

May 2019
Wellness Warrior Dispatch

Your Source of Natural Health News & Tips
Compliments of **Natural Health & Home, Inc.**
526 Bailey Road, Crystal City, MO 63019
636.937.0526



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

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Disclaimer: All information in this newsletter is for educational and entertainment purposes. **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.

Dear Wellness Warriors,

Wow! Spring has been rough, with temps one day at 80 degrees, then SNOW! Gosh, I thought snow was over for the year. And then we had the “pollen-fungus-mold bomb” combined with chemicals toxins that attacked our respiratory systems and eyes. That was nation-wide. I spoke with suppliers from California, Utah, Michigan, Florida, Illinois, and Indiana, and my company reps all said the same thing: ALLERGIES and respiratory problems! Thankfully, with the help of chiropractic, acupuncture, herbs, essential oils, and ionic cleansing, we can overcome, if not prevent. Our bodies and be such mysteries.

Dr. Tammy Hanson joins us this month with an article on how our feet affect our spinal alignment and overall health. I know from experience that without good foot positioning, I have experienced knee, pelvic, and low back discomfort. **Dr. Hanson is offering a \$5 foot scan special** when you mention her article in this newsletter. Check it out! (If you already have a chiropractor, ask if he or she will do a foot scan.)

Dr. Sue Overkamp and I had a fine time at the annual DeSoto Home Show again this year. We met so many new people who haven't yet visited Natural Health and Home or Door to Door Medicine. So many people are moving into Jefferson County from St. Louis or out of state to enjoy the beauties of Nature—the county is really changing and growing. Our new friends are always shocked, then pleased to learn about Natural Health and Home and so many more opportunities to improve their health using wholistic, natural methods. Be sure to tell our new friends and neighbors to visit us in person, online, or on Facebook.

In May, Dr. Sue and I will be visiting with Comtreia at their employee health fair. Dr. Sue and I enjoyed visiting with Comtreia employees at last year's fair, so we're looking forward to meeting with them again this year.

If you are interested in learning more about wholistic health, mark your calendars for Ti Chi with Dr. Overkamp on Friday mornings in the parking lot behind her office and Natural Health and Home.

Also, Dr. Ike Bear is offering a wide variety of interesting and informative classes and workshops at his office (see ad below). He posts his classes on Facebook, or you may stop by his office to check his schedule.

How exciting to know we have so many opportunities to learn from and with one another to achieve OPTIMAL HEALTH!

Happy Mother's Day, and congratulations to all who have special events in their lives this spring!

Capt. Nan, Wellness Warrior

Vacations and Health

Several years ago, I spoke with a woman who had traveled by plane to a conference out west. She and some friends had planned this trip in advance; they knew all hotel rooms would be booked for the event, so they planned early. When they arrived at the hotel, she checked her room, including the bed, and discovered BEDBUGS! She knew that if she phoned the front desk, they would probably spray the room and change the sheets, but she didn't want to sleep in a room full of bug spray. She was prepared, however! She used essential oils. They next morning, she found dead bedbugs. I can't say that this will work for everyone, but I'd sure be willing to try it if I were traveling—even if I did *not* see bedbugs!

Airplanes, cruise ships, and hotel rooms all bring the possibility of illness. Air travel means travelers come into contact with any airborne and surface bacteria, virus, or other microscopic "bug" other travelers may share. Hotel rooms which appear and smell clean may serve you a nose full of mold or fungus as well as the possibility of bedbugs. Ships may present you with food poisoning and more.

If you are planning a trip this summer, make sure you learn about ways to help protect you from potential travel hazards. Many of my customers say they don't go anywhere with their bottle of Young Living **Thieves oil**. I would probably also bring a bottle each of **Purification blend, lavender, lemon, and Raven blend**, as well as a small **travel diffuser**. All of these are available at Natural Health and Home, for your convenience.

For digestive concerns, my customers bring **apple cider vinegar**, either liquid or capsules. NOW Foods offers the capsules which are available at Natural Health and Home. **Dr. Christopher's Stomach Comfort tincture** blend or **Young Living's Digize** are on some folks' list of "must haves". Digize may be used orally or topically on the tummy and acupressure points on the feet. I like to keep a bottle of **lobelia tincture** on hand for a multitude of emergencies.

If motion sickness is a concern, not much beats **candied ginger** or ginger candy, according to my traveling friends. They even make tea out of the candied ginger pieces by dropping a few into hot water.

Of course, who wants to travel without a good **probiotic**? At Natural Health and Home, you can select from several brands for adults and children. Some are even shelf stable.

A bottle of **Thieves spray** may come in handy for surfaces, hands, or even oral use. It's another "must have" according to happy travelers.

Stop by Natural Health and Home for your travel needs. You might even pick up a **hostess gift or Herbal First Aid booklet**. Happy travels to you all this summer!

Graduation, Wedding, and Hostess Gifts

If you're pondering what to give to a graduate, hostess, or new family, stop by Natural Health and Home to check out a variety of lovely and useful **gifts**. What young couple or graduate wouldn't like an essential oil diffuser for a new apartment, office, or dorm room or while honeymooning? NOW Foods offers its newest product: an **essential oil travel kit**, complete with small diffuser and four essential oils in a handy travel case. If the person is already using essential oils, a **reference guide** may be the perfect gift for him or her. Diffuser necklaces are also popular.

For those who enjoy **incense**, I carry a wide selection of both Indian and Japanese brands in sticks and cones. I also offer beautiful **hand-made incense holders** in several colors and styles. This would also make a fine hostess gift. If you lean toward Native American **smudging**, I also carry a variety of sage and sage blends of smudging bundles.

Start a new bride off right with environmentally safe, healthier body, oral health, and hair care products or household cleaning products. The Seaweed Bath company's selection of hair care products has been very popular. Giovanni's skin care products for face and body, as well as hair care, have been a hit for several years. Giovanni and NOW Foods offer facial scrubs, masks, and lotions to keep her skin beautiful! Flossing tooth brushes, charcoal toothpaste in four flavors, and alcohol free mouthwashes will help keep a healthy mouth, fresh breath, and lovely smile. All these and more are available at Natural Health and Home! Shop local—save time and money.

The Foot-Spine Connection, by contributing writer Dr. Tammy Hanson

The feet are the foundation of the body. Who wants to live in a house built on an unlevel foundation? How can the rest of your body be balanced if your foundation isn't level?




While 99% of all feet are normal at birth, by age 40 many people have had a foot condition of some sort whether it's plantar fasciitis, heel spurs, bunions, or unstable ankles that are always getting twisted.

Just like tire treads on your car, your feet wear down over time. When there's a problem with one of your tires, it can throw your car out of alignment. It's the same with your feet and body.

Most of us develop strong, flexible arches as children. Over time, the repetitive stresses of daily life cause the arches of the foot to collapse. Some signs of foundation (foot) problems may be wearing the bottom of your shoes down unevenly or needing to find wide fitting shoes. When your arches collapse, it allows stresses (pain) to move into the legs, pelvis, and eventually the spine. Back pain is often what brings many patients to my office, but assessing the feet is essential to your whole-body wellness.

If you are having pain, specifically back pain, give me a call to make an appointment for a **\$5 foot scan with mention of this article**. See ad below for details.

Introducing Krystal Rose, Traditional Soma Veda Integrated Energy Practitioner. NAIC AMP-1087 & SCNM # 4402-635/19. crystalsuzann@icloud.com and 314-973-4948.

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<p>HEALING HANDS CHIROPRACTIC 1185 Scenic Dr. Suite 141, Herculaneum, MO (located behind Cracker Barrel in Herculaneum) (636) 479-6700</p> <p>New Patient Exam Only \$27 Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor. Also certified in children's chiropractic care. Natural Fertility & Acupuncture Treatments! Expires May 31, 2019</p>	<p>Dr. Sue Overkamp Osteopathic Family Medicine Physician, DO 914-357-5681 or 636-638-1808</p> <p>School & Sports Physicals \$35</p> <table border="0"> <tr> <td>Western Medicine</td> <td>Eastern Medicine</td> </tr> <tr> <td>osteopathic & cranial</td> <td>acupuncture</td> </tr> <tr> <td>herbs</td> <td>Chinese herbs</td> </tr> <tr> <td>nutrition</td> <td>tai chi & qigong</td> </tr> <tr> <td>primary care</td> <td>wellness</td> </tr> </table> <p>524 Bailey Rd., Crystal City, MO 63019</p>	Western Medicine	Eastern Medicine	osteopathic & cranial	acupuncture	herbs	Chinese herbs	nutrition	tai chi & qigong	primary care	wellness
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<p>Professor Ike Bear, ND, Dipl Ac Herbs, Kung Fu, Chinese massage, Acupuncture, Ear Candling</p> <p>215 E. Main Street Festus, MO 63028 314-792-4055 ProfIkeBear@gmail.com facebook</p> <p>Classes, Workshops, Seminars</p> 	<p>Healthy Mouth-Healthy Body-Healthy Life Discover the benefits of Biological Dentistry</p> <p>Michael G. Rehme, DDS, NMD Biological Dentistry and Nutritional Therapy 2821 North Ballas Rd., Suite 245 St. Louis, Missouri 63131 a healthy choice for dental care 314-997-2550 mghrehme@toothbody.com</p>										
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