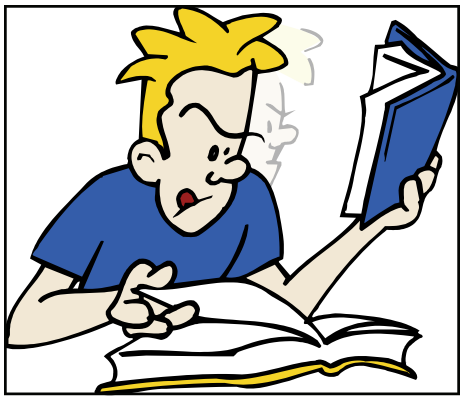
Lesson One



Herbology:

The Philosophy of Natural Healing

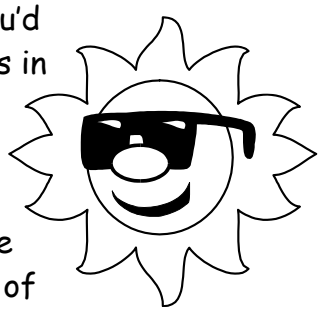
The Philosophy of Natural Healing

The Merriam Webster Dictionary defines *Philosophy* as "...a critical study of fundamental beliefs and the grounds for them". So philosophy is not science, as such, it is a collection of beliefs based on observation and study. Philosophy leaves room for, and takes seriously, the mystery of healing, that indefinable thing that is "life". So-called "REALISTS" say that if they can't *see* it, *measure* it, *weigh* it or put it in a test tube, then it's not *real*. I say that some of the most *REAL* things in our Universe are things that can't be seen, or measured or put into a test tube. Things like Love. You can't measure love, you can see the result of love, but you can't *see* love. Honor, you know what it is, you can observe it in action, you can appreciate it, but you certainly can't physically touch it or weigh it. Yet these intangible things will last much longer than a wood table that can be measured, weighed and put into a test tube. So what IS real anyway? Of course this is the thing about philosophy—you can't PROVE it. It's a matter of belief, but belief based on observation can be very reliable. It's up to you. If it makes sense to you, if somewhere down deep you think … "Yeah!!", then you're in the right place!

Advocates of holistic treatment look at the human body in a unique way. We believe that this body that we live in was designed and created to repair itself and live in health. We believe that given the proper environment and the proper nutrients, this body is able to successfully defend itself against all invaders, rebuild its structure and return its function to normal.

These seem to be very bold statements, yet in my years as a herbalist, I've seen the human body do exactly that—over and over again. I've seen it with my own eyes and I've listened to hundreds of first-hand accounts of healings from people that have overcome the greatest of odds and been returned to health. It's really a very simple solution, yet it can be extremely difficult to put into practice. It's difficult because the solution requires effort on our part, it requires us to change our way of life.

Where you find yourself today—physically, emotionally, financially, spiritually—is a direct result of the choices you've made. It would certainly be insane to continue to make exactly the same choices and expect a different result. So, if you don't like where you find yourself today, you've got to make dif-

ferent choices. Understanding how your body works and what your body needs will give you a great advantage in making better choices for your health.

If indeed you do live in a body that was designed and created to be self-repairing; what does your body need to make those repairs? First your body needs the proper conditions. If you were fixing your roof, you'd need dry weather. It doesn't matter if you've got the best shingles in the world, the best roofing crew in the state and more money than Fort Knox—if it's pouring down rain– your roof won't get fixed that day. Just as a sunny day is conducive to re-roofing your house, the right environment in your body helps your body make the needed repairs and strengthen the tissue to fight disease. So one of the first things an herbalist will do is to start to change the environment in your body.