

September 2019
Wellness Warrior Dispatch

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

I have LOTS of fun stories for you this month! First, one of our Wellness Warriors came in with a large, painful callous between two toes. His medical doctor offered to cut off the callous, but the Warrior refused. He asked me what I thought he might do. Hmm...something to soften it. Try Christopher's Tissue and Bone ointment, and see what happens. He tried it and came back a few days later to tell me the callous fell off in only three days! We were both pleased and surprised. Herbs can be powerful when used correctly.

And for FUN—I've re-discovered a long list of continuing education classes at Meramec Community College! In July, Wellness Warrior Lilly and I took three sessions of Traditional Chinese Medicine (Alex Chen, PhD is terrific!) and four sessions of recognizing and developing intuition. What fun it was to meet with other folks who share a common interest in natural healing! This Fall, I plan to learn more about traditional Indian (from India) cooking and a few other classes—I haven't decided which ones yet. I can hardly wait! I never seem to have time to read or take all the classes I want to take!

Yours in Optimal Health!

Capt. Nan



Vision in the Computer Age

Students and teachers are back to school! That means an increased number of hours spent looking at a computer screen, which adversely affects our eyes.

Flourescent and CFLs light bulbs as well as digital television screens also adversely affect our eyes.

Blue light from computer screens and other electronic do-dads of that nature as well as modern light bulbs produce more short blue wavelengths, according to the Prevent Blindness organization:

Sunlight is made up of red, orange, yellow, green, blue, indigo and violet light. When combined, it becomes the white light we see. Each of these has a different energy and wavelength. Rays on

the red end have longer wavelengths and less energy. On the other end, blue rays have shorter wavelengths and more energy. Light that looks white can have a large blue component, which can expose the eye to a higher amount of wavelength from the blue end of the spectrum.

Additionally, children's eyes are more vulnerable to damage because they absorb more blue light than adults.

Specific herbs and supplements may help protect your eyes from blue light damage as well as help strengthen overall vision. For example, **grape seed extract** works as a powerful anti-oxidant to help protect eyes from free radical damage which may lead to cataracts. **Lutein and Zeaxanthin** are high in carotenoids which support both the retina and macula thus helping prevent age-related macular degeneration and overall vision loss. **Sea Buckthorn oil** from both the seed and the berry helps keep eyes moist. (Cheryl Myers, "Nutrients for Better Vision," WWW.VITAMINRETAILER.COM, July 2019).

At Natural Health and Home, you may select from a variety of products to support eye health when using electronic devices:

- ✓ Nordic Naturals' Omega Vision, with Zeaxanthin, Lutein, and Omega oils from fish.
- ✓ Quantum Health's Digital Blue, with Lutein, Zeaxanthin, Omega oils, curcumin, zinc, and E.
- ✓ Similasan's Computer Eye Relief eye drops (homeopathic)

For overall eye health, the following may be helpful:

- ✓ Dr. Christopher's Herbal Eye formula (capsules and liquid).
- ✓ Bell's Vision Day & Night (contains zeaxanthin and lutein as well as other herbs)
- ✓ NOW Ocu Support (contains a variety of nutrients, as well as bilberry, Lutein, and Zeaxanthin)
- ✓ Similasan offers eye drops for a number of eye conditions, including allergies, aging, and much more.

To help support eyes with cataracts or macular degeneration, or to help prevent these problems, the following products may help:

- ✓ Daily's Eye-Vite (macular support)
- ✓ Nutri-West's Total Eyebright-C (cataracts) and -M (macular support)
- ✓ Similasan's Aging Eye drops (homeopathic)

<https://www.preventblindness.org/blue-light-and-your-eyes>

<http://www.ncbi.nlm.nih.gov/pubmed/21600300?report=abstract>

Remember that quality chiropractic and acupuncture also help maintain healthy eyes and vision. Talk to your wholistic practitioner to learn how they may assist you in keeping your eyes healthy.

ADD, ADHD, and the Autism Spectrum

If you know someone dealing with ADD, ADHD, or Autism, learn natural ways to address these concerns. Begin with a thorough nutrition evaluation, as individuals with any of these conditions need nutritional support. Eliminate anything artificial or chemical laden. Monitor water intake to make sure the person is properly hydrated. Have a functional or other wholistic practitioner check for heavy metals, parasites, and yeast/candida overgrowth, as these are all quite common in these individuals. Through diet and detoxification, these problems may be modified or even eliminated.

Next, learn about music therapy (especially The Mozart Effect), art therapy, and Educational Kinesiology (Brain Gym), as all of these help balance brain function. Finally, meet with a functional

or holistic practitioner to see how chiropractic and acupuncture can help (see list of practitioners on page 4). Pick up a handout from Nan at Natural Health and Home for suggestions on addressing ADD, ADHD and Autism.

Vitamin D

As fall and winter approach, the sun is farther from the earth, limiting the amount of sunlight our bodies get to make vitamin D. We start wearing long sleeves and pants due to cooler temperatures. So at the very time we benefit the most from vitamin D to help protect our immunity, it's harder for our bodies to make it. Vitamin D is actually a hormone, not a vitamin. The best source of D is the sun, but certain foods also provide this important nutrient to our bodies. Sunlight reacts with chemicals in our skin to begin making D, in conjunction with our kidneys and liver.

Chronic D deficiency may lead to rickets, bone deformities, or weak bones; tooth and gum problems; cardiovascular concerns; asthma in children; cognitive challenges in older adults; or compromised immunity, including a higher risk for cancer. If you are consistently vitamin D deficient, you may fall into one of these categories:

- ◆ You follow a strict vegan diet. Most of the natural sources are animal-based, including fish and fish oils, egg yolks, fortified milk, and beef liver.
- ◆ You have a compromised digestive system due to stress or certain digest issues, such as Celiac or Crohn's Disease, or you have been diagnosed with cystic fibrosis.
- ◆ You are deficient in **magnesium**, vitamins A and K, and/or the minerals zinc and boron.
- ◆ Your cholesterol levels are low. Our bodies use cholesterol to make hormones, and vitamin D is actually a hormone.
- ◆ You lack exposure to sunlight or have dark skin.
- ◆ Your kidneys or liver are not converting vitamin D into its active form, possibly due to age.
- ◆ You are obese.
- ◆ You take medications which may interfere with absorption of D.

Your chiropractor or functional doctor may perform tests to determine if you are deficient in vitamin D. Under 20 nanograms per milliliter of blood is considered low for adults. Your health care practitioner may advise you as to how much vitamin D to supplement orally, depending on your age. Vitamin D is not a water soluble product, so it is stored in the body, so it is not eliminated in a few hours.

At Natural Health and Home, you may purchase vitamin D in a variety of dosages, and you may choose from liquid drops, capsules, or chewable tablets in mint or fruit flavors. You may also purchase a blend which includes magnesium, boron, and K. <https://www.webmd.com/diet/guide/vitamin-d-deficiency>, <https://www.medicalnewstoday.com/articles/318060.php>



Send Your Love!

If you have friends or family in the military, on missions, or away at college, remember to send your love in a care package of their favorite natural soaps, lotions, lip balms, and on-the-run snack foods! Who doesn't like to know someone is thinking of them from day to day? Come to Natural Health and Home to get a few of their favorite things—Bronner's Lip Balms, Giovanni skin and hair care products, vitamins, and Betty Lou's individually wrapped protein balls or fruit-filled cookies. You may also gather a few of your BFF's special treats and surprise her or him for no particular reason. Then feel their love in return!



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