental disorders. Recent medical research has shown that these are sometimes the result of poor brain circulation resulting in lack of nourishment to the brain cells and the improper removal of waste causing congestion, toxemia and poor brain function. Gingko is also excellent for hearing and eye sight difficulties and is lauded for increasing memory.

The Sage in this formula is one of the few herbs able to cross the blood / brain barrier. Rosemary, Gotu Kola and Cayenne all promote blood and oxygen circulation to the brain. Use this formula coupled with the heart / cholesterol and blood pressure tonic to prevent strokes or assist with healing if you've suffered one.

Dosage:

35 / 70 drops x 3 / 4 daily.

"No one on their deathbed ever said 'I wish I'd spent more time at the office'!"

Nerve Formulae

"When you eat, eat slowly and listen to your body. Let your stomach tell you when to stop, not your eyes or your tongue."

Sereni Tonic

Ingredients:

Valerian root, Vervain leaf, Lobelia herb, Lime blossom, Jamaican Dogwood root, Hop strobile, Black Cohosh root, Chamomile flower, Scullcap leaf & flower.

Therapeutic action:

For nervous tension, insomnia and lessening pain, it rebuilds and feeds the spinal cord and revitalises the motor nerves. A powerful antispasmodic it will provide relief by relaxing and sedating tension and muscle spasms. It contains nothing addictive or

narcotic, and is an excellent mild sleeping aid. It has proved very useful for treating any nervous system abnormality including cramping, especially menstrual discomfort, trembling, facial tics, seizures, fits and spastic bowel.

Take lots of B vitamins which help to feed the nervous system. The ones I rate highly are those grown on organic beetroot, commercially known as Engevita yeast and generally available in good whole food stores. This flaked yeast is inactivated so does not encourage the growth of internal yeast and sprinkled in foods tastes cheesy and nutty. Take 4 heaped tablespoons daily.

Dosage:

70 drops x 4 daily, or in emergencies 140 drops as needed.

Thyroid Complex

Containing thyroid, anterior pituitary and hypothalamus glands concentrate together with enzymes, kelp and specific nutrients, this helps metabolic activity and encourages regenerative capacity. A malfunctioning thyroid is the silent epidemic of the 20th century. By the time they die, nearly half of all women and a quarter of all men will have developed a thyroid condition. Unhappily, the standard blood tests used by the medical profession to diagnose thyroid problems are so inexact that many patients, even with obvious symptoms or general malaise, will register as normal.

A number of medical pioneers now believe the high incidence of thyroid problems has as much to do with allergies and environmental causes as it does with cigarette smoke (which contains cyanide, a potent inhibitor of thyroid activity) and chemical drugs. It is worth getting yourself thoroughly checked out if you suspect a thyroid problem (the Vega Expert will provide a good test and I do this at the Campion Clinic).

Dosage:

1 - 3 capsules as advised by me.

Booster Tonic

Ingredients:

Wild Oat seed, Licorice root, Siberian Ginseng root, Prickly Ash bark, Bladderwrack, Gotu Kola

If you are so tired all the time you simply can't be bothered about anything and life is just too short even to try, your adrenalin might be low. The danger here is not only to your personality but to your ability to fight off disease quickly and completely.

This formulation is designed to restore hormonal function, support the adrenal glands,

regulate blood sugar, and increase the body's resistance to disease, so helping counteract stress. It is also good for jet lag if taken a week before the flight and a week after.

Therapeutic action:

It works particularly well in conjunction with the thyroid supplement to boost a flagging thyroid. Used over the long term with Echinacea + it will supercharge the immune system. Used in conjunction with the Female Formula it will stimulate the ovaries into action ensuring better vaginal lubrication.

Dosage:

Begin with 15 drops x 3 daily and increase to 40 drops x 3 daily if a greater push is required. Ensure the last dose is well away from bedtime as it may stimulate you so much it will stop you sleeping. Best to take the last dose late afternoon.

Adrenal Complex

I discovered this superb product while working in Australia together with the Thyroid Complex (see page 30). Constantly dealing with those TATT patients (tired all the time) I found both of these to be remarkably effective! The adrenal complex includes a synergistic concentrate of adrenal gland concentrate, digestive enzymes and eleuthero and liquorice roots.

Dosage:

1 capsule with breakfast and 1 with lunch.

Anti-Infection Formulae

Breathease Tonic

Ingredients:

Lobelia seed & herb, Ephedra whole herb, Grindelia, Mullein leaf, Bayberry root & berry, Thyme leaf, Wild Cherry bark, Peppermint oil

Therapeutic action:

This formula encourages the thinning, loosening and expulsion of excess mucous from the lungs. Take in addition Bio-effective A capsules, if there is evidence of infection, or lobelia if more expectoration is required.

Dosage:

Used alone 70 drops x 4 daily. As there is already a good proportion of lobelia in this formulation, if using with lobelia, take only 20 drops x 3 daily.

Environ Tonic

Ingredients:

Lobelia, Bugleweed, Yellow Dock root, Burdock leaf

Therapeutic action:

Based on Dr Christopher's famous formula designed to scrub accumulative heavy metals from the system right down to a cellular level, I have used this combination in my clinic for many years to remove residual mercury, lead, aluminium and chromium from my patients. If the cause of the poisoning was from dental amalgams, obviously these have to be removed first by a skilled dentist conversant with the necessary safety precautions.

Lead is a neuro-toxin capable of damaging the brain and central nervous system causing anaemia and affecting the muscles. Early symptoms of lead poisoning can include lack of appetite, fatigue and nervousness, and as the poison accumulates in the system it is capable of damaging the kidneys, liver, heart and nervous system. Chronic lead poisoning can cause sexual impotence in men. Protection against lead, apart from the formulation includes calcium, richly present in nuts and seeds, home made nut milks and carrot juice. Vitamin D, present in natural sunlight, is a protective, as is vitamin C, B1, vitamin A and lecithin. Please note that smoking increases the daily intake of lead by up to 25%.

Cadmium contained in petrol, in smoggy air, in phosphate fertilisers, in soft water supplies, in galvanised and newer plastic pipes as well as in enameled utensils and pots is also a heavy metal. Vitamin C is a specific protector against cadmium as is zinc.

It takes a minimum a 6 months to detoxify the system of heavy metals and the process can go on for up to a year.

Dosage:

60 drops x 3 daily

Also available in capsule form, but after dental work, particularly mercury removal, use the tincture on the teeth and gums.

Bioeffective A

This is the condensed resin from the needle like leaves and cones of the Siberian pine trees. Any plant that grows 6000 feet above sea level and particularly those that grow

in harsh climactic conditions have concentrated and accelerated healing powers.

This is especially true of this superb product which I first encountered in Australia and have been using for all sorts of conditions with alacrity ever since, with a great deal of success.

Extensive Russian research has proved that it will kill any pathogen, fungal, viral or bacterial as well as ease rheumatoid arthritis and MS. It can be used as a hangover preventative (not that I'm encouraging this!). Effective if taken with hot water to dissolve the resin; away from meals and snacks.

Dosage:

Very variable. Ask me.

External Formulae

Sports Oil

Ingredients:

Wintergreen oil, Menthol crystal, African Bird Pepper, Habanero Pepper, Arnica, St John's Wort & Marigold flower, Ginger rhizome, organic Olive oil

Therapeutic action:

This is certainly the most powerful and sophisticated formula I produce. It takes 6 whole weeks to make each batch. It is based on Richard Schulze's deep tissue oil which was the outcome of his many years in the martial arts during which time he really learned what pain and injury are all about and how to relieve them. It is extremely effective when correctly used. Don't get it anywhere near your eyes, nose or genitals or you'll know all about it hours after the application.

To intensify the healing properties of the oil, take a hot bath or shower and then rub in the oil over the affected area and continue to do so for 15 minutes without stopping, adding more if needed. Also stand under a strong shower and alternate hot and cold to the affected area for 1 minute, 7 x in all. Be cautious with particularly sensitive areas of the body and never apply over open wounds or abraded skin, of course.

Dosage: Use 30 drops or more, depending on the size of the area and rub in well x 4 / 5 daily.

Dietary Advice

Tips on eating or not

If you are seriously ill, do an organic juice fast for 30 days, drinking at least a gallon (4.5 L) of liquid daily, including purified water, detox tea and potassium broth. The secret of successful fasting is to drink enough and if you're hungry in the first few days, drink more liquid. Do not mix fruit and vegetable juices together as the enzymes in them are incompatible. The only exception to this rule is carrot and apple juice. Various types of juices will heal specific conditions and there are many helpful books on this subject.

Your second option is raw food for 15 - 30 days without any animal flesh, eggs, dairy products, soya products or anything which has been cooked except potassium broth. No alcohol, tea, coffee, sugar, of course. Focus on organic and sprouted foods and get imaginative with the preparation of them. All foods kept below 105 deg F (40 deg C) are rich in digestive enzymes.

To heat up raw soups, put in a bowl over boiling water and cover with a lid. This will still bring them below the vital 105 deg F (40 deg C) barrier but they will be warm. Pre-soaked low heated grains are also acceptable on this regime. Fill a wide necked thermos flask with $\frac{1}{3}$ whole grains, barley, millet, rice, wheat, rye, quinoa etc and cover with boiling water. Put the lid on and screw firmly shut. Leave overnight. Drain through a sieve and serve with plenty of fresh herbs and spices, garlic, nut oils or raw chopped or shredded vegetables.

Your third option is 100% Vegan diet with high levels of raw and sprouted foods and plenty of fresh juices until you are entirely well. This 3 step programme can be played up and down the ladder as needed. But remember, if you are ill, option 1 is more powerful than option 2, which is more effective than option 3.

"In the end these things matter most: How well did you love? How fully did you live? How deeply did you learn to let go?"

General Naturopathic Advice

If you only ever take one herb, eat garlic

Garlic is one of nature's miracle foods. It is an official drug in many countries, prescribed for many diseases especially high blood pressure, high cholesterol and cancer, and as a broad-spectrum antibiotic, antiviral, antiseptic agent and fungicide.

Try to eat garlic raw as often as possible. When you peel a clove of garlic, the enzyme allinase is released and with it a cascade of chemical reactions which, in turn, release garlic's cancer-fighting properties. As this process takes time, heating garlic too soon after allinase is released will interrupt this process. So wait 15 minutes after peeling it if you must cook it.

Alkalanising the System

Most people's bodies are in an unhealthy ratio of 80% acid and only 20% alkaline as a result of years of a poor highly acid diet based on meat, fish, eggs, dairy products. Some of the other things that create acid in the system include chemical drugs, alcohol, tea, coffee, anything white or refined and unacceptable levels of stress. A body that is too acid will succumb to the chronic diseases of civilisation in particular arthritis and rheumatism as well as various skin, bowel and kidney problems. The mixture below is designed to reverse this imbalance quickly and deliciously.

Potassium Broth

This is a very useful addition to a fast. Fill one quarter of a large pot with thickly cut potato peelings ($\frac{1}{4}$ inch), then add equal amounts of carrot peelings and whole chopped beetroot, chopped onions and garlic, and celery and greens. Add hot chili peppers to taste. Add enough water to cover the vegetables and simmer on very low heat for 1-2 hours. Strain and drink only the broth and put the vegetables on the compost. Make enough for 2 days (refrigerate leftover broth), then start a new broth.

Castor Oil

Castor oil has been used therapeutically in ancient India, China, Persia, Egypt, Africa, Greece, Rome, the Americas and in 17th century Europe and is also known as **Palma Christi** or the "Palm of Christ". Edgar Cayce mentions castor oil many, many times in his readings. Today it is used as an emollient and skin softener, for the treatment of gastrointestinal problems, lacerations and other skin disorders such as psoriasis. Also used to boost your immune system. It is also found in many skin care products. Our product is pure, natural, cold pressed and cold processed castor oil with no hexane.

Skin Brushing

The benefits of skin brushing must be tried and tested to be believed. You will feel clean, refreshed and much more alert. All in all, ready to cope with anything!

Because our skin is the largest two-way eliminative organ in our bodies, flushing outward by way of perspiration and absorbing nutrients and vitamins from natural sunshine, it is worth taking special care of. The skin also breathes and absorbs oxygen while exhaling carbon dioxide formed in tissues. The hundreds of thousands of sweat glands operate to expel at least a pound (450g) of waste products daily, they regulate body temperature and act as miniature detoxifying organs working to cleanse the blood and free the system of suffocating poisons.

Skin brushing stimulates the circulation helping to pump the blood down through veins and up through the arteries feeding those organs of the body which lie near the surface. It also stimulates the lymph and adrenal glands and has a powerful rejuvenating effect on the nervous system, because of the hundreds of nerve endings in the skin.

By vigorous skin brushing over the major lymph glands, which are dumping stations for waste fluids, you can stimulate the expulsion of mucoid lymphatic material or impacted lymph. This is more commonly known as 'cellulite' and is the curse of many women. These lymph glands are situated behind the elbows and knees, under the arms, either side of the throat and especially in the groin. Skin brushing removes dead skin layers and other impurities, thereafter keeps the pores open and unclogged and increases the elimination capacity of the skin. It is important to remember that your skin brush is exclusively 'yours', not to be lent or borrowed by others. Used in conjunction with hot / cold showers it will help to prevent colds and strengthens the immune system.

Did you know that 5 minutes of energetic skin brushing is equivalent to 30 minutes jogging, as far as physical tone is concerned? It will build up healthy muscle tone and stimulate better distribution of fat deposits. Overall it can help you feel younger and gives a terrific sense of well being.

You will need a Natural Bristle Brush with a detachable long wooden handle.

At the clinic we sell brushes made with Mexican tampico fibres which we import from Germany. The bristles are quite stiff to begin with but will soften with use, so start with a light pressure and increase it. Your skin should be nicely pink and glowing.

How to Skin Brush

Using a natural bristle brush, start with soles of your feet and a dry body. Brush upwards towards the heart from below and downwards towards the heart from above.

Brush vigorously up the legs and over thighs remembering to brush towards the groin where the lymph glands are. Use a circular clockwise movement over the abdomen, following the line of the colon and do this about 10 times. Avoid the genital area and the nipples.

Brush palms and back of hands, up the arms to the shoulders but downward strokes on neck, throat and over the chest. To stimulate the important lymph glands under the arms you may use your hands to create a pumping action. Lodge the thumb under the clavicle bone and with all the fingers trip the pectoral muscle making sure the finger tips get right into the armpit. Squeeze and then release this area about 15 times on each side.

Attach the handle on the brush to brush across the top of the shoulders and upper back, then up over the buttocks and lower back. This should take you about 5 minutes daily and first thing in the morning is the best time. Should you need to brush twice per day, don't brush too close to bedtime or you will not sleep. Brush every day, or if instructed twice per day, for 3 months then reduce it to 2 or 3 times weekly, changing the days each week. Never brush skin that is irritated, damaged or infected or over bad varicose veins.

The head can be brushed to stimulate hair growth and free the scalp from dandruff or impurities or you may prefer to massage with fingertips to move the scalp skin.

Do not brush on the face - a softer and smaller brush is needed for that area.

Nylon and synthetic fibres **won't do**. They will create static in the body and you would need to scrub for 20 - 30 minutes with a loofah or hand mitt to achieve the same effect as just 5 minutes brushing.

As your skin brushing is done Dry Brush on Dry Skin, it is important to maintain the brush properly. Wash it out once a week in warm soapy water, using natural soap. Rinse it well and dry in the airing cupboard thoroughly.

Water Treatments

After your 5 minutes skin brushing it is time to remove dead skin cells by showering. Take a hot shower or bath for 2 - 3 minutes followed by a cold shower for 20 seconds and repeat. Moving the showerhead from the feet upwards and then finish by holding it over the medulla oblongata at the back of the skull, letting cold water run down the spine. This method of hydrotherapy will alkalise the blood, clean the head and give special boost to the glandular system and vital functions of the body. If you need to cleanse your aura, the electromagnetic field that surrounds the body, which is particularly advisable if you've had a day when you've been in contact with lots of people and especially needy individuals, use a cold shower only playing it over the head and spine and all the way down to the feet.

To help look after this unique and very special covering we have for our bodies even more thoroughly, we can do several things:

- Use only natural fabrics next to the skin i.e. cotton, linen, silk, wool. Don't forget! Cotton or wool gloves and leather shoes. Silk, worn next to the skin, will protect you from other people's negativity to some extent.
- Use only natural organic soaps (we stock an excellent one at the clinic) or olive oil based soaps and natural oils which penetrate the skin rather than mineral or synthetic oils that lie on the surface only. We now stock a good range of Green People skin, teeth & haircare products which are 100% natural and guaranteed free of sodium lauryl / laureth sulphate, synthetic fragrances, synthetic colorants, PABA-sunscreen, genetically modified organisms, ethyl alcohol, petrochemicals, DEA and TEA or any other unnecessary synthetic additives. They do not endorse animal testing. All products are suitable for vegetarians and most are approved by the Vegan Society.
- Take regular exercise to promote sweating. Turkish baths and saunas are also helpful.
- Encourage elimination by dry skin brushing daily.

Children & Animal Dosage

The simplest way to calculate the correct dose for children and animals is to make a fraction of the child's weight and place it over 150 lbs (68Kg). For example:

Child's weight = 60lb / 150lb = 2/5ths of the adult dose.

The same applies to animals. A 10lb cat or dog would need 1/15th of the adult dose etc.

Helpful Hints When Dosing Children

Herbal tinctures mix very well with maple syrup on a half and half basis, for example 15ml tincture added to 15 ml maple syrup. Hugs, kisses and tenderness go a long way too.

Mixing Formulae

It is not necessary to keep herbal formulae separate from one another, but too many mixed together in one dose may be difficult to swallow simply because of the overpowering taste, so it may be a good idea to spread them out to before, during and after the meal. Certain herbal formulations work better on an empty stomach (eg. the liver herbs are better taken after the meal to enhance the digestive process).

Remember herbs are a concentrated form of food and still very safe to mix. If you overdose on them or mix them poorly together, the worst you will feel is nauseous.

Alcohol of Tinctures

The alcohol used in tinctures dissolves specific plant chemicals that are necessary for the formulae to be effective. Water alone will not do this. For example, the diosgenin in Wild Yam will only dissolve in alcohol and not in water. Not only does alcohol help the herbs to penetrate into the digestive system and bloodstream on an accelerated basis, but it acts as an excellent preservative. Alcoholic tinctures have been found in the tombs of Egyptian pyramids thousands of years old still in perfect condition.

For those who are worried about the alcohol intake, the amount of alcohol in the average tincture is equivalent to that in a single ripe banana, therefore it is perfectly acceptable for people who have an alcoholic problem. If you would like to evaporate the alcohol still further, put the tincture into a cup full of boiling water and the alcohol will evaporate extremely quickly.

Naturopathic Routines To Further Enhance Your Treatment

- As an illness is partially the result of blocked circulation, ensure you get some powerful bodywork every week from a therapist who knows how to get the flow of energy moving through the tissues.
- Remember skin brushing enhances the immune system, stirs up the circulation of the lymphatic system and the blood and facilitates the working of the glandular

system. Ensure you do it at least once a day and if you are pursuing a really intensive detoxification programme, do it morning and evening, coupled with hydrotherapy.

- Exercise every day and if you are very poorly, make sure that you do at least a stretching routine every day that causes you to breathe hard. Aim for a good cardiovascular workout for a minimum of 40 minutes per day, 4 times per week. Anything that will make you sweat and breathe really hard.
- Talking of breathing, do some deep breathing 4 times per day to oxygenate your blood and stimulate your lymphatic and blood circulation. Try as far as you can to breathe clean, fresh air, difficult in an urban environment I know, but do your best.
- Get in touch with the glorious planet you live on by walking bare foot in the grass, sand or soil everyday. This will ground the static electricity in your body into the earth. Take all your clothes off everyday and allow the sun and the air to heal your body. Do this privately to avoid arrest!
- Ensure you use only natural soaps, toothpastes, shampoos and detergents on your own precious skin and hair, and try, as far as you can, to use natural non-polluting household cleansing products. If you need to smell fragrant while detoxifying use essential oils and not synthetic oils and deodorants etc. Wear only natural fabrics made of wool, cotton or silk next to the skin. Avoid synthetic man made fibres that suffocate it. The clinic stocks an excellent range of entirely organic, chemical-free skin & mouth care products. Just ask for details.
- Finally remember that the giving and receiving of love is the most powerful healing tool you will ever have at your disposal so forgive everyone who has ever wronged you and start afresh. Prayer and meditation have been scientifically proven to be actively healing for the body.

FASTING RETREATS

Each year Kitty offers several fasting retreats in the pristine mountain air of the Austrian Alps, using freshly pressed organic juices, potassium broth, detox teas and purified water.

Numbers are limited to 12 on each retreat and treatments include daily colour and light detoxification treatments as well as bodywork daily (colonics, deep tissue massage, Bowen, reflexology, seaweed body packs) and 4 hours daily of yoga and meditation. Use of the chemical free indoor pool, Kneipp foot and arm baths and infrared saunas is encouraged.

If you think you don't need regular detox sessions think again! An American researcher Dr H. Rudolph Alsleben, conducted an exhaustive 5 year study some years ago to determine exactly what people had in their bodies. More than 500,000 tests on people of all ages and backgrounds were carried out. Dr Alsleben found four kinds of tissue destruction in every single person studied: these were heavy metal poisoning (lead, mercury, arsenic, cadmium, nickel and strontium), atherosclerosis, infection and malnutrition.

So how does fasting work?

One quarter of your body cells are growing, half are at the height of their working powers and the remaining quarter are dying and being replaced. Only by the speedy and efficient elimination of these dead cells can the building of fresh cells be stimulated. Fasting accelerates the elimination of the dead cells and speeds up the production of new, healthy cells.

You would think this is impossible as so little nourishment is taken in but it is a proven physiological fact. Meanwhile, protein levels in the blood remain constant and normal because proteins are constantly decomposed and re-synthesised for alternative use. The building blocks of protein, amino acids, are released and reused in the process of building new cells, while the cleansing capacity of every eliminative organ is enhanced. Toxic waste in urine has been measured as increasing up to 10 x during a fast and an overburdened liver can dump its waste 6 x more quickly than usual, especially when the fast is enhanced with hydrotherapy, yoga, castor oil packs, and bodywork.

**May you live this day embraced by tenderness,
nourished body and spirit, compassionate of heart,
kind in word, courageous in thought,
mindful in awareness, gracious in love.**



IMPORTANT NOTICE

This Patient Handbook is a reprint of Kitty Campion's instructions to her patients, much of which is available in the 10 herbal books she has written whilst in practice over the last 36 years. **This book is intended for educational purposes only.**

Always remember herbs are very potent healing tools. Misused they can be harmful. If you are ill or have the slightest doubt about the direction in your own healthcare, you must contact a medical doctor immediately. Kitty Campion can only take responsibility for people she has personally met, examined and agreed to work with.

Publications:

Kitty Little's Book of Herbal Beauty

Kitty Campion's Handbook of Herbal Health

Kitty Campion's Vegetarian Encyclopaedia

A Woman's Herbal

The Family Medical

Holistic Woman's Herbal

Holistic Herbal for Mothers & Babies

Holistic Family Herbal

Menopause Naturally

