

January 2023 edition

*Serving Jefferson County Since 2006!*



## **Nan's Natural Health**

***Wake Up to Natural Health & A Better You!***

Compliments of Natural Health and Home, Inc.

526 Bailey Rd., Crystal City, MO 63019

[www.NansNaturalHealth.com](http://www.NansNaturalHealth.com)

**636 937 0526** (no texting or email available)

**Hours:** OPEN Tuesday and Wednesday, 10am-6pm  
Thursday, & Friday, 9am-5pm; Saturdays 9am-noon.  
**CLOSED** Sundays, Mondays, & major holidays

Visit us online: [www.NansNaturalHealth.com](http://www.NansNaturalHealth.com)

To join **Young Living** or to purchase online, go to [www.youngliving.org](http://www.youngliving.org). Code #985266, or phone  
10, 1-800-371-3515

**Disclaimer:** All information in this newsletter is for educational and entertainment purposes. **It is not meant to diagnose, treat, or cure. Please discuss your health concerns with a qualified health professional of your choice, including holistic practitioners whenever possible. Contact Nan for a list of possible alternative practitioners.**



**Happy New Year to All!** May you each be blessed richly with great health, peace, joy, knowledge, and wisdom in 2023. Thanks for helping make 2022 a fine year in many ways!

### **Local News**

If you've been getting ionic foot cleanse (detox) at Advanced Foot and Wellness with nurse Peggy, be aware that the office has moved to 3476 N. Truman Blvd, Crystal City, just down the street from the old office. (See ad on p. 4.)

Dr. Michael Rehme's office now offers new forms of therapies: laser and far infrared. Stay tuned for more information on new opportunities for dental and oral health and much more. (See ad on p. 4.)

As some of you know, the floor in the shop began buckling in November 2022. Workers are supposed to begin work to repair it. The shop may be temporary moved or closed, depending on the extent of the work.

### **Focus on Children's Health**

It's winter, and cold and flu season. Help support your children's immunity and overall health with healthier food options swapping poor choices for healthier ones; probiotics; a naturally sourced multi vitamin; added greens (Barleans Strawberry-Kiwi or Chocolate Greens mixes are yummy and nutritious!); and Dr. Christopher's Kid-e line of herbal blends for a number of infant and children's needs. Consider regular chiropractic which also helps support overall wellness.

## **Backpacks Can Destroy Your Child's Health**

By Dr. Charmin Gans, DC

To avoid damage to your child's developing spine, his/her backpack should weigh no more than \_\_\_\_\_%.

A) 20%

B) 15%

C) 27%

Backpacks come in all shapes, materials, and sizes. They are very beneficial, but only when used properly. Doctors recommend a child's backpack weigh no more than 15% of his/her body weight, however; many carry much, much, more than that.

For example, a child who weighs 50 pounds should never carry a backpack weighing more than 7.5 pounds. Unfortunately, carrying heavy backpacks can severely damage a child's health. The excessive weight causes a child to lean too far forward, sway their lower back, and walk unnaturally just to carry it.

Heavy backpacks can injure a child's developing spinal column. This can lead to severe postural problems, weakened neuroimmune systems, sickness, scoliosis, headaches, back pain, growing pains, digestive issues, anxiety, shoulder pain, hyperactivity, neck strain, more colds, forward head posture, and more.

How can you prevent your child health from being compromised from heavy backpacks?

1. Remove anything that is not a necessity.
2. If your child has a locker or desk encourage him/her to put heavy books and unneeded materials in it.
3. Encourage your child to bring home only the books and materials they need for homework or studying that night.
4. Check the straps and make sure they are tightened so the bottom of backpack rests in the curve of the lower back. And be sure your child is using both straps.
5. Weigh your child's backpack weekly to ensure the weight is less than 15% of his/her body weight.
6. Be sure your child is under the care of a Certified Pediatric Chiropractor. Regular chiropractic adjustments can remove the stress on your child's growing nervous system keeping him/her healthier and happier.

If your child is having any pains or symptoms talk to your pediatric chiropractor right away.

Answer: B) 15%

*Drs. Charmin and Ryan Gans provide chiropractic wellness for all ages and have special training to work with infants and children. Call for an appointment to start the new year right! Healing Hands Chiropractic, (636) 469 6700. See ad on p. 4.*

## **Post Traumatic Stress and Covid**




### **Healy Frequency Device and Mag Healy**

The Healy is a wearable microcurrent frequency device for holistic health, well being, and vitality. Healy is designed to harmonize your bioenergetic field, and has been approved by the FDA for the local pain relief, arthritis, and muscle soreness.

Different editions of the Healy are offered to meet your needs and affordability. Use the Mag Healy to harmonize your environment by emitting a magnetic field, energizing your body, your environment, and your drinking water!

**Call Camylle for a free scan! (573)535-9281**

“Future medicine will be the medicine of frequencies.” -Albert Einstein

<p><b>Schopp Nutrition and Chiropractic Clinic</b>          “Changing Health With Clinical Nutrition”</p> <p>Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, Fibromyalgia, Chronic Fatigue, <b>Male &amp; Female Hormone Imbalances</b>, Adrenal, Digestive Disorders, <b>Thyroid</b>, Personal Injury, <b>Live Blood Cell Testing</b>, Brain function evaluation, <b>Heart Sound Recording</b>, and More!</p> <p><i>NEW! Lipomelt Red Light Slimming and Body Contouring Technology</i></p> <p><b>Dr. Mark Schopp</b>, Chiropractic Physician  <b>Phone: 314-843-WELL (9355)</b></p> <p><a href="mailto:drschopp3@gmail.com">drschopp3@gmail.com</a> schoppnutritionclinic.com          11144 Tesson Ferry, Suite 201, St. Louis, MO 63123</p>	<p><b>Hillsboro Chiropractic</b>          Dr. Tammy M. Hansen</p> <p><b>636-789-2400</b></p> <p>10814-A Business 21</p> <p><b>\$35 Student Physical</b>  <b>\$25 New Patient Consult &amp; Evaluation</b>  <b>\$15 Foot Scan &amp; Report of Findings</b></p> <p><i>Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm &amp; Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics &amp; Sports Injuries.</i></p> <p><b>Expires January 31, 2023</b></p> 
<p><b>HEALING HANDS CHIROPRACTIC</b>  <b>Pediatric and Family Chiropractors</b>  <b>Drs. Charmin and Ryan Gans</b></p> <p>1185 Scenic Dr. Suite 141, Herculaneum, MO          (located behind Cracker Barrel in Herculaneum)  <b>(636) 479-6700</b></p> <p><b>New Patient Exam Only \$47</b>          Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor.  <b>Emotional Release</b>  <b>Natural Fertility &amp; Acupuncture Treatments!</b>  <b>Expires January 31, 2023</b></p>	<p><b>Limbic Stress Assessment (LSA)</b></p> <p>This computerized scan works with frequency, scanning the body for up to 1400 imbalances, toxins, and more. When you leave, you’ll have a copy of your LSA report and a protocol to follow for about two months.</p> <p>By appointment only. Schedule with Nan.</p>
<p><b>WELLIFE, LLC</b></p> <p>Acupuncture &amp; Herb Healing Center          Traditional Chinese Medicine</p>  <p><b>Dr. Alex Chen, PhD, DAOM, LAc</b>  <b>314-858-6088 or tcmchen@gmail.com</b>  <a href="http://www.wellifehealing.com">www.wellifehealing.com</a></p>	<p>Healthy Mouth-Healthy Body-Healthy Life          Discover the benefits of Biological Dentistry</p> <p><b>Michael G. Rehme, DDS, NMD</b>          Biological Dentistry and Nutritional Therapy          2821 North Ballas Rd., Suite 245          St. Louis, Missouri 63131          a healthy choice for dental care 314-997-2550  <a href="mailto:mgrehme@toothbody.com">mgrehme@toothbody.com</a></p>
<p><b>WELLIFE, LLC</b></p> <p>Acupuncture &amp; Herb Healing Center          Traditional Chinese Medicine</p>  <p><b>Dr. Alex Chen, PhD, DAOM, LAc</b>  <b>314-858-6088 or tcmchen@gmail.com</b>  <a href="http://www.wellifehealing.com">www.wellifehealing.com</a></p>	<p><b>Advanced Foot &amp; Wellness</b>          Has Moved to          2376 N Truman Blvd., Crystal City          Phone: (636) 748-0042  <b>Peggy Earl, CWS, BSN, CLC, RN</b>          Foot Health Practitioner &amp; Certified Wound</p>

410 Sovereign Ct., Ste 9  
Ballwin, MO 63011

Specialist; **Ionic Cleanse Foot Detox**, Diabetic  
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Wounds, Revitalize & Restore Healthy Skin and  
Feet

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Provided in a private, clinical setting