



June 2021 edition

## 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 available)

**Hours:** OPEN Tuesday and Wednesday, 10am-6pm

Thursday, & Friday, 9am-5pm; Saturdays 9am-noon. **CLOSED** Sundays & Mondays

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

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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



I'll be on **vacation from June 7-12**. The store will re-open on Tuesday, June 15. Make sure to shop ahead.

**June 20: Father's Day and First Day of Summer.** Whether your dad enjoys sports, gardening or farming, or camping and hiking, consider including a box of electrolyte mix in your gift basket for dad. Look for products by NOW Foods and Celtic Salt Company, both at Natural Health and Home.

### Hello and Happy Summer to You All!

I had a unique experience with breath coach and massage therapist Delany Christine in May. Most of us do not breathe deeply to both oxygenate and detoxify our bodies. My hour long session with Delany seemed like 15 minutes! I felt both more relaxed and energized after the session, and she gave me lots of information and tips. Since then, I've been taking a few minutes each day to do breathing exercises. Please read Delany's article below for more information.

#### **Breathe Deep, Anchor Bliss**

by Delany Christine, Pure Bliss Breath Coach

Breathwork is for those dedicated to taking the power of health into their own hands. Individuals ready to put in the work of permanent healing on all levels of being: Mental, emotional, physical, and spiritual.

For thousands of years, we have understood that the breath is our primordial essence of life and the most important aspect of optimal health. Only recently in humanity has it been mostly forgotten. Now is the time to fully remember.

After a year of living in a world with a virus that attacks the lungs, I find it ever more important to reteach the power of Breathwork. To hold space and clear the slate so your Soul may call you back to Remembrance. To provide guidance and put the power back into your hands about how to breathe more fully. Bring your stressed cells back into complete nourishment and your body into homeostasis.

I teach the Pure Bliss Breath. A session consists of 90-minutes to 2 hours using a connected, flowing breath, and another 30 minutes of integration. The purpose of this flowing breath is to unlock the diaphragm so that we may breathe our fullest potential, thus living our fullest potential.

I use a deep belly breath to massage the organs and nourish our blood cells - which rely on the process of oxygenation to do their duty. Breathing into the belly grounds our spirit, helping us to actualize our dreams, and anchor into the feeling of Bliss.

Pure Bliss Breathwork unlocks our repressed emotions with non-judgment and ultimate compassion. It rips open our heart center so that we may fully feel God and tap into that joy-filled essence we had as a young child.

Emotion is energy-in-motion so when we don't let them move, we don't move. We numb. We sit at a standstill with life. When you cut off your feelings, your ability to feel your pain, your anger, your sadness, your grief... you inevitably cut off your ability to fully feel joy, bliss, peace, and contentment.

We have to feel to heal.

With the power of the Breath, we are able to transform our pain without all the stories attached. Our monkey brain is able to step to the side allowing the innate wisdom of our body to step forward, showing us what needs attention, what we have been numbing and avoiding looking at.

Have you ever had the realization of, "Oh, I don't think I have breathed for five minutes! How am I still alive?" Do you notice yourself hold your breath during traffic, in the store, or stressful or anxious moments?

I invite you to go through your days a little more aware of your breathing patterns and making an effort to continue breathing to continue living fully.

Come breathe with me and experience true lasting transformation.  
Contact me at [pureblisscoach@gmail.com](mailto:pureblisscoach@gmail.com)

## **Proteolytic Enzymes**

Most of you know about digestive enzymes which help us digest food (fats, proteins, and carbs) when taken before a meal. Often customers tell me that since their gall bladders have been removed, they have digestive issues such as bloating, gas, or other discomforts. They find that digestive enzymes help prevent some of these issues.

SYSTEMIC ENZYMES (also known as proteolytic enzymes) are different from digestive enzymes. This type of enzyme is taken on an empty stomach and at least an hour or longer before eating anything (otherwise the enzymes will help digest foods). The purpose is to help rid the body of “excess proteins”, including fibrin, parasites, and more.

One company, Arthur Andrew Medical, specializes in enzymes, and they develop, research, and educate people on their products. One in particular is attracting much attention this year is called NEPRINOL. According to their website,

Neprinol is a proprietary combination of serrapeptase, nattokinase, protease, lipase, bromelain, papain, rutin, amla, and other proteolytic enzymes that are specially formulated to support healthy fibrin levels. Neprinol has been used to support immune and circulatory health, as well as maintain a healthy inflammatory response to everyday activity. <https://arthurandrew.com/products/neprinol>

It works by acting like a Pac-Man to gobble up fibrin and other proteins in the blood and throughout the body. In a seminar I attended a few years ago, the doctor (PhD in biochemistry and nutrition) who spoke told us that for certain conditions, “take a handful of these enzymes before bed.” Some of the conditions included mucousy sinuses, allergies, and scar tissue. I also read of one case where a cat had heart worms. Heart worms in cats are very rare, so no medication was available, and the medication given to dogs kills cats. So the vet offered to “experiment” using a proteolytic enzyme protocol. In six months, the cat had no worms, much to the delight of the cat’s humans!

Some people should NOT take these enzymes unless under a doctor’s care, as these enzymes may cause blood thinning. If someone takes a blood thinner, the enzymes may make the blood too thin. Also, people whose blood does not clot well should not take these enzymes without consulting a doctor.

Arthur Andrew also offers a personalized health test kit for home use. Go to their site for more details. <https://arthurandrew.com/products/my-gut-report>

Arthur Andrew also offers specialized enzymes for women’s health issues, fungus control, respiratory, urinary tract health, and pets. Get your enzymes at Natural Health and Home. For more information about Neprinol and other enzymes, go to <https://arthurandrew.com/products>

### **NOW in the News**

Now Foods’ scientists have been testing several products from multiple companies sold on Amazon, specifically SAME, CoQ10, and ALA (alpha lipoic acid). According to their tests, the products tested contained “far below the claimed amount, if any CoQ10 was detected at all.” SAM-e products were mislabeled claiming to have 1500mg but had only as little 500mg.

Testing on ALA revealed that “Six out of these 13 brands were under 75% potency” when compared to the potency given on the label and were “legally unacceptable.” Previous testing on these products revealed less than 50% potency. In contrast, NOW brand ALA tested 110% of the potency listed on the NOW label.

For more information, visit [nowfoods.com](http://nowfoods.com).

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