

April 2021 edition

Nan's Natural Health

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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.**

Spring seems to have kicked off rather early—it's March, and we've hit 70 degrees already! I can hardly wait for the little pale green leaves to show themselves, as well as the Dogwood and Redbud flowers.

Do you know the story of the Dogwood tree? Dogwoods bloom near Easter. The white flowers have four petals, making the Sign of the Cross. Each petal shows a red notch on its edge, reminding us of Christ's blood on His head, hands, and feet. Some also say Dogwood was used to make the cross on which Christ died. Each time I see Dogwood flowers, I think of Easter and the magnificence of the resurrection and eternal life with God. Easter Sunday is April 4th this year. Maybe the Dogwoods will bloom early. Happy Easter to all!



Mark your calendars: I will be on vacation the second week of June. The shop will be **CLOSED** that week.

NEW PRODUCTS at NATURAL HEALTH AND HOME

- Dr. Cass Ingram's newest booklet ***How to Survive Forced Vaccinations*** is available and selling out quickly. Dr. Ingram presents information on vaccines in general, including the new covid shots, offering specific protocols to help both detox and avoid illness. Once again, his booklet is jam packed with information to help us help ourselves achieve personal optimal health. He offers a lengthy list of possible/probable side effects from toxins in our environment and in vaccines, including rashes, auto-immune disorders, liver problems, and many more. Reactions and problems may not occur immediately after shots, but may show up weeks, months, or even years after.

His book includes a suggested form you may use to help protect yourself from the potential damages and injuries due to vaccines (p. 22-3).

- The Cell Power company has several new products, including two to help support eye and vision health. **Night Vision** is a capsule, and **Eye Energy** is a liquid drop to rub on the eye lids and around the eye (it won't hurt if it gets into the eye) to help the eyes cleanse themselves.

- Also by Cell Power is their garden helper **Soil Power**. I can't wait to try it this year! I hear it's terrific stuff. When you visit the shop, pick up some literature about this product to try on your gardens this year.

ION Gut Health Dietary Supplement

I've been researching and trying a product—ION Gut Health--that may help people with either gut health problems, allergies, auto-immune issues, and more. Briefly, the tasteless liquid product works to help strengthen the gut, protect from toxins and allergens, and provide microbiome and immune support. Additionally, since the gut is sometimes known as the “second brain,” improving gut health helps our brain function. ION is also available for pets.

Dr. Zachary (Zach) Bush, MD, et al, have published several white papers and research articles on the ingredients in this product (all American sourced!) and how they work in the body. Copies may be accessed through PubMed.com. Listen to Dr. Zack Bush's interview on GMOs, Glyphosate, and Gut Health at Rich Roll podcast #353. Product information is also available at ionbiome.com

Brain Span Testing

by Daniel T. Johnston, MD, MPH

Submitted by Dr. Mark Schopp, D.C.

As chiropractors know, the brain communicates through the spinal cord and the vast network of the nervous system to control every function the body performs. From musculoskeletal health, control, and function to immune system regulation, the entire body depends on the brain as the central organizing and regulating system. When the brain works right, the body works right. Through its focus on the physiological and anatomical “hands on” approach to helping solve acute and chronic musculoskeletal conditions, chiropractic is also the only health care field that is specifically focusing on removing the stress, pain and interference that disrupts the central nervous system's control over all the body's systems. Over time, this enhances the coherence between the brain and the entire body, dramatically improving aspects of both mental and physical health. While the idea is simple, the implications are profound. By getting our patients to take care of their brain better, they can revolutionize their longevity and quality of life.

Let me give a little background--research has shown that chiropractic adjustments can improve the way the brain functions. A study was conducted over a three-year period with approximately 100 volunteers. Their brain functions were monitored with electroencephalogram (EEG) before and after chiropractic adjustments. After receiving a chiropractic adjustment, post EEG scans revealed improvement in all areas of brain function. This is referred to as positive neuroplasticity and positive neuro-physiological coherence. Optimal chiropractic care in the 21st century should not only focus on removing neural interference, but also on directly improving the cellular structure and function of the engine behind human health: the central nervous system.

I believe that clinicians can do this through one comprehensive assessment that quantifies two types of neurological health: 1) Fatty Acid cellular health - the nutritional health of neural membrane and inflammatory status; (including Omega-3 and Omega-6 status) and 2) Functional brain performance -- how efficiently the brain is organizing and regulating its functions. With advances in dried blood spot and laboratory analytics, we can now get a window in the health of every cell in our body. We can actually quantify critical fatty acid biomarkers (from a 2 minute simple finger-stick blood-spot test) that define cell membrane and inflammatory health and integrates that data with the metrics around cognitive function to include: attention, memory, executive function, and cognitive flexibility. We have all heard of the trend towards “quantified self” and the growth in activity monitors and wearable technology; but with combined blood and brain analytics, we have the “quantified cell” which dictates the longevity and quality of our lives. We are living in the age of “big data”, yes, but also “big cell data” and if presented properly will revolutionize the health of patients today and in the future while allowing us to detect problems at the cellular level; long before clinical manifestation at the tissue and organ level has developed. Revolutionary I say!

In an article published in the *American Journal of Clinical Chiropractic*, Chiropractor Dan Murphy said the following: “The omega-6/omega-3 fatty acid ratio (AA/EPA) is innately critical for brain function, heart health, immunity, joint health, pain syndromes and more. I believe that everyone should have the AA/EPA ratio tested to see if they are in the “target ratio” of 1-2/1, AA/EPA.” Our data and the studies published by others suggest that most Americans are 20:1 and greater, clearly 10-20x higher than normal greatly contributing to the risk of chronic illness of the brain and body. But focusing on just the nutritional inputs to cell health is greatly missing the mark—we also need to measure the cellular output as a result of this imbalance which conveys a much stronger message to the patient. We can now tie nutritional environment to functional output—and that drives self-awareness and behavioral change because meaningless metrics that my doctor tells me are important have a direct functional meaning to my life that I can see, read and understand.

The ability to track, measure and quantify **both** the functional and nutritional health of the central nervous system in one assessment and link them together and track them over time is a game changer. It develops true brain body coherence and longevity. It opens the door to a much broader scope of practice that no other health care profession is routinely addressing. My MD colleagues are completely guilty of ignoring the importance of optimizing the most important component to human health: the central nervous system. We have turned lab values into numbers that must be in certain “zones” rather than demonstrating how their number correlates directly to their function today. Brain health is a top priority for patients and their family members with just a little education. There is no better group of clinicians than chiropractors to help all patients begin a journey of optimal neurological health, better brain function, and positive neuroplasticity and neurophysiological coherence. Everyone else is just waiting for the system to fail to take action or presenting prevention lab information devoid of functional implications that leaves them without true impact.

Brain Span was created by Daniel T. Johnston, MD, MPH, and is the author of this article. . He is board certified by the American Board of Preventive Medicine with a Masters in Public Health from Emory University. Dr Johnston practices medicine in Washington, DC, and published the first Omega-3 neurocognitive study in combat while deployed to Iraq while serving in the US Army.

Dr. Mark Schopp practices owns a nutritional practice in St. Louis, Mo. He sees patients from Missouri and Illinois and does consults all over the United States. He performs Brain Span on many of these patients. In the cases of Dementia and memory loss as well as a lot of childhood disorders and other problems it has been found to be a great asset to patient care. It is also essential for preventative care. To view more about Brain Span, go to **schoppnutritionclinic.com** under Lab Testing.

Learning Opportunity

In early March, I attended a fine presentation on what has happened in Venezuela socially and politically. I met a gentleman that evening who, with his wife, had suffered under communist rule in an Eastern European country. The presentation was held at The Grace Center, a non-denominational Christian church here on Festus Main Street.

The presentation included a recently released movie wherein several people who now live in Farmington had escaped the socialist onslaught in Venezuela and Eastern Europe in recent years. Their interviews and photos show shocking poverty and living conditions! The government issues a small box of food per person or family which includes rice, beans, pasta, and a small bottle of oil. Power may be on between two and four hours daily; some days people have no power at all. Since their water system relies on electric power, when there is no power, people have no water. Vicious gangs roam streets and attack people.

This is valuable information. I’m working to get contact information so that other organizations who would like to view this film may do so.

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