

October 2022 edition

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## **Nan's Natural Health**

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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**

**Oct. 6 Jeff Co Patriots** meeting, 6:30pm at Saucy's Pizza in Hillsboro (near hwy B).

**Oct. 20 Jeff Co Patriots** meeting at the fire department on Hwy 141. Judge Travis Partney is scheduled to speak

**Saturday, Oct. 22, 10am-2pm:** The shop will be **CLOSED!** I will be at the Festus YMCA Artisan Fair and Vendor Show. 1303 YMCA Drive, Festus, MO.

**Saturday, Nov. 5, 5-10 pm:** Ladies' Night on Main Street, Festus/Crystal City. The shop will be **OPEN** for the evening.

Stay in touch with Jeff Co Patriots, as several serious issues are being discussed about local issues.

### **Smart Meters, EMFs, and our Health and Liberty**

So much is happening this Fall! One issues that's come up is how Ameren's new "smart meters" are affecting health and wellness. If you have a new smart meter on your house or other building, Dr. Jane Ruby (medical researcher and host of the Dr. Jane Ruby Show online) suggests looking into devices which help deflect some of the EMFs emitted by smart meters and other electronic

devices. She named one company, EMFSol.com, in Florida. I have not researched beyond this company, but it's a start.

If you'd like more information on smart meters and EMFs, watch the video "Take Back Your Power" on YouTube. Ameren is a monopoly and has received money since the Obama presidency. This push for smart meters is part of the UN's Agenda 2030 Sustainable Development program. If you want more information, I have at least one book in stock at the shop on this topic, or you may go to the UN website and search "Agenda 2030 Sustainable Development." Jeff Co Patriots plans to have a special meeting about this issue in the future.

### **Just for Fun—and Health!**

Naturopaths and Traditional Chinese Medicine (TCM) practitioners recognize that the various annual seasons affect certain organs and systems in our bodies. The following list is taken from Elson M. Hass' book *Staying Healthy with the Seasons*. The list shows the season, the organs/systems affected, and some of the foods and herbs which help support them. Other ways to support the systems include acupuncture, reflexology, massage, lymphatic massage, and chiropractic.

|             |  |   |
|-------------|--|---|
| Spring      | Liver/Gall Bladder   | Beets, cherries, apple juice, milk thistle            |
| Summer      | Heart/Circulation-Sex/<br>Small Intestines/<br>Triple Heater | Cayenne, hawthorne, yellow foods, red clover, burdock |
| Late Summer | Spleen/Stomach   | Enzymes, aloe, cayenne, slippery elm                  |
| Fall        | Lung/Large Intestine   | Pears, colon cleanse, slippery elm, cayenne           |
| Winter      | Kidneys/Bladder  | Goldenseal, parsley, uva ursi                         |

### **Be a Hippy—Use Patchouli!**

I'll bet you didn't know this one—Patchouli may help the respiratory system as we go through cold and flu season this winter! Most of us think of eucalyptus, peppermint, camphor, or wintergreen to help with congestion and other respiratory discomforts, but according to Connie and Alan Higley's *Reference Guide for Essential Oils* (2006), patchouli's properties include "anti-infectious, anti-inflammatory, anti-fungal, antiseptic, anti-toxic, astringent, decongestant, deodorant, diuretic, insecticidal, digestive stimulant, and tonic" (p. 109).

Asians use patchouli to help "fight infection, cool fevers, tone the skin, and as an antidote for insect and snake bites," as well as to "treat colds, headaches, nausea, vomiting, diarrhea, abdominal pain," and bad breath.

The authors suggest this oil is a "digester of toxic material in the body," thereby helping with a number of health concerns. (p. 110) Therapeutic grade patchouli may be diffused, applied topically, or diluted (one drop) in honey or 4 ounces of a beverage. Do not use for children under six years old, and use with caution for children six and older.

Patchouli blends well with a number of other essential oils, including bergamot, lavender, myrrh, frankincense, and several more.



## Healthy Fall Celebrations

If you're planning a harvest or Halloween celebration, make sure it includes healthy treats. For families with young children or grandchildren, make your own popcorn or popcorn balls using agave or other natural sweeteners. Season popcorn with nutritional yeast for a nutritional boost of vitamins and minerals—with a cheesy flavor! Or season popcorn with a drizzle of melted coconut oil (that's what makes movie theater popcorn taste so yummy) and sprinkle with Simply Organics taco seasoning or maple powder (available at Natural Health and Home).

Another fun treat is homemade—or store bought—trail mixes. At Natural Health and Home, you'll find a variety of these healthy mixes ready to serve in bowls or in snack bags. Purchase your organic raw or roasted nuts and seeds, as well as dried fruits to blend your personal favorites. Try mixing trail mix with your popcorn for a unique sweet-salty treat!

For gum chewers, I offer XyliBurst gum in a variety of flavors in small packs and tubs of 100 pieces.

## Interesting Trivia

It's September 19 as I write this. I watched Queen Elizabeth II's funeral this morning. Some of us have wondered how the Queen's body was kept for 10 days while it was viewed by thousands of mourners. Was she embalmed or not? Was her body in the coffin all that time, or not? According to British reports, others have also asked these questions. Word is, her body was most likely embalmed, but the royal coffins are lined with lead to preserve the bodies for up to a year.

<https://heavy.com/news/are-royals-embalmed-queen-lead-empty-coffin/>

## Patriots' Corner

We've all heard that we must study history, lest we repeat mistakes of the past. I recently ran across a 1984 copy of Yuri Bezmenov's (aka Tomas Schuman) two books *Love Letter to America* and *The Four Stages of Subversion of a Country*. Bezmenov is a former KGB agent who escaped Soviet control and eventually moved to the United States. His story is quite interesting, as he simply couldn't quit being an agent officially. He planned and executed his escape very carefully.

In *The Four Stages* book, the author identifies and explains how the Soviets/Russians use **demoralization, destabilization, crisis (often created), and normalization** (think "new normal") to conquer a country without firing a shot, dropping a bomb, or using any other form of violence. As I read his explanations, I thought of what we've experienced for the last two and a half years with "covid". Every part of what we experienced is what Bezmenov explains.

Of course, we didn't just suddenly arrive at the contrived crisis of covid two years ago. This was in the planning for years. The author explains that it takes anywhere from 20 to 50 years to lead up to such an event—time to carefully brainwash citizens, especially children, away from patriotism and history in order to divide race against race, gender against gender, old morals for "new morality," religion against religion, age against age, traditions against "new" ideas which destroy the old. Finally, a younger generation is turned against its own nation. It's a slow process over two or more generations, involving every aspect of society.

I recommend this book to history buffs and anyone who wants to better understand what has happened and what is happening in our nation and the world. Available for free online.

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