



April 2020 edition

## 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.**

**NOTICE: Due to the current virus concerns, the DeSoto Home Show and other scheduled events may be canceled or postponed. Stay in touch with me on facebook for Spring activities.**

**Happy Spring to All!** First of all, a report on Annie Kitty. I took her to the vet mid-March—about three months after her health crisis in December—kidney disease and congestive heart failure. The vet ran a blood panel. We were shocked to see ALL her numbers were in the PERFECT RANGE! I will keep Annie on lower doses of herbs for her kidneys, liver, heart, and intestines. I will run another LSA on her in late Spring or early summer so I can tweak my treatment. I'm so very grateful that I was familiar with the herbs to use when she first had the health crisis. We can all learn from this experience how important it is to have some level of emergency preparedness and knowledge of what to do for our health and safety. For those of you who aren't familiar with Annie's crisis, in December her condition was so severe the vet advised me to euthanize her, but I refused. I took her home and treated her with herbs and changed all my cats' food to homemade, raw.

Well, seems like March winds blew in some curious events—I speak of the CV-19 experiences. At the time of this writing, all Missouri schools have been asked to close, and restaurants and other places of social gathering have been asked to either close or change the way they conduct their business so as to limit human contact.

Last year, the president of our world-wide church (The Church of Jesus Christ of Latter-day Saints), 93 year old President Russell M. Nelson, M.D., advised, "Eat your vitamin pills, get your rest, it's going to be exciting." I don't think he was referring to our recent experiences with CV-19, but his advice seems pretty good now! At Natural Health and Home (NHH), folks have certainly taken seriously the building of their immunity and disease prevention. Sales of toilet paper may have soared in some stores, but at NHH, sales shifted from CBD to elderberry, vitamins C and D, and any other herb or supplement to help build immunity, as well as essential oils to diffuse and to make sanitizers.

While September is emergency preparedness month, now may be a good time to revisit emergency preparedness. We never know when, where, or what type of emergency might happen, so it's WISE to do what the ancient prophet Joseph did in Egypt: in times of plenty, store a bit extra of foods and other items you will need during any type of emergency. If you choose to practice natural, holistic health, then take the time BEFORE an emergency or crisis to learn about herbs and nutrition so you can be prepared. Have a stash of specific herbs on

hand and learn how to use them. Keep herb and natural healing books on hand (you never know if the emergency will take down electricity and/or cell phone use).

In this issue, I will offer some things I keep on hand for emergencies, whether it's a virus or a cat that is having a health crisis. I may not be prepared for everything, but I can do my best to be ready for some things. I testify that I feel a great sense of calm when a crisis strikes because I have done my best to prepare for any such event. Go to <https://www.beprepared.com/> and <https://health.mo.gov/emergencies/readyin3/materials.php>

### **Basic Cleaning and Disinfecting Supplies**

**White vinegar, vodka, peroxide, natural essential oils (not synthetic), and baking soda** are some of the best natural cleaners and disinfectants available—and they're cheap! You may also consider a **silver infused cloth**, as silver is known to disinfect most surfaces well. Finally, explore using **soap nuts** (available at Natural Health and Home) to use as soap or to make disinfectants. A good basic DIY recipe follows:

#### 1. Homemade Disinfectant Spray Recipe

- 1 ¼ Cup Water
- ¼ Cup White Vinegar
- ¼ Cup Vodka
- 15 Drops Peppermint or Lemon Essential Oil

It is important to learn what surfaces you can clean with this blend, as some surfaces like marble and granite may streak from the acid. Otherwise, the blend can be used most anywhere—kitchen, bath, on glass, and more. For more ideas, go to <https://www.tipsbulletin.com/homemade-disinfectant-spray/>

Also see <https://www.diynatural.com/category/cleaning/> and <https://www.diynatural.com/soap-nuts/>

#### 2. Hand Sanitizers

Some people prefer gel, while other prefer spray sanitizer. All ingredients except the vodka are available at Natural Health and Home. Instead of Thieves® , some people enjoy lavender-tea tree oil. Below are two ideas to try.

##### Gel Homemade Hand Sanitizer

- 3 Tablespoons Organic Aloe Vera Gel
- 1/4 teaspoon All Natural Vitamin E Oil
- 8-10 drops of Young Living Thieves Essential Oil\*

I purchased my travel-sized containers for my gel hand sanitizer in the travel-sized section at Target, but you can also find them here: [travel-size hand sanitizer containers](#) .

##### Spray Homemade Hand Sanitizer

- 1/4 teaspoon salt
- 8-10 drops of Young Living Thieves Essential Oil\* (available at Natural Health and Home)
- Distilled Water
- 2 oz travel-sized essential oils spray bottle

Add oil to salt to be absorbed, and then fill bottle with distilled water. Shake to mix. Note: Vodka or salt helps to blend the essential oil with the liquids, otherwise the oil just floats on top of the liquid. <https://www.allthingsgd.com/2014/11/homemade-thieves-hand-sanitizer/> and <https://www.diynatural.com/homemade-hand-sanitizer/>

## Basic Herbal and Essential Oils for First Aid or the Sick Room

In addition to cleaning supplies and hand sanitizers, it is important to have a few herbs on hand and know how to use them. I write now of the historic uses (the FDA and AMA don't like us to speak freely about the uses of herbs today) of herbs and tinctures.

- ✓ Lobelia: Also called “the thinking herb” as it seems to know where to go and what to do in the body regardless of what the problem. This is the first herb I gave Annie Kitty when she was having difficulty breathing. Another name for it is pukeweed; if you take too much, it will cause vomiting. Usually only a few drops of the liquid tincture concentrate are needed. Herbalists and holistic practitioners also use this tincture topically (on the skin) to help relieve pain. Dr. Christopher tells several wonderful stories about this herb being used for everything from asthma attacks to appendicitis and more. Read his Herbal Home Health book to learn more. [https://www.christopherpublications.com/Format\\_Books.html](https://www.christopherpublications.com/Format_Books.html)
- ✓ Cayenne: I keep both the powder and the tincture available. When Annie seemed to be having a heart attack, I dropped four drops down her spine, and in seconds, she appeared to breathe normally and stopped looking tense and in pain. Adult humans may take cayenne in either form to help with circulatory conditions, to disinfect wounds and speed healing (I have a wonderful healing story using cayenne on a year old wound that wouldn't heal), and aid in some digestive concerns. Again, Dr. Christopher has wonderful stories about using cayenne, even for overall eye health! Yes, it stings! CAUTION: NEVER use the tincture in your eyes, as tinctures are made with alcohol or vinegar. NEVER put alcohol or vinegar in your eyes!
- ✓ Catnip or chamomile: These two herbs can be very soothing to nerves and tummies. If you are allergic to ragweed, you might use catnip instead of chamomile. Catnip has B vitamins, which is why it may help some people when they feel nervous or stressed. Catnip is in the mint family; another name for it is catmint. Combine either of these herbs with fennel seed to aid in relieving gas. Catnip, chamomile, and fennel are safe enough to give infants.
- ✓ Peppermint herb or therapeutic essential oil: Herbalists have used this herb as an infusion (tea) to aid in nasal and lung congestion and asthma as well as tummy aches and digestion. Many Europeans drink it after dinner to aid digestion. The oil may be diffused, diluted with a carrier oil to apply on the forehead and temples for some types of headaches and congestion, and diluted with a carrier oil to rub on achy muscles and joints. Try spearmint for pregnant woman suffering with morning sickness, or babies and children, as spearmint is milder than peppermint.
- ✓ Lavender oil: Many people find lavender relaxing in a bath or at bedtime, or any time they feel stressed. Add a few drops to bath water, in a diffuser, or in a spray bottle to spritz your linens or yourself. In 1907, French chemist Dr. René-Maurice Gattefossé, PhD, began modern research on essential oils and learned that pure lavender oil helped heal his burned hand. Lavender has been used alone or in many blends for a variety of emotional and physical concerns. Go to <http://www.essential-oil-mama.com/essential-oil-history.html> , or purchase a copy of one of D. Gary Young's essential oil reference books (available at Natural Health and Home).
- ✓ Comfrey: Dr. Christopher calls this “body glue”, as it seems to speed healing. He uses it in his burn formula (honey, wheat germ oil, and comfrey) and in Complete Tissue and Bone massage oil. I've heard many stories from my customers about the benefits of comfrey for healing. The tincture may also be used topically. The FDA doesn't recommend it for oral use, but herbalists have used it for certain conditions probably since God made it. If you learn to use it properly, you may decide for yourself if you want to add it to your collection.
- ✓ See <https://www.herballegacy.com/>, <https://www.schoolofnaturalhealing.com/>

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