



MARCH/APRIL 2024

RESTORATION

There are a couple restoration “projects” in my shop awaiting my attention and energy. At the time of committing to one of them, a friend of mine said “just leave it in position and patch it there”. His opinion, not misguided, highlights the difference between *repairing* something and *restoring* something. Repairing is simply to make it functional again – to fix what you see as the problem. But to restore something is much more involved, more ambitious – an attempt to bring it back to its original state – what it once was, or perhaps something even better.

I chose to take it down and haul it to the shop not quite sure yet if I was fully committed to restoring it, but to at least enable me to appropriately assess its condition. It sat for a few months waiting for me to get around to it. Another friend of mine, with considerable experience in woodworking, was soon to visit to help guide me on another project. I thought I would take advantage of having him there to help me assess the damage on this one and brainstorm different approaches on how best to restore it. Only after doing that could I even determine if I had the skills, tools and confidence necessary to do it.

In preparing for his visit, I removed all the hardware and disassembled the components, most of which were still in reasonably good condition. I also took notes and a few photos to help me remember how to put it all back together again! I then stripped layers of varnish, careful not to cause more damage. In doing so, I realized that the damage, now totally visible, was far more extensive than I realized. It was as if in some spots, varnish was the only thing holding it together. I realized I had caught this just in time.

As I stood there eyeing my project, I understood that I was now in the “have to restore” option; there was no turning back. I also came to appreciate that there are a number of lessons in this experience that parallel your healthcare practices:

The symptoms that manifest do not reveal the underlying cause of the issue to be addressed, nor the extent of it.

The symptoms can often distract or disorient you from finding the true root cause.

Patching or repairing the symptoms is only temporary at best and does address the core issue, nor solve the problem.

Without knowing the root cause, it is futile to begin a restoration project.

If the cause is not identified and corrected, whatever initiated it in the first place is likely to do so again, taking your restoration efforts, time and money down the drain in the process.

After identifying and restoring the piece, it will require regular maintenance to make sure it doesn't happen again.



Fixing the root cause is a far larger task. But it is the only way to do it right.

To be fair, my project is not as complex as the human body with all its interdependent systems, where seemingly unrelated processes all interact with each other all the time. So, admittedly, your missions are a lot more complicated than my simple project, as daunting as it may now seem laid out in front of me with the full extent of its damage clearly visible. I honor your devotion and your accomplishments.

I've developed a plan of action and did so within the limits of my skill level and the tools and materials available to me. Time now for me to get to work.

CHRISTOPHER'S ORIGINAL FORMULAS

Wholistic Botanicals, LLC is the current name of the company that produces the Original Formulas of Dr. John R. Christopher. They have years of experience making natural products according to these time-tested original formulas and are committed to adhering to the highest standards set by Dr. Christopher. They stringently test in every aspect of the manufacturing process, reflecting their commitment to quality. They are guided today by a simple objective: "What we do here is important, but the way we do it matters most".

As we have stated so many times, assuring the quality of ingredients in the products we represent is paramount. Wholistic Botanicals doesn't just rely on supplier certificates - they validate the identity of each plant through High Performance Thin Layer Chromatography to ensure quality, and they test every batch to detect and screen out the presence of contaminants, pesticides, bacteria, chemicals, heavy metals and various molds. They conduct further tests to assure that the plants contain the active constituents in proper ratios. The raw ingredients in their products go through more testing than many other companies. They believe that if you start with cheap raw ingredients, there is nothing you can do in the manufacturing process to improve quality. We can't expect a cheaply made herbal product to benefit our body the same way the highest-quality supplements will. This guiding philosophy is what is necessary to consistently deliver products that have yielded results to

millions of customers around the world over a 75 year arc of time.

Dr. Christopher strongly demanded that his company only manufacture herbal products using the whole herb, never extracting a single ingredient. He understood the necessity of using herbs the way nature had intended them, in their whole state. Unfortunately, today the practice of trying to extract active



ingredients (called "standardization") is all too commonplace. Dr. Christopher understood that those active ingredients are properly placed, by Nature, in proportions mixed with other ingredients to keep the herb in perfect balance synergistically. When taken in whole form, they present to your body a balanced solution.

Cleanse. Nourish. Heal. Dr. Christopher's commonsense approach to natural health is based on these three vital processes. He taught that cleansing is the first and most important stage of restoring a healthy body. The ultimate purpose of cleansing is to prepare the body for natural healing through purification of all the body's organs, especially the bowel, down to the cellular level. Once the body is cleansed, it is then ready to accept the highest vibratory quality foods so healing can take place as Nature intended!

Nourishment from live, nutritious, foods support the natural body's function by restoring balance.

Healing then occurs naturally as the body continues to eliminate impurities and strengthen through proper nourishment. One of the signs of healing comes with periodic aches and pains in the areas where the cleaning action is most acute. Patience is required as the body cycles through these three phases. Dr. Christopher advocated that this healing process is a Natural gift.

Dr. Christopher's legacy lives in the those he touched and in the 66 herbal formulas that we expect will continue to heal for generations to come. All Dr. Christopher's products are 20% off at Southern Herb for the month of March.



[†] Please visit our website for a complete listing of ingredients.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

New Products

ITEM	CT	WSLE	RET	ITEM	CT	WSLE	RET	ITEM	CT	WSLE	RET
------	----	------	-----	------	----	------	-----	------	----	------	-----

LIVING TREE ORCHID ESSENCES ORCHID HEALING CARDS



The 186 cards in this box correspond to the vibrational essences in the Living Tree Orchid Essence line, each with its own healing properties. These high-quality, sturdy cards are designed to be used by therapists as adjuncts to the essences. The cards may be used as a visual kinesiography accessing the psyche's response without the rational mind interfering, or identifying the doctrine of signatures of the flowers and their meaning for your clients, or with a pendulum or muscle testing approaches to access the energy of each. Or, prominently place one each day at your work area for reflection. The accompanying 64-page booklet describes each essence and its intended benefits.

5490 Cards and bklt 32.99 54.50

NEW BEGINNINGS

This combination essence was created during the alignment of Saturn and Jupiter. The framework of this higher cosmic power helps the orchid lift the soul to a new stage of evolution, shifting unconscious patterns and helping to bring an energy and focus for a new path forward.

5268 15 ml 13.99 22.65

RADIANT COURAGE

This essence helps people find the hidden reserves of strength and courage to move forward, even in these dark times.

5274 15 ml 13.99 22.65

AUSTRALIAN BUSH FLOWER ESSENCES 2024 ESSENCE



This essence was designed to align, optimize and elevate your journey throughout the year. Guided by the numeric essence of 2024 as a Universal Year 8, Ian has selected eight Bush Essences for this transformative remedy, including the newest essence Calophyllum. This unique essence acts as a catalyst, building courage and resilience. Recently we have been in a world grappling with oppressive, tyrannical energies as we witness the resurgence of old prejudices and biases, particularly in religious and racist domains. The 2024 Essence helps clear out these deeply rooted, generational, negative beliefs and programming. In a year where discernment is key, this essence assists you in understanding and navigating the complexities of the world around you, and instills heightened hope and optimism, while fostering openness.

2024 30 mL 9.40 15.25

NATURE'S LIFE BROMELAIN SINUS EASE

A popular and highly effective formula to support healthy respiratory function. With Vitamin C and Quercetin added, it also provides powerful immune support.*

Bromelain enzyme 1,200 mg, Vitamin C 490 mg and Quercetin 300 mg.

8945 100 caps 21.65 36.09

TRACE MINERALS RESEARCH MAGNESIUM GLYCINATE

Magnesium Glycinate is a highly absorbable and bioavailable form of magnesium that is created by combining magnesium and glycine (a building block used to form proteins in the body). It benefits the heart, bones, nerves, and digestive tract and is very gentle on the stomach. It is known for supporting quality sleep by promoting healthy, natural sleep patterns and REM cycles. It has a calming effect on muscles and throughout the body. *Magnesium Glycinate 120 mg.*

6966 90 caps 14.99 24.99

SABONA COPPER BRACELETS

We've added the Extra Large Size

1828 X-Large 11.95 23.99

X-TRAX

ABUNDANT HEALTH – The Reference Guide to Essential Oils Handbook (#9728), a temporary replacement to the wire bound full Guide, is no longer available.

CELTIC SEA SALT – This company is still experiencing unprecedented demand and has pushed out delivery dates several months. As a result, we are struggling to keep these products in stock and available.

LIDTKE TECHNOLOGIES – After a manufacturing delay, the Glycotrol Complete (# 5611) is now back in stock.

OLA LOA – The B-12 with Folic Acid (# 2410) is expected to be back in stock by mid-March.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

New Products

LIVING TREE ORCHID ESSENCES
ORCHID HEALING CARDS
NEW BEGINNINGS
RADIANT COURAGE

AUSTRALIAN BUSH FLOWER
ESSENCES
2024 ESSENCE

NATURE'S LIFE
BROMELAIN SINUS EASE

TRACE MINERALS RESEARCH
MAGNESIUM GLYCINATE



Southern Herb Co., LLC

211 Talley Street

Troutman, NC 28166

APPLY
POSTAGE
HERE

March Specials

Christopher's Original Formulas Line Drive (20% Off)

Flower Essence Services (FES) Line Drive* (15% Off)

Innate Response Formulas (20% Off)

1174 Men Over 40 One Daily
 1132 Women Over 40 One Daily
 1167 Flora 20-14 Ultra Strength
 1123 Iron Response

Hylands (20% Off)

4303 Leg Cramps Ointment 2.5 oz.
 4328 Seasonal Allergies Relief
 4336 Stress Buster Gummies

Kroeger Herb Products' Adaptogen Formulas (20% Off)

092 Rhodiola Rosea
 177 Schizandra

Kroeger Herb Products' Liver Health Products (15% Off)

001 Olive Leaf
 007 Chem X
 013 Gallbladder Care
 020 Liver Formula
 041 Candida Liver Care
 304 Dandelion Root Tincture

NeemAura Naturals (15% Off)

087 Neem Skin Salve 1 oz.
 072 Neem Crème 2 oz.
 073 Neem Hand and Body Lotion 8 oz.
 086 Neem Seed Oil 1 oz.

Eco-Dent Tooth Powders (15% Off)

7415 Original Mint

Quantum Health New Products (15% Off)

1032 Quercetin Immune Support
 1033 Sleep Extra Strength

Quantum Health Super Lysine + (15% Off)

1023 Super Lysine + Cream 7 gm.
 1021 Super Lysine + 90 tabs
 1022 Super Lysine + 180 tabs
 1040 Super Lysine + Cold Stick
 1039 Super Lysine + Cold Stick
 Tangerine

Quantum Health Skin Care (15% Off)

1024 Athlete's Foot Cure
 1026 Herbal Skin Crack Cream
 1027 Scar Reducer Cream

Quantum Health Buzz-Away Extreme (15% Off)

042 Buzz-Away Extreme 4 oz.

*Other than the Flower Essence
Repertory Book

April Specials

Medinatura Line Drive (15% Off)

Innate Response Formulas (20% Off)

1174 Men Over 40 One Daily
 1132 Women Over 40 One Daily
 1167 Flora 20-14 Ultra Strength
 1123 Iron Response

Hylands (20% Off)

4303 Leg Cramps Ointment 2.5 oz.
 4328 Seasonal Allergies Relief
 4336 Stress Buster Gummies

Kroeger Herb Products' Parasite Cleanse Products (15% Off)

002 Cloves
 030 Rascal
 040 Wormwood Combination
 3002 Black Walnut Hull Tincture 1 oz.
 3005 Black Walnut Hull Tincture 2 oz.
 3004 Black Walnut Hull Tincture 4 oz.
 6996 Wormwood Kit

Blue Moon Herbal Products (15% Off)

706 Critter Gitter Kit

Flower Essence Services (FES)

Best Selling Combinations (15% Off)

1312 Five Flower Formula 1 oz.
 1396 Five Flower Formula 1 oz. spray
 1318 Yarrow Environmental Solution
 1 oz.
 1397 Yarrow Environmental Solution
 1 oz. spray
 1479 Animal Relief Formula 1 oz. spray

Ancient Secrets Neti-Pot (15% Off)

7424 Ceramic Nasal Cleansing Pot
 7427 Nasal Cleansing Salt Packets

Quantum Health New Products (15% Off)

1032 Quercetin Immune Support
 1033 Sleep Extra Strength

Quantum Health Super Lysine + (15% Off)

1023 Super Lysine + Cream 7 gm.
 1021 Super Lysine + 90 tabs
 1022 Super Lysine + 180 tabs
 1040 Super Lysine + Cold Stick
 1039 Super Lysine + Cold Stick
 Tangerine

Quantum Health Skin Care (15% Off)

1024 Athlete's Foot Cure
 1026 Herbal Skin Crack Cream
 1027 Scar Reducer Cream

Quantum Health Buzz-Away Extreme (15% Off)

1042 Buzz-Away Extreme 4 oz.