

March 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  
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.**



### **Calendar**

March 17: Happy St. Patrick's Day! Time to plant potatoes and cabbage here.

March 20: Happy first day of SPRING!

### **Think GREEN to Detox this Spring!**

As our bodies transition from winter to spring, it's time to think about a spring cleaning of our bodies. Green drinks with parsley, kale, cilantro, spirulina, chlorella, wheat grass, chlorophyll, and other greens help our bodies detoxify and rebuild. These come in powders and the capsules or tablets (depending on the products). Herbs are loaded with nutrients and each has its own unique properties. For example, cilantro helps detox from heavy metals.

If you're not into green drinks or smoothies, I offer capsules or liquid concentrates to help detox the whole body, organ by organ. **NOW's Easy Cleanse** is a popular product each spring.

"Old timers" drank sassafras tea mixed with sarsaparilla herb in the spring to "thin the blood," which they believed would thicken during cold temperatures. This herbal blend helps detoxify the blood. Sassafras isn't a tea to drink daily over a long period—two or three cups a week for a few weeks is good. Lucky us—sassafras grows wild here! I have a large clump of trees in my front yard. The tea tastes a bit like root beer!

Additionally, spring is the time our gall bladders and livers detox naturally. Ask any surgical nurse when they do the most gall bladder removals—spring! Some of the herbs commonly used to detox or cleanse the liver and gall bladder include **milk thistle, Oregon grape root, barberry, and dandelion** available in liquid tinctures or capsules.

**Dr. Christopher's liver-gallbladder formula** combines several herbs to aid in detoxing these organs. **North American Herb and Spice's GreensFlush** blend contains dandelion, nettles, and burdock. **Young Living's Juvatone** blends specific herbs and essential oils, while **NOW** offers several liver detoxes, include **milk thistle/silymarin and Liver Refresh blend**. All of these are in stock now at Natural Health and Home.

Foods that traditionally have been used to support liver health include **cherries, beets, and unfiltered (preferably raw) apple juice**.

If you'd like very specific guidance for a spring detox, **Dr. Christopher's little book, *The Three Day Cleanse***, is available at Natural Health and Home. For a deeper cleanse, his book ***Curing the Incurables*** covers overall detoxing.

In addition to herbs, consider getting a professional **massage** (see Karin's article below) and a series of **ionic foot baths** (see Peggy's ad on the bottom of page four). Finally, the Zyto Limbic Stress Assessment (LSA) may help determine more exactly your personal detox needs. LSAs are done by appointment. Call for your appointment soon at Natural Health and Home.

Remember, allergy season will soon be upon us. Detoxing now may help prepare your body for seasonal allergens.

**Detoxing and Massage**, by Karin Donjon, LMT  
Blessings Dear Friends,

2023 is off to a beautiful start! Disclosures and enlightenment are growing exponentially, and we should all feel excited for the collective rise in the consciousness of humanity!

A brief exploration of medical disclosures via critical data from congressional hearings, government postings, and a plethora of conclusive research from world-renowned physicians on the patented mRNA "vaccines" will give pause to even the most cynical observer when faced with the proof that's in the pudding.

The avalanche of vaccine injuries that so many of us have been violated by through deception, coercion, fear or proxy regarding the Cov!d shots and boosters is reaching an undeniable critical mass.

According to statistics from several months ago, since their distribution: breast cancer has skyrocketed 487%; nervous system damage spiked a whopping 1048%; blood clots in the lungs, 468%; migraines, 452%; multiple sclerosis, 680%; the list goes on to include massive numbers of still borns, miscarriages and plummeting sperm cell counts.

Spike proteins are socially being shed to the unvaxed, who are now dealing with similar pathologies.... including female toddlers who were documented as passing vaginal clots after being in contact with recently boosted family members. These shots are nothing short of patented bioweapons, and the carnage also plaguing our global brethren is palpable. Whether or not you took the jab, you are likely

dealing with the aftermath physically, mentally, and emotionally.

So... what comes next? It is important now more than ever to be proactive with your health and thwart any adverse reactions you may be predisposed to or experiencing. Maintain your body's peak immunity and homeostasis as we vibrantly continue into the New Year!

Experts urge detoxing the body (especially of heavy metals/graphene oxide) and replenishing nutrients to counteract this bioweapon. In addition to these protocols, there are massage therapy techniques that can make profound improvements in your health and wellness.

Lymphatic Drainage Massage (LDM) is a gentle, flowing technique that BOOSTS the health of your IMMUNE SYSTEM by stimulating lymphatic flow. It is ultra-beneficial for anyone suffering from immune disorders, edema, cancer/lumpectomies/node removal, and those recovering from surgery.

Myofascial Release is another gentle yet powerful technique that removes constriction of the vast network of fascial connective tissue surrounding muscles, bones, vessels and organs. Many times emotional holding patterns are manifested within this liquid crystalline, piezoelectric system, and release of the fascia results in immediate physical and emotional relief. It can also aid in scar tissue healing, adhesions, scoliosis, and tension headache relief.

Make massage therapy with an educated, experienced therapist a consistent, joyful part of your wellness in the new year! Soon you will find that 'massage day' is your FAVORITE day of the week!

God bless!

"2023 for Health & Humanity!"

### **Patriots' Corner**

I recently watched a video explaining the pattern of tyranny—it comes in waves. One wave is what some are calling a “trial run” to see just how far a nation’s people will comply, followed by a period of calm before the next “wave” hits. Stay informed with reliable sources like the John Birch Society. With over 60 years of experience and a very qualified team of researchers, writers, and speakers, you will always be well informed on Constitutional issues. Check out JBS.org and TheNewAmerican.com to read articles, listen to podcasts, watch videos, and GET INVOLVED in our local communities to preserve our liberty. Jefferson Countians were spared cov'd mandates because we demanded our liberty, as stated in our Missouri and U.S. constitutions. The fight isn't over! Prepare now with knowledge you need to protect our liberties locally, statewide, and nationally.

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

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