

April 2024 edition

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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

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

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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.



Whan that Aprille with his shoures soote,
The droghte of March hath perced to the roote,
And bathed every veyne in swich licour
Of which vertu engendred is the flour....

Geoffrey Chaucer, *Canterbury Tales Prologue*

Our language certainly has changed since the 1400s! Old English (449-1066 AD) was heavily influenced by the Angles, Saxons, and Jutes (Viking-like invaders to the island). In 1066 AD, Angle-land (later England) the Normans invaded blending their French with the very Germanic Old English. Today, technically, we in America don't speak English, but American! Think not? When was the last time you called a baby carriage a pram, the trunk of a car a boot, or your running shoes plimsoles? Yep, we speak American!

Anyway, Happy Spring! And don't be fooled by anyone on April 1—April Fools Day!

Calendar

April 1: Kombucha class at Daily Flavors, 7pm. See ad on p. 4. Daily-Flavors.com

April 29: Sourdough class at Daily Flavors, 7pm. See ad on p. 4.

May 6: Water kefir class at Daily Flavors, 7pm, See ad on p. 4.

The Latest Cancer Treatment News from Asia

I recently listened to most of Ty and Charlene Bollinger's latest 7-part series called *The Truth About Cancer Asian Tour: Seven Days, Seven Countries*. (I missed the Japan interviews.) Many allopathic doctors from the Philippines, Singapore, Thailand, Taiwan, India, and Malaysia are now rejecting allopathic treatments (chemo, radiation, surgery) either completely or partly in favor of nutrition, positive spiritual and mental health, traditional herbs, and homeopathy. In fact, some of these countries are now passing laws stating that patients have these options and are no longer restricted to ineffective, tortuous allopathic

treatments, only to learn that in five or fewer years, their “cellular dysfunction” has returned and is now more difficult to address.

Following are some of the statements and treatments the doctors offered:

- ✓ Cancer is toxicity. Drugs add more toxins making healing more difficult.
- ✓ Detox the body to create an environment where cancer doesn't want to grow. Use saunas, ozone, coffee enemas, herbs, and plenty of pure water.
- ✓ Pray to The Almighty and Give Thanks throughout each day. Ask what you are to learn from this experience.
- ✓ Emotions and their stories have an affect on treatment—there is always an emotional connection to illness. Each emotion is linked to a different location of the cancer. For example, hopelessness commonly shows up in people with bone cancer. Tanvir Hussain, MD) Cancer is the result of suppressed emotions
- ✓ Each country has its own herbs and herbal formulas to help overcome inflammation, pain, and the cancers. Among the herbs are curcumin/tumeric, moringa, ginger, lemongrass, papaya, wormwood (artemesia) and mistletoe, among others.
- ✓ B17 is found in apricot pits as well as cassava (tapioca), manioc leaves, and wild yam.
- ✓ DHEA is the most abundant hormone in the body. A deficiency of 10-15 years occurs before cancer or other diseases may occur. DIM (extracted from broccoli) helps lower excess estrogens.
- ✓ Monitor urine and saliva pH regularly to maintain 6.4 or more alkaline.
- ✓ A keto diet rich in MCT (medium chain triglycerides) from coconut oil, as well as drinking coconut water and coconut milk, is used in India to treat cancer.
- ✓ Doctors recommend patient's consume liposomal vitamin C and get daily vitamn C IVs. Include manganese, copper, NAC, ECGC from green tea, selenium, and other supplements to cause cell apoptosis (death).
- ✓ Seek stem cell therapy.
- ✓ Increase vitamin D—SIT IN THE SUN!
- ✓ Include homeopathic products, but these are chosen based on individual needs, according to Rajendan Scaria, MD and homeopath.

Dr. Selvam Rengasamy (Malaysia) stated, “The body is not crying for radiotherapy or chemotherapy. The body is crying out to heal itself with nature!”

Dr. Sandeep, MD, argues, “Get out of the trap of the over-enthusiastic oncologists. They will rob you of your money and kill you. Don't give up hope! There are options!”

Farooq Motiwala, MD, of India also recommends the **German New Medicine** by Dr. Hamer. I have PAGES and PAGES of notes! If you are interested in this research and the many personal success stories, look up the Bollinger's website and look for the Asian tour for cancer treatments.

Natural Solutions for Common Yeast Infections

by Dr. Mark Schopp, Guest Contributor (See ad on p. 4)

A yeast infection, or Candidiasis, can be a major problem with some women. To get a permanent resolution one must treat the gut which is where the yeast comes from. Candidiasis occurs in the gut, oral cavity, vagina, penis, or other body parts. When it is in the mouth it is called thrush which is characterized by white patches on the tongue, throat, or in the mouth. Candida Albicans is a component of normal oral microflora. When unbalanced it can lead to oral candidiasis. Vaginal yeast can cause genital

itching, burning or abnormal discharge.

When one's immunity is disrupted, one is more likely to develop a yeast infection. History of antibiotic use and patients with gut inflammation such as Crohn's disease make yeast infections more likely. Antibiotic use, the birth control pill, or pregnancy can increase the likelihood of getting a yeast infection. Other causes could be hormonal imbalance, nutrient deficiencies, glucose metabolism, smoking, old age, surgery, and burns. Untreated yeast infections can lead to infection in other organs.

Diet considerations to help mitigate yeast infections include foods with probiotics and prebiotics. Also, fiber rich foods balance the gut. An unhealthy microbiome in the gut can predispose one to yeast infections. Stay away from sugar and artificial sweeteners. This includes high fructose corn syrup. Carbohydrates like potatoes, carrots, and beets should be avoided.

Also avoiding foods that contain mold, yeast or fungus can help. These are foods like coffee and dried fruits. Mushrooms, cheese, bread, fermented foods, and leftovers should be avoided. Once the yeast is under control you can slowly start introducing those foods to your diet again. Consider having quality protein with each meal or snack. This will help blood sugar regulation. Unhealthy glucose metabolism can cause proliferation of Candida.

As with any health problem, reduce all stressors if possible. Make sure you are getting enough sleep as disrupted sleep can compromise the immune system. A nutritional protocol must be one that will kill the yeast. Specific supplements will do this, and others will carry the dead yeast out of the body. Many times, patients continue to get these infections over and over. The reason for this is it is coming from the gut. Working with the gut is the key. So, we do the things to kill the yeast in the gut along with reestablishing the proper gut microbiome. Establishing a proper gut microbiome is essential to stop the infection from coming back. Adding probiotics and prebiotics that are specific to the vaginal tract flora is great. Nine percent of the good bacteria in the gut is in the vaginal tract. Proper supplementation can help to kill the yeast and establish a better gut microbiome. The goal is to treat the root cause and stop these infections from effecting women.

Spring into Spring Health with Naturopathy!

Dr. Toney Dunaway, ND, guest contributor (See ad on p. 4)

•**Seasonal Allergy Management:** Spring weather often brings pollen and allergens, leading to seasonal allergies. A naturopathic doctor can offer holistic remedies to help combat these symptoms.

•**Detoxification Support:** Spring is a popular time for detox programs. A naturopathic doctor can provide guidance on safe and effective methods for spring cleansing.

•**Boosting Immune System:** With the changing weather, immune support becomes crucial. A naturopathic doctor can recommend natural ways to boost immunity through diet, supplements, and lifestyle changes.

These are just a few ways a naturopathic doctor can help navigate the challenges of spring weather and support overall well-being.

<p>Schopp Nutrition and Chiropractic Clinic "Changing Health With Clinical Nutrition"</p> <p>Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, Fibromyalgia, Chronic Fatigue, Male & Female Hormone Imbalances, Adrenal, Digestive Disorders, Thyroid, Personal Injury, Live Blood Cell Testing, Brain function evaluation, Heart Sound Recording, and More!</p> <p>NEW! Lipomelt Red Light Slimming and Body Contouring Technology</p> <p>Dr. Mark Schopp, Chiropractic Physician Phone: 314-843-WELL (9355)</p> <p>drschoop3@gmail.com schoppnutritionclinic.com 11144 Tesson Ferry, Suite 201, St. Louis, MO 63123</p>	<p>Hillsboro Chiropractic Dr. Tammy M. Hansen</p> <p>636-789-2400</p> <p>10814-A Business 21</p> <p>\$35 Student Physical</p> <p>\$25 New Patient Consult & Evaluation</p> <p>\$15 Foot Scan & Report of Findings</p> <p><i>Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm & Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics & Sports Injuries.</i></p> <p>Expires April 30, 2024</p> 
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<p>Fresh-made Gluten and Dairy Free Menu Wraps, quinoa and rice bowls, salads, fresh juices, smoothies, cookies and more!</p> <p>34 East Main Street, Festus 636 543-0223 Daily-flavors.com</p> 	<p>Advanced Foot Care Foot & Wound Care Specialty Nurse (RN, BSN) <u>2376 N Truman Blvd, Crystal City, MO</u></p> <p>Your First Step to Healthy Feet Ionic Cleanse Full Body Detox Diabetic Foot & Nail Disorders <u>Medically Necessary Routine Foot & Nail Care</u> Acute & Chronic Wounds (636) 638-0042</p>

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