

April 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**

**April 30:** Homesteader Meeting, Rockport Baptist Church in Arnold. 2pm. Topic: beekeeping.

**May 6:** Spring Patriot Fest at the Rockin' J Ranch in House Springs. Come hear patriotic guest speakers, meet with other patriots, and enjoy music, food, and fun! Wear your Red, White, and Blue! Check the Rockin' J Ranch facebook page or website for ongoing details.

### **SPRING TRADITIONS**

If you're honoring our Spring traditions of coloring and decorating eggs to welcome Spring, use natural colors instead of toxic ones. My grandmother used to dye white eggs a brownish color using brown onion skins. For other colors, use red onion skins, grape or berry juices, red cabbage leaves, chlorophyll (green), or herbs such as yarrow. Have fun experimenting and share your results with others!

Here's a tip to peel hard boiled eggs easily. Add a bit of baking soda to the water. When the eggs are cooked, the shells will peel off quickly and easily. It doesn't take much baking soda—use less than a teaspoon—unless you're preparing eggs for an army!

### **R.I.P**

I received sad news that our friend, herbalist, doctor, and author—Dr. Cass Ingram—passed quietly in his sleep on March 12. He worked diligently during the last two years to research, write, and publish three books about covid, presenting natural protocols to help prevent and heal from both the alleged virus as well as to detox from the shots.

We will miss his enthusiasm for life and desire to help others live healthier lives. His books on many health topics are still available at Natural Health and Home.

Another fine educator—Bob Proctor—passed in March. His knowledge of business, personal relationships, history, prosperity, and much more proved valuable for anyone wanting to excel in life. The Proctor-Gallagher Institute staff is working to continue their website and send inspirational email to subscribers.

### **TIPS FOR PREPPERS**

Whether you anticipate the effects of the war between Russian and Ukraine—and possibly other European countries--or you just want to avoid the increasing cost of food and other items we use daily, now is the time to stock up.

✓ A wise course of action is to purchase in bulk when possible (I offer 10% discounts on cases when you pre-order). If your budget is smaller, purchase one or two extra cans of items such as salmon, tuna, chicken, natural juice fruits (eg pineapple or apple sauce), or prepared beans (kidney, pinto, etc) each time you shop. Watch for sales, and stock up on sale items. For example, during Lent, canned fish is usually on sale.

✓ Stock up on dry beans and seeds, too. These store for a long time when stored in a cool, dry place. Consider stocking up on sprouting seeds, and learn how to sprout, especially when it's too hot or too cold to grow your own salad greens. All you need is water, a glass jar, and sprouting seeds which I can get from our suppliers. Sprouts are loaded with nutrients!

✓ At a recent homesteader meeting, we talked about micro- hydroponic, and aeroponic gardening which may be done in your house. This can be done inexpensively at home.

✓ I was dropping a few boxes at the Hillsboro recycle center near Good Shepherd Catholic Church this week when I saw a large stack of wooden pallets. I asked if they sell or give away any of these, and they said YES! Take all you want for FREE! Pallets are made of oak and make great fire starter for wood stoves. They can also be used to stack firewood so it stays off the ground and dry

✓ At our last homesteader meeting, we also learned about raising worms to fertilize our gardens. These are not the little worms we find in our dirt, but larger ones that do not burrow as deep. Apparently, these worms will munch on corrugated cardboard and shredded paper. For any of you who are interested, I have plenty of cardboard boxes and brown paper. Just let me know if you want any so I can save it for you.

I have also used brown paper or newspaper on top of garden soil to help prevent weeds. I top the paper with mulch. I want to add shredded brown paper to my garden this year to see if I can attract more worms to fertilize and loosen the soil.

✓ Check out **motherearthnews.com** for all sorts of tips and directions for gardening, homesteading, and prepping! It's FREE! Another fun site is AskAPrepper.com If nothing else, you'll be entertained by the unique ideas these sites offer.

### **READ LABELS CAREFULLY, AND BUYER BEWARE!**

Recently, several people have phoned me about products they are seeing advertised as being nearly miracle "cures" for aging and various health concerns. The ads seemed to make great promises about their products to lure listeners to buy the products. When I checked on these products, I did not see favorable products or company policies.

For the first product, I checked the company website to see an ingredient list, but I couldn't find one. I phoned the company, and after pushing numerous buttons to get to a human, the individual could not provide such a list either. Clearly, he was only hired to take orders from hopeful callers. The website did indicate that if you bought your first bottle, they would continue sending bottles monthly—until you finally put an end to the madness. I never did get a list of ingredients.

Another customer phoned with a similar story, asking what I thought about the product she saw advertised. At least the website for this product had an ingredient list—and a lengthy list of fillers. Again, the company promised to continue sending monthly bottles once you signed up for the first bottle.

Yet a third customer brought in a bottle of a product she'd purchased from a "big box" store locally. When I looked at the "other ingredients," they included both propylene glycol (anti-freeze) AND sodium lauryl sulfate—an ingredient often found in commercial soaps and other unsafe personal care products!

There are only so many herbs that may help with certain conditions. There is nothing new or magic or guaranteed to eliminate all symptoms and conditions. I carry a variety of fine products and have access to others through the many distributors and companies I work with.

Please, please, please check out products BEFORE buying them! Have your chiropractor help you; let me check out the products with you or for you, but DO NOT fall for snake oilers' claims. You may pay more for quality products, but you know you'll get what you pay for—and there won't be any monthly bill added to your credit card bill!

Consider using **EWG.org** to learn what foods and personal care products are free of toxic additives.

### **MAKING MEDICINE**

As you plan your garden this year, be sure to include herbs for both food and "medicine." Many leaves and flowers may be eaten either raw or in soups and stews to enhance the nutrient values of the recipes. Herbs and weeds may also be air dried to be used for tea (infusions) or made into tinctures, ointments, salves, poultices, lotions, boluses, oxymels (herbal honeys), and much more.

An excellent reference book to learn how to store herbs and make herbal products is **James Green's *The Herbal Medicine Maker's Handbook (2002)***. The book is very detailed, listing and describing equipment you'll need to make herbal products, ingredients (oils, glycerin, wine, vinegar, gelatin, and more), and recipes. The book is over 300 pages, including dosage charts, growing zones, and so much more.

### **PATRIOTS' CORNER**

I've been reading *New Lies for Old* by Anatoliy Golitsyn (1984). Golitsyn was an ex-KGB officer who escaped the Soviet Union and warned the West of the communist deception in the media and politics. The author offers detailed information on the use of political and media dis-information and traces the history of Soviet-style disinformation citing examples from the Soviet Union and Yugoslavia, Albania, China, Romania, Poland, and Czechoslovakia.

This information is most helpful to understand what we have witnessed for the last two years especially. Truly, when we study history, we can learn what to expect and how to counter the enemy of liberty!

Also, when you read Isaiah, read it with the perspective of what is currently happening today—wars and rumors of wars! Just as the Assyrians, Babylonians, and others were constantly at war with one another, we can see the same pattern today in our world. Stay in prayer! Stand up and speak out in truth!



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