

April 2023 edition

*Serving Jefferson County Since 2006!*



## **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 or email available)

**Hours:** OPEN Tuesday and Wednesday, 10am-6pm  
Thursday, & Friday, 9am-5pm; Saturdays 9am-noon.  
**CLOSED** Sundays, Mondays, & major holidays

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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**

**Saturday, April 1:** Desoto Home Show at the DeSoto High School, 9a.m.-3p.m. Come say HELLO to Cathy who will work at the store today. Nan will have a booth at the Home Show.

**Tuesday, April 4: VOTE!** We have the opportunity to change school and health department boards this month. Do your research before voting.

**Saturday, April 8:** Closed for Easter weekend.

**Sunday, May 14,** is Mother's Day. Shop early for your mom's favorite essential oils, yummy chocolates, and healthy products from Natural Health and Home. Not sure what Mom likes? Gift certificates are just the item! She'll be most appreciative of your thoughtful gift.

### **Sneezin' Season is Here!**

Sometimes I think the Midwest is the allergen capital of the world. We have pollen, mold, dust, and, of course, chemtrails. Stock up now on items to help tame those sneezy, watery noses; itchy, tearing eyes; and painful sinus headaches.

First, make sure to get regular chiropractic care and acupuncture to help balance your body energy. Nerves from the neck affect sinuses, eyes, ears, and basically anything on your head.

Second, remember to flush your nose daily with saline solution with a nasal wash bottle.

Next, keep a supply of St. George Nano Silver, helpful herbs, and essential oils on hand.

If you haven't tried **St. George Nano Silver**, stop by the shop to get a list of some of the things people use silver for. It's amazing! I spray it in my eyes and nose when cedar trees pollinate, as the pollen has a fungus on it. Guess what silver does to fungus!

Several **herbs or herbal blends** as well as homeopathic products seem to help at least moderate the effects of seasonal allergies including the following:

- ✓ Fenugreek and thyme (marketed as Fenu-Thyme by some companies)
- ✓ Nettle
- ✓ Blends by Dr. Christopher (Immucalm and Sinus Plus), Bell Lifestyle (Histamine Balance), or Ridgecrest (Sinus Clear)
- ✓ SinuOrega nasal spray by North American Herb and Spice
- ✓ Sinol nasal spray
- ✓ Various homeopathic allergy products by BioAllers (tree and grass pollen; pet dander; mold, yeast, and dust) as well as allergy nasal spray . "Allium Cepa" may also help provide relief from a runny nose.
- ✓ Alkalol nasal rinse (add to your nasal wash bottle with saline) available at some chiropractic offices and Natural Health and Home

Some people have reported diffusing a high quality **essential oil** (such as peppermint, patchouli, or lavender) or blend (Young Living's Raven or RC), or making a nasal inhaler (available at Natural Health and Home) with essential oils of your choice to help breathe easier.

According to Higley's *Reference Guide to Essential Oils*, Melaleuca, lavender, and Roman chamomile have antihistamine properties (p. 307, 2013 edition). They suggest rubbing a drop on the back of the neck twice daily to help relieve the symptoms of seasonal allergies. For more details, stop by and read the entry in the Higley or Dr. Gary Young reference guides.

Some customers have told me that when they take **elderberry** every day, their seasonal allergies seem to have diminished.

According to Dr. Christopher, inhaling the **steam** in a hot shower or over a bowl of hot water to which you've added an essential oil may also be helpful. For little children, run a hot shower until the room is very steamy. Add an essential oil or eucalyptus or peppermint bath bomb and sit with the child in the steamy room to help open stuffy sinuses.

Dr. Christopher's, NOW, and Young Living each offers a nasal or **chest rub** for longer lasting relief. These may be rubbed on the chest, under the nose, or even on the feet.



### **Natural Easter Egg Dyes**

Did you know that in years past, Christians would "give up" eggs and certain other foods for Lent? They celebrated Easter by eating eggs which they had decorated for the celebration.

When we were kids, my grandmother would dye eggs with red or yellow onion skins. Just for fun this year, try dying eggs with natural colors from fruits, herbs, and vegetables such as beets, red cabbage, onion skins, chlorophyll, berries, or cumin/tumeric. Experiment with other sources of color, too. You'll

need a splash of white vinegar to help the colors set. <https://mamaonthehomestead.com/natural-easter-egg-dyes/>

Add a small amount of baking soda to the water in which you boil your eggs. The eggs will peel very easily.

### **Easter Family Time**

It seems like the online movie series *The Chosen* has been quite a hit among Christians. The series is not from Hollywood, but has been done by a private organization. The series is based on the Gospels, but the writers have taken some artistic liberties in character development and their lives. All this works beautifully to draw the viewer into the story. Many people have told me they have “favorite” characters for various reasons—their life experiences seem to draw them closer to one or another character.

My favorites are Matthew and Mary Magdalene. Matthew’s growth from a geeky, wealthy, friendless tax collector to a more personable, faithful young man is heart-warming. Mary’s story also touches my heart as she discovers changing her life requires constant practice and repentance.

While the series is no substitute for reading and studying the Scriptures, viewing the stories seems to make the Bible stories more real, not something from distant history in a distant land. This might be the perfect Easter Sunday afternoon program for families of all ages. Go to [watch.TheChosen.tv](http://watch.TheChosen.tv) Shalom! Shalom!

### **Patriots Corner**

I have a few references you may want to check regarding covid and the injections.

1. Dr. Peter Breggin, MD, interviewed scientist and researcher Sasha Latypova who presented evidence of the Department of Defense (DoD) and DARPA (military research for chemical and biological warfare) and their involvement with the development and control of “the shots.” You can listen to the interview on [Breggin.com](http://Breggin.com) or on Sasha’s website. Sasha argues that the responsibility of “the shots” shifted from pharmaceutical companies to the DoD, thus protecting “the shots” as a military WEAPON!

2. In 1993, Mr. Eustace Mullins authored *Murder by Injection: The Story of the Medical Conspiracy Against America*. Mullins revealed the corruption in Big Pharma and allopathic medicine in this book. You may listen to his interviews online. I listened to the interview (online) which was broadcast in 1993 on the *Bobby Lee Show*.

3. Finally, I watched a new documentary presenting the horrors of adverse reactions to “the shots”, the political reactions to covid, and a plan to address our future health and medical freedom. The documentary is free online through [HealthIndependenceAlliance.com](http://HealthIndependenceAlliance.com) or [UtahSafeandEffective.org](http://UtahSafeandEffective.org). They suggest other states begin writing legislation to guarantee health freedom. We will be voting for new Jefferson County health department board members. I plan to urge the candidates to watch this film and consider working toward our health freedom. We must separate “medicine” from “the state.” I encourage everyone to watch this documentary!

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