

December 2023 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.



Calendar:

Tuesday, Dec. 12: **Closed** for a holiday luncheon with my "old" high school grads in St. Louis! "Cleveland High School, Cleveland High School, Best school in the land! ...May there ever be, in the hearts of all the students loyalty!" I may sport a new tee-shirt saying "I grew up in a Castle!"

Since Christmas and New Year are on Mondays this year, there will be no other changes to the calendar.

Christmas Memories

The holiday season has arrived, and the year is coming to a close. Children excitedly look forward to a school vacation, special treats, gathering with family, experiencing traditions, and learning that "to give is better than to receive." Adults have a slightly different perspective, foreseeing the extra bills, decorating, food preparations, and overall stress, yet still enjoying the fun of friends and family gatherings and perhaps watching old holiday movies (my favorite is *White Christmas*), family movies/videos, or maybe looking at old family photo albums.

It's nice to take time to reflect on pleasant memories of our childhood Christmases. One memory I have is our family driving to downtown St. Louis to see the fancy holiday windows at Stix, Baer, and Fuller and Famous-Barr department stores. Then we'd go upstairs to Santa's Wonderland to see the seemingly magical scenes from Christmas stories as we slowly made our way to sit on Santa's lap. One year was very different—the displays reflected the nation's space exploration with the Gemini project. The McDonnell Aircraft Corporation built the Gemini capsules, and my dad was on the Gemini team!

Since my dad's parents immigrated to the U.S. in 1907, we experienced some of the "Old Country" traditions of St. Nicolas, German poppy seed strudel, and German cookies. We spent Christmas Eve at Aunt Mary's house—a tiny place in Lemay. How everyone found a place to sit still amazes me. After supper, an uncle or cousin played St. Nick. He'd ring sleigh bells at the front door before throwing candy and nuts into the living room while cheerily bellowing Ho Ho Ho! Then we'd each receive a gift.

I remember everyone dressed in their best Sunday clothes and jewelry, the women smelling like a Famous-Barr perfume counter. (For you young-uns, Famous is now Macy's.) The kids would retire to the floor of a bedroom to play a card or board game while adults chatted, and a few played a noisy card game in the kitchen.

The next day, we went to church in the morning, then off to Grandma and Grandpa's house for more food, wet kisses from plump aunts and moustached uncles, and gifts all 'round. I don't remember the TV being on—everyone was too engaged in eating and talking. My dad was the family photographer and took home movies of some Christmases as well as old black and white photos of people and a dining room table loaded with food. Too bad he couldn't capture the aroma of the turkey, ham, candied sweet potatoes, and all the fixin's!

I hope all of you have fond memories of the holidays, incorporate some old traditions into your plans, and make more memories for future generations to treasure. Remember to take pictures and jot down family history details. (I did that one year when I was in high school, and a week later, the sweet aunt I had spoken with died suddenly and unexpectedly! I was so very glad to have heard her life story before she passed.)

New Products Make Good Gifts!

R&R has two new hemp-based products in time for holidays and winter aches and pains: De-Stress Gummies in watermelon flavor and Pain Gummies in peach-mango flavor. The **De-Stress Gummies** offer full-spectrum industrial hemp combined with St. John's Wort and chamomile. The **Pain Gummies** blend full-spectrum industrial hemp with Devil's Claw and Boswellia. The hemp is organic, Colorado grown. All R&R products are vegan and gluten free. Flavors and colors are natural from food sources.

If the holidays have you feeling just a little anxious or stressed, I still carry R&R's plain, full-spectrum gummies. I also have in stock the Sleep formula—hemp combined with ashwaganda and l-Theanine (an amino acid).

For those avoiding hemp products, try **Happy Camper**, an all herbal blend that is still very popular.



Keep Your Immunity Strong—Holiday Gatherings and Stress May Lower Immunity

The holidays are no time to slack off on keeping your immunity strong! Stress, late parties, carb-rich holiday treats and foods, and keeping company with lots of people may set you up for greater risk of illness.

In addition to the usual supply of immune building herbs (eg: elderberry, garlic, echinacea), minerals (especially zinc), NAC, quercetin, C and D, be sure to keep pH test strips handy and learn how to use them properly. PH (potential for hydrogen) is the measure of acid and alkaline. Drs. Carey Reams, Westin Price, Royal Lee, and many others all taught that **knowing your pH** was an integral step in maintaining health and aiding in healing from illness or injury. They agree that the perfect pH is 6.4.

Scientists and some health practitioners disagree as to the value of urine and saliva pH, as this testing “tell(s) the type of acidity or alkalinity” (Jeremy Kaslow, *Laboratory Interpretation Desk Reference Manual*, 75). However, Dr. Reams used urine and saliva pH successfully in his Reams’ Biological Theory of Ionization (RBTI) tests. RBTI specialists still use Dr. Reams’ testing, although RBTI tests more than just pH.

Another way to assess pH is to determine a person’s respiratory rate. If it is slow, the person is probably alkaline. “Conversely, a rapid respiratory rate occurs when there is excess acid and thus the body attempts to blow off CO₂ in an attempt to increase pH (become more alkaline).” An adult should be able to hold his/her breath for about 60 seconds (IBID 75).

RBTI practitioners use Daily brand calcium lactate to acidify the body and Daily brand calcium citrate to alkalize. It is important to use only the Daily brand, as their products are produced specifically to affect pH levels. Other brands do not work to change pH.

If you’d like to learn more about RBTI testing, please contact Emily Anderson at 435 828 4720. Emily also does iridology; nail, tongue, and face assessments; enzyme therapy; and much more.

More Gift Ideas for Young and the Young at Heart

Are you wracking your brain wondering what to get your pastor or your kids’ teachers, coaches, and friends? Natural Health and Home may provide some healthy, fun, and practical gift ideas!

- Aura Cacia’s bath salts and bubble bath in a variety of natural scents—eucalyptus, chamomile, lavender, and others.
- NOW’s new Sugar Plum essential oil blend or one of their other singles or blends to diffuse or scent a wreath or other holiday display.
- A cute necklace or bracelet diffuser in a variety of styles.
- A bottle of Young Living’s Winter Nights or Thieves pump hand soap.
- Young Living’s Christmas Spirit essential blend.
- Soothing hand and body lotions
- Simply Organic seasoning packets—perfect for making holiday (or anytime) dips, chili, or salad dressings.
- A selection of herbal teas, including the new Ginger-Tumeric blends by Buddha and NOW.

Have a lovely and memorable Christmas or Hanukkah!

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