



May 2021 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](http://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

Visit us online: [www.NansNaturalHealth.com](http://www.NansNaturalHealth.com)

To join **Young Living** or to purchase online, go to [www.youngliving.org](http://www.youngliving.org). Code #985266, or phone 1-800-371-3515

**Join us on Facebook!**

**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



I'll be on **vacation from June 7-12**. The store will re-open on Tuesday, June 15. Make sure to shop ahead.



**May 9: Mother's Day.** Mom's and Grandmom's appreciate thoughtful gifts from Natural Health and Home. Select her favorite essential oil or put together a pretty basket of her favorite products. If you're not sure of her favorite products, purchase a gift certificate for her! Either way, she'll be quite pleased at your thoughtful gift!

### Spring Cleaning

Have you started your spring cleaning yet? I don't just mean your house and yard, but your internal organs! Some wholistic practitioners suggest cleansing four times a year with the change of each season. Dr. Christopher taught us to do a three day cleanse with juice fasting one a month. Other practitioners suggest a one day juice fast each week—On the Sabbath, rest from work, including food preparation, and let your body "rest" from the work of digestion.

I was taught to dilute juices with distilled water for a 50/50 blend. Also, "chewing" the juice mixes it with saliva to help digest the juice better and not spike sugar levels. Dr. Christopher says to "Chew your juice and drink your food," meaning to swish juices and chew your foods into liquids for ideal digestion.

Certain juices help detox specific organs and systems. For example, yellow foods and juices traditionally are used to cleanse the intestines, especially the lower bowel, so PINEAPPLE is the juice of choice. Pineapple contains enzymes (bromelain) to help digest proteins and is therefore anti-inflammatory. I sometimes add a pinch of ginger to pineapple—yummy! Fresh, raw is best, but in a pinch, bottled will do.

Two other fruit juices helpful for cleansing are Concord grape juice and apple juice. Each is considered good for overall cleansing, but grape is believed to be fine at cleansing blood.

For details on Dr. Christopher's recommendations, I carry his book *The Three Day Cleansing Program*.

Of course, the Master Cleanse is excellent for an all-over detox and cleanse! Use fresh (organic if possible) lemons—NEVER bottled or frozen juice. You will also need distilled or purified water, such as reverse osmosis, and pure maple syrup. Cayenne pepper is optional. The basic recipe is two tablespoons of fresh squeezed lemon juice, two tablespoons pure maple syrup, eight ounces water, and a dropper of cayenne tincture (or small amount of powder). Some people make up a gallon in the morning and drink it all day. For more specific details, go to the website below: <https://mastercleansguide.org/wp-content/uploads/2015/08/Master-Cleanse-Directions-PDF.pdf>

During your cleanse, you might consider getting a massage, using a sauna, soaking in a hot bath (not too hot!) with chamomile tea, getting lymphatic drainage technique, and resting. To arrange for lymphatic drainage, contact Claire at 314- 498- 9162. Leave a message if she doesn't answer.

To help cleanse the colon or if you know your liver is toxic, consider either coffee enemas or a colonic irrigation. Dr. Baker's office has highly trained nurses who do the irrigations. They follow Dr. Gerson's methods. Contact them at 314-291-4401. Their office is in Bridgeton.

After any cleanse, whether one or three days or longer, it is important to ease your way back into foods by eating fresh salads or fruits without dressings. A nice homemade potassium broth (simmer carrots, potatoes, and parsley and add Celtic sea salt) is also fine.

### **Protect Your Pets Naturally**

It's bug season, for sure. Ari Kitty already had a tick on his neck. Instead of using toxic chemicals to help protect your pets from seasonal insects like fleas, ticks, and mosquitos, try some of the following tips:

- ✓ Add a small amount of Brewer's yeast to your pet's food. Fleas hate this stuff, but it's good for people and pets
- ✓ Use the same Brewer's yeast as flea powder, sprinkling it onto the pet's skin. It won't hurt the pet if they lick it.
- ✓ Bathe your dog in pine tar soap to help repel bugs. It's gentle on the skin and naturally deodorizing. I do NOT bathe my cats unless they get into something oily or toxic.
- ✓ Feed your pets a RAW food diet. I highly recommend the recipes in Dr. Richard Pitcairn's *Natural Health for Dogs and Cats* or his website <https://www.drpitcairn.com/> I adjusted the cat recipes according to my cats' likes and dislikes. Healthy animals do not attract bugs at the same rate unhealthy animals do.
- ✓ Specific essential oils blends for dogs and cats may be used. With cats, however, be very careful to dilute-dilute-dilute! Because essential oils have strong aromas to sensitive cat and dog noses, it's best to apply the diluted oils starting at the base of the tail and work your way up to the neck. A little goes a long way. You'll have to reapply each day. Next time you visit Natural Health and Home, browse through the *Essential Oil Reference Guide for Animals* to find recipes for your pet.

For additional wholistic pet care, contact Dr. Richard Huesler at [www.ozarksholisticvet.com](http://www.ozarksholisticvet.com)

## **Product News!**

The demand for products from North American Herb and Spice has dramatically risen in the past year, thanks in part to their wonderful Elder-C capsules, Oreganol, Canacurmin, and Dr. Cass Ingram's books on health and nutrition. I've cleared a whole section of shelves just for their products and brought in several new products, as well.

One of the new products is Chaga. If you haven't heard about Chaga, below is some information from North American Herb and Spice:

**The Wild & Raw Chaga** - *Inonotus obliquus* is commonly known as Chaga. The sterile conk is irregularly formed and has the appearance of burnt charcoal. The origins of this incredible superfood are found in Asia, Siberia, and Russia. Chaga thrives in cold climates and grows in the upper regions of North America. It is a complex nutrient-dense healthy growth that resides exclusively on birch trees. They can take up to 20 years to grow to full size. The benefits are vast and may shock you!

Here are just a few:

- Promotes a healthy energy and stamina response
- Supports the Immune and Cardiovascular systems
- Skin and adrenal gland nourisher
- Full of B vitamins, rare trace minerals, fiber, and amino acids
- Among the highest in antioxidants of all foods, especially the super antioxidant, S.O.D
- Blood and Liver detox support
- Contains over 200 plant nutrients!

North American offers chaga in capsules, liquid, tea, and mixed into some of their other products, including their facial care cream.

If you haven't yet tried North American's toothpaste—WOW! It's a winner by me! It's fresh tasting and not sweet from stevia, xylitol, or other sweeteners.

North American also offers two all herbal shampoos, the newest with black seed oil. I haven't tried that one yet, but when I buy shampoo again, I'll bring a bottle home. Black seed oil has a number of healing properties, and in this case helps keep your scalp and hair follicles healthy.

To learn more about North American Herb and Spice and their products, go to <https://www.northamericanherbandspice.com/>. They offer several videos about their company and products. Remember! You can buy their products at Natural Health and Home! I often get deals from the company and pass them on to you! Invest in your health with pure herbal products and Dr. Cass Ingram's books on nutrition and health.



**Schopp Nutrition and Chiropractic Clinic**  
"Changing Health With Clinical Nutrition"

Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, **Fibromyalgia**, Chronic Fatigue, **Male & Female Hormone Imbalances**, Adrenal, Digestive Disorders, **Thyroid**, Personal Injury, Nutritional Blood Testing, and More!

**NEW! Lipomelt Red Light Slimming and Body Contouring Technology**

**Dr. Mark Schopp**, Chiropractic Physician  
**Phone: 314-843-WELL (9355)**

[drschopp3@gmail.com](mailto:drschopp3@gmail.com) [schoppnutritionclinic.com](http://schoppnutritionclinic.com)  
11422 Gravois Road, Suite 103, St. Louis, MO 63126

**Hillsboro Chiropractic**

Dr. Tammy M. Hansen

**636-789-2400**

10814-A Business 21 (near Imo's Pizza)

**\$35 Student Physical**

**\$25 New Patient Consult & Evaluation**

**\$15 Foot Scan & Report of Findings**

*Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm & Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics & Sports Injuries.*

*Expires May 31, 2021*



**HEALING HANDS CHIROPRACTIC**

**Drs. Charmin and Ryan Gans**

1185 Scenic Dr. Suite 141, Herculaneum, MO  
(located behind Cracker Barrel in Herculaneum)

**(636) 479-6700**

**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, 2021**

**Functional Medicine and Hands-on Healing**

**You Can Afford!**

Functional medicine is cutting-edge medicine—  
and it's right here in Jefferson County.

chronic pain                      detox                      weight loss  
chronic illness                    allergies                    sleep problems  
fatigue                              headache                    gut problems  
fibromyalgia                        and many others

**Sue Overkamp, DO**

osteopathic family medicine (medical doctor trained in adjusting),  
herbs, nutrition, acupuncture

524 Bailey Road, Crystal City, MO

**Call 914-357-5681** any time or **636-638-1808**

Wed, Thur, Fri

**Healthy Mouth-Healthy Body-Healthy Life**

Discover the benefits of Biological Dentistry

**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

[mgrehme@toothbody.com](mailto:mgrehme@toothbody.com)

**WELLIFE, LLC**

Acupuncture & Herb Healing Center

Traditional Chinese Medicine

**Dr. Alex Chen, PhD, DAOM, LAc**

**314-858-6088** or [tcmchen@gmail.com](mailto:tcmchen@gmail.com)

[www.wellifehealing.com](http://www.wellifehealing.com)

410 Sovereign Ct., Ste 9

Ballwin, MO 63011



**Door to Door Wound Care**

Skin Care ~ Diabetic Foot Care - Hard to Heal  
Wounds

**For Men & Women**

Peggy Earl, RN, CWS, BSN

Call: ( 636) 748-0042

524 Bailey Rd., Crystal City

Next to Natural Health and Home

--	--