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John Raymond Christopher John Raymond Christopher (25 November 1909 – † 6 February 1983) was an American herbalist and naturalist. [1] He was known for his numerous lectures and publications about herbs. He developed more than 50 herbal formulas used around the world, and founded the School of Natural Healing in Springville, Utah. [2] Christopher's biography was born to European parents. He was left in a Salt Lake City, Utah orphanage and taken by Leander and Melissa Christopher. Born with advanced rheumatoid arthritis, he endured excruciating pain as a child, and sometimes walked with a cane or used a wheelchair. He also developed hardening of the arteries, and an almost fatal case of semolina. Doctors told him he would never reach the age of thirty. As a child, he expressed an interest in being a doctor who would treat people with natural remedies. In 1945, he was drafted into the Army and stationed in Fort Lewis, where he was allowed to experiment with herbs. After military service, he moved to Canada and studied at Dominion Herbal College in Vancouver, where he earned a degree in naturopathy. He later studied at the now defunct Iowa Institute of Drug-Free Therapy and the now defunct Los Angeles Herbal Institute. He trained time as an N.D. in Olympia, Washington, Salt Lake City, Utah and Evanston, Wyoming. In 1953, Christopher formed the School of Natural Healing, and began teaching. In 1979 he began publishing a newsletter on the use of herbs for healing[3] Christopher created more than 50 herbal formulas, including: Complete Tissue & Bone; Lower bowel Formula; The pattern of blood circulation; Female reproductive formula; Super garlic immune formula; Herbal tooth and rubber powder; and hormonal changease. [4] Christopher's son David Christopher began studying and working with his father and in 1979 became director of the School of Natural Healing. David developed his father's work by creating more courses and formulas. In 2009, David announced an online version of the School of Natural Healing had been released in honor of the centenary of his father's birth. Books by Christopher [5] 3 Day Cleanse & Mucusless Diet. ISBN 1-879436-04-3 Cold leaf treatment. ISBN 1-879436-07-8 Curing untreatable. ISBN 1-879436-08-6 Dr Christopher's Guide to Colon Health. ISBN 1-879436-20-5 Every herbal woman (completed by his family after his death). ISBN 1-879436-10-8 Herb Outline (completed by his family after his death). ISBN 1-879436-05-1 Herbal Home Health Care. ISBN 1-879436-03-5 Just what is the word of wisdom. ISBN 1-879436-05-1 Bulletins (found in The Complete Writings of Dr. Christopher CD). ISBN 1-879436-25-6 Regenerative Diet. ISBN 1-879436-00-0 School of Natural Healing ISBN 1-879436-01-9 References ^ John Raymond Christopher. The Daily Herald (February 9, 1983). p. 4 ^ Herbal heritage. Herbal legacy of courage. herballlegacy.com. ^ Herbal Legacy. Dr Christopher's original formulas. herballlegacy.com. ^ Christopher Publications. Products by Dr. Christopher. christopherpublications.com. External Links Information website about the Dr. John R. Christopher School of Natural Healing obtained from Home School of Natural Healing by Dr. John R. Christopher christopher Publication Dr. Christopher. It is used as one of the main books for the school. Very detailed information about North American herbs. It provides a clear description of herbs, their use, the best harvest times, and preservation methods. All of Dr. Christopher's combinations are here! Start your review of the School of Natural Healing (also posted on my paperback stash site) Dr Christopher was an amazing pioneer in herbal medicine. A dense, lengthy book never lets the pondering mind hungry, delving deeply into various herbs with insightful personal uses, history and formulas. The book begins with paragraphs in different circumstances, but the heart of the book is herbal details, where Christopher clearly expresses his love, admiration and faith in natural medicine. Quoting other herbalists such as Tho (also posted on my paperback stash site) Dr Christopher was an amazing pioneer in herbal medicine. A dense, lengthy book never lets the pondering mind hungry, delving deeply into various herbs with insightful personal uses, history and formulas. The book begins with paragraphs in different circumstances, but the heart of the book is herbal details, where Christopher clearly expresses his love, admiration and faith in natural medicine. He cites other herbalists like Thomson and shook, following in the same spirit of thought as the eclectic before him, stretching it even more with personal opinions and salvos to advise. While some outputs are slightly dated, most of it is not, still valid as of today, and will always be invaluable information. If you've ever been looking for a reference guide for herbs, this is definitely the one as Christopher goes as far as describing it in a detailed, eye-catching way of habitat, a full description from leaf to odor to flower to taste on stems, to properties, dose, preparation, therapeutic effect, oral/anal/skin administration of all. So many herbs are included in such rich detail that it is impossible not to use it as a guide when learning a new herb. As many eclectics have been, Christopher was a big fan of lobelia herb, dedicating here an entire chapter about it himself. However, old vomit brain out use is now considered dangerous and outdated, but some of the herd's recommendations still stand strong today. After the massive herbal index is read, there's an amazing chapter on harvesting herbs, preparing them in huge numbers way, from tinctures to compounds to cerates to suppositories to pill capsules and baths, and much more. The formulas are here in every chapter, from the older ones passed from other great herbalists to the lesser known, from Christopher himself and what he used in his personal practice, and from the general herbal combinations that go under each herb in his own section. He wraps up the book with two large glossaries, and the chapter exclusively discusses his 'mucus diet', a diet still active to this day. Of course the preceding chapter brings a restorative diet, dietary recommendations about certain foods, the right ways of life in addition to herbal therapy, and some deliciously appealing culinary recipes whipping up the kitchen for healthy treatments. Of the dozens of herbal books that I own, it's one of the ones I turn to the most, for the knowledge here it is exciting, and the knowledge almost overwhelming because it covered so much. Well worth the price, Dr Christopher's name is a household one among herbalists for good reason. ... more Collector's Book Library. Library collector's book. ... more This is one of those rare formula books for herbalists and home medicine makers that is just a treasure. You don't have to use everything here, but there are some really wonderful and effective formulations that give people the opportunity to take care of themselves rather than simply running to the doctor for every little thing. All my teachers and mentors, from Rosemary Gladstar to Michael Tierra have all praised Dr Christopher and this book! I even found in the company's library on This is one of those rare formula books for herbalists and domestic medicine manufacturers that is just a treasure. You don't have to use everything here, but there are some really wonderful and effective formulations that give people the opportunity to take care of themselves rather than simply running to the doctor for every little thing. All my teachers and mentors, from Rosemary Gladstar to Michael Tierra have all praised Dr Christopher and this book! I even found a natural products cooperative in the library where I worked a few years ago. The School of Natural Healing John R Christopher really brings home herbal medicine and formulations. If you've ever used Dr. John R. Christopher formulas that are available in health food stores, you know how good they are. All the formulas are contained in this book and many others that are certain to find use in any household interested in empowering themselves through herbal medicine. ... more This is an amazing book. A kind of encyclopedia for herbal medicine. Dr Christopher believed in dieting first! Everything else in second place. I believe in this book. It's the first book I can catch exploring something or finding a way to help my family. All Dr. Christopher's formulas here - along with the parts. Just because this thing is worth it, it's a weight. Great thing for everyone to have. This is an amazing book. A kind of encyclopedia for herbal medicine. 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