

May 2020 edition

Nan's Natural Health

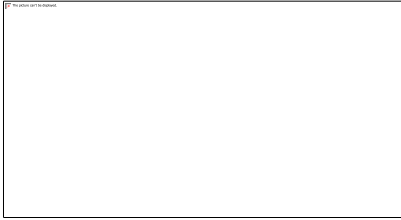
Wake Up to Natural Health & A Better You!

Compliments of Natural Health and Home, Inc.

526 Bailey Rd., Crystal City, MO 63019

www.NansNaturalHealth.com

636 937 0526 (no texting available)



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

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

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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.**



Remember **Mother's Day, Sunday, May 10.** Gift certificates and lovely gift items for moms of all ages at Natural Health and Home. Shop in-store, or I can ship your order!

May 11, Skinny by Summer, with Dr. Charmin Gans. Contact her office (see ad p.4) for details. Free! Due to the CV 19 situation, the class may be via facebook.

Memorial Day is Monday, May 25. Remember your veteran ancestors and active duty family members and their families. If you want to honor an ancestor, consider donating to the St. Louis USO-Lambert Field or another veterans' organization.

Dear Wellness Warriors,

The last few months have been—well, quite the adventure! The good news is that at the time I am writing this newsletter, my suppliers are catching up with orders, many products are back in stock, and the talk is the country may be opening soon. My suppliers and other health food store workers are delighted to see how many people trusted their immunity to natural products: elderberry, vitamin C, zinc, olive leaf, oregano oil, nano silver, essential oils, and much more. How wonderful that Heavenly Father provided us with such a variety of products to stay healthier and help our bodies heal after injury or illness.

Some products still seem impossible to get at present, such as zinc and ascorbic acid (common vitamin C). The reason for some shortages—like ascorbic acid—is because it is sourced from China, and my suppliers are not receiving product from China at this time. Chinese green tea products are also a challenge to get just now, as are the ginger candies nearly everyone loves! I still have a few bags of the candies, so get 'em while I got 'em!

Another product that comes from a foreign country is manuka honey and manuka lozenges. Manuka grows only in New Zealand, and with current blocks on imports, we may not be able to get all the manuka products we usually have in stock. I currently have some honey and lozenges, but we don't know about these products' accessibility in the near future. I have been told new supplies of the products could be in by late summer or fall. Glass bottles are often made in China, so getting bottles for essential oils are another problem.

We've probably all had some unique experiences through all this. As my dad used to say, "Who'd a thunk it."

I'd never been to a liquor store since I don't drink alcohol. I made my first venture into one to purchase vodka to make a surface spray with vodka and essential oils. It should also work for hand sanitizer. Then I did something else I never imagined doing—I sent customers to Captain Z's liquor and tobacco shop a few doors down the block to get either vodka or Everclear to make sanitizer spray, then later to purchase quinine bitters! Who would ever have thought a health food shop keeper would send customers to a liquor store! Well, we all must work together to stay healthy. Vodka and Everclear are also used to make herbal tinctures, so it's good to have some available. Oh—my pine-lemon-eucalyptus spray smells divine! Come in for a sniff!

Now is the time to begin making some herbal tinctures, ointments, syrups, and other items. If you haven't yet tried to DIY herbal products, check out **James Greens' *The Herbal Medicine-Maker's Handbook: A Home Manual***. The author gives extensive information on how to preserve herbs, make your own products, and learn how to use them. Wild violets; dandelion leaves, roots, and flowers; chickweed; echinacea; plantain; and other wild herbs are really “medicine” that we may use at home. You may find even more wild herbs and plants in your own backyard or during a stroll through the woods.

Another good idea is to take online classes through the **Dr. Christopher School of Natural Healing**. You'll even learn how to use herbs for first aid, which is always handy. For example, do you know plantain can stop the pain of a wasp sting in seconds and is also good in treating poison ivy? We have so many “weeds” that are helpful and nutritious to us in many ways.

Finally, now is the time to cleanse from winter's accumulated blood sludge. Old timers in the Midwest drank sassafras-sarsaparilla tea to “cleanse winter's thick blood” and prepare for summer. Today, we can also rely on a few ionic cleanses (see ad on the bottom page 4) or an LSA available at Natural Health and Home. The LSA scans for up to 1400 “imbalances” throughout the body. Dr. Oden evaluates the information from the scan and offers a plan of action to help you reach your personal optimal health. Schedule your appointment today!

That's all for now. Wake up to Natural Health and A Better You!

Show Your Mom Your Love and Appreciation for Her this Mother's Day

Women make up my biggest customer base, so a gift or gift certificate from Natural Health and Home makes an ideal Mother's Day gift. Women often come into the shop, browse until they find just the right item, snap a picture on their phone, then show it to their family members to let them know exactly the gift that will make Mom the happiest! If Mom talks about a particular item, don't disappoint her by guessing at what she *might* want. Listen carefully to her, shop for her special items, and watch her face light up when she opens your special gift!

- ◆ Essential oils and accessories are always appreciated as are the essential oil reference guides and other books on the oils.
- ◆ A cute basket filled with healthier snacks, herb teas, and electrolyte mixes for the gardener-camper-hiker may be fun.
- ◆ CBD products (capsules, liquids, skin creams) may be just the thing for the sports woman or anyone who wants to use natural products for pain relief, health, and healing.
- ◆ Natural sun block products, poison ivy/oak products, and natural first aid items (arnica, nano silver) are a must for those who enjoy the outdoors!
- ◆ Japanese and Indian incense in a variety of aromas as well as Native American sage wands may right for your mom.
- ◆ Gift certificates from Natural Health and Home!

A
mother's
Love
is the
Heart
of a family.



natural
these ideas:

June Weddings are Coming!

Have you considered giving that special pair of health conscious love birds shower and wedding items to start their married life healthy? How about

- ✓ Prepare a cute basket of kitchen items, including culinary herbs and spices, cacao, herb teas, and tea strainers tucked into a nest of kitchen towels and a tea pot. If you order ahead, I can also get a mortar and pestle and other handy kitchen items.
- ✓ Fancy honeys, pure maple syrup, monk fruit or stevia sweeteners along with an herbal tea sampler will stock their kitchen for pancake Saturdays or warm summer nights when a tall glass of chilled mint tea will hit the spot!
- ✓ A bathroom basket filled with natural bathing products: soaps, essential oils, hair and skin care products, toothpaste and oral health products, deodorants, skin brushes, ayate cloths, and more.
- ✓ The new couple will probably need a first aid kit for their new home. A box stocked with nano silver, latex free bandages, lobelia and several other tinctures, and some Dr. Christopher's Complete Tissue and Bone massage oil form the basics of a natural first aid kit.
- ✓ What couple could resist a gift collection of essential oils and a diffuser for their new home? NOW Foods offers a small zippered travel case with four essential oils and a portable diffuser--Perfect!
- ✓ How about a bucket filled with natural cleaning products? CitraSolv, made with real orange oil, works as a degreaser and disinfectant. This concentrated cleaner will make their home smell fresh and clean—and when sprayed on wasps, drops them in seconds! Pair this with other natural cleaners and detergents, and they'll thank you. (I actually did this for a couple years ago and included a can opener and some other kitchen gadgets. Wouldn't you know, they used the opener their first night together. The told me they just hadn't thought to purchase one for their new kitchen! Sometimes the little things really count.)
- ✓ A gift certificate from Natural Health and Home!

And how prepared are YOU for summer outings and work? Do you have a stash of electrolyte products or know how to make your own using Celtic or Himalayan salt? What about natural insect repellents, bug bite soothers, sun burn products, and poison ivy products? A well-stocked first aid kit?

Remember to SHOP NATURAL & USE NATURAL products to help protect your health!

Welcome Nurse Peggy Earl!

The newest addition at Door To Door Medicine is Skin and Wound Care Specialist Peggy Earl, BSN, RN, WCN. Peggy's first career was in cosmetology, then later found herself in nursing. She began her nursing career in surgery/orthopedics, but after obtaining her bachelor's degree in nursing was "called" to wound care. She obtained board certification, specializing in Wound Care and provided wound care services for 11 years.

Over the past three years Peggy has traveled extensively as a Clinical Specialist for ETS Wound Care, educating wound care providers and their staff about a unique new product in the wound care marketplace.

Peggy was introduced to Dr Susan Overkamp, DO, during a visit to Natural Health & Home a few years ago. "Direct patient care is my true love, and when I met Dr Sue I was inspired by her vitality, her holistic approach, and love for her work I knew then I would eventually find a way to work with her," Peggy says.

Peggy has partnered with Dr. Overkamp to provide skin, wound, and diabetic foot care. "I am certain that our specialties will mesh well and have good synergy" she says of their affiliation.

If you or a loved one is suffering with chronic leg or foot ulcers, need diabetic foot care or grooming, or experiencing other problematic skin issues, contact Peggy at: 636-638-1808 for a consultation or appointment for care.

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Wed, Thur, Fri

Wake Up to Better Health!

Schedule your **Limbic Stress Assessment** with Nan at Natural Health and Home.

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