

April 2025

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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

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: April 12, Desoto Home Show, 9am-3pm, Desoto High School gym. Natural Health and Home will be **CLOSED** for this event. Join me at the home show!

Elderberries: New Studies about Cognitive Function and Weight Management

Two recent studies about the benefits of elderberry juice reveal its benefits in cognitive function and weight loss.

An article in Vitaminreetailer.com, March 2025, tells that drinking elderberry juice daily for a week “caused positive changes in the gut microbiome and improves glucose tolerance and fat oxidation....” Clinical testing showed “significantly increased amounts of beneficial gut bacteria ...and decreased amounts of harmful bacteria” thereby improving metabolism, reducing blood glucose levels, and enhancing the body’s ability to burn fat.

Another research study using American elderberry instead of European (*sambucus nigra*) states, “Preliminary findings suggest elderberry juice may provide overall cognitive flexibility benefits in MCI” (mild cognitive impairment). M. Musich et al, “Preliminary Effects of American Elderberry Juice on Cognitive Functioning in Mild Cognitive Impairment Patients: A Secondary Analysis of Cognitive Composite Scores in a Randomized Clinical Trial”) <https://www.mdpi.com/2076-3921/14/2/131>

Sleep Tips for Your Health, by Dr. Mark Schopp (see ad p. 4)

Sleep problems are common among many of my patients who have trouble falling asleep or waking up and not being able to fall back asleep. Sleep has two cycles. One is REM sleep or rapid eye movement which occurs at the top of the sleep cycle. The second and deepest sleep is Non REM sleep during which the body repairs and regenerates.

The amount of sleep needed varies. Most of the research has come up with seven to eight hours as the sweet spot that most people need for their body to regenerate. Kids will need more sleep, but once we

reach adulthood the amount of time that we need seems to stabilize. When the sleep cycle becomes interrupted for a week or more, most people will start to look for a solution.

Lack of sleep can certainly be a problem. For example, when doctors and nurses in a hospital setting worked 5 or more 24 hour shifts in 30 days, it increased adverse situations occurring with patients 700 %. Other professions have an increase in mistakes and a decrease on productivity with a lack of sleep.

The stats on medications for sleep are not encouraging. Ambien and Lunesta helped people fall asleep only 20 minutes faster than a placebo. It added to total sleep only 34 minutes. Some studies have reported less. If one takes 132 doses of sleeping pills in a year, it will increase the chance of lung, lymphoma, colon and prostate **cancers** by 35%. These medications put one in a trance like state which can lead to **abnormal behaviors** such as sleep walking and eating during the middle of the night.

Here are a few tips for sleeping better:

1. Turn all blue light devices one hour before bed. This includes TVs, computers and cell phones.
2. No late night sugary snacks.
3. Create a more dusk look inside the house that decreases light.
4. You could listen to Pandora radio. They have a "Sleep Station Radio."
5. Regular exercise is needed for not only sleep but general well-being. Don't exercise too later in the evening though, that may cause one not to sleep well.
6. Avoid any caffeine after 2:00PM.
7. Say no to alcohol in the evening.
8. Room temperature is best for sleeping at 65 degrees.
9. Mattress should be no more than 8-10 years old. There are some exceptions to this depending on the quality of the mattress. I order Tempur-pedic mattress for patients which is what we also use personally.
10. Optimal hormone levels must be maintained especially for women that are post-menopausal. The American College of Endocrinology has stated that blood testing for these hormones is inaccurate and inefficient. I use either saliva testing or urine testing depending on the patient.

When still not sleeping after making these changes, call our office. It can be tricky to find what is the most helpful because everyone is different. I wake at times and can't go back to sleep. But there is a whole food supplement that I will take at those times and I am quickly out. Herbs are very beneficial but still may different people respond differently so I need to see which the best is for them. Some in-office testing is helpful to determine where to start.

At times a patient will wake at a certain time period every night. From 1-3 A.M., for example, is when the liver is the most active. If a patient always wakes up during those hours, I will suggest some type of liver support after in office testing, and many times this corrects the sleep pattern. Also, acupuncture can be helpful so at times which I also do in my office.

Sleep can be a big problem and affects health more than people know. Pharmaceutical medications are definitely an assault on health as evidenced by the medical literature. As with most health problems, natural remedies are by far the best with no side effects.

Explore the Healing Power of Sound: Transformative Sessions for Mind and Body

I am excited to share the incredible benefits of Sound Sessions—a unique experience that harnesses the transformative power of sound vibrations to promote deep relaxation, rejuvenation, and healing for both the mind and body. At these upcoming events, we will incorporate a variety of instruments,

including Tibetan bowls, gongs, chimes, and more, to create an immersive sonic environment that fosters well-being.

Why Sound Healing? Sound healing is an ancient practice grounded in the understanding that everything in the universe vibrates. When we expose our bodies to specific frequencies through sound, we promote healing on a cellular level. Here are just a few benefits of sound sessions:

1. ****Stress Reduction****: Sound vibrations can help induce a state of relaxation, making it easier to release stress and anxiety.
2. ****Enhanced Focus and Clarity****: Many attendees report improved concentration and mental clarity following sound therapy sessions.
3. ****Emotional Release****: Sometimes, we carry emotional blockages that can hinder our well-being. Sound healing can facilitate emotional releases, promoting inner peace.
4. ****Improved Sleep****: Those who struggle with insomnia or restless sleep may find that sound sessions help them establish a more restful state.

We invite you to experience these benefits for yourself. Here are upcoming sessions:

- Friday, April 4th: 1:1 Sound Sessions with Kandice at South River Yoga. Tailored sound therapy for deep relaxation. Each session is personalized to meet your individual needs. Book now at <http://www.vibrationalpatterns.com>
- Friday, April 11th and 25th: Day of Rejuvenation at 5th Element. Experience a soothing massage combined with sound healing provided by Kandice, Becky, and Nicole. Couple's sessions are also available! Call Becky at (636) 575-0075 to schedule your appointment.
- Saturday, April 19 at 2 PM: Group Sound & Reiki at The Common Ground. Join Kandice and Angie for an afternoon of healing through sound and Reiki. This group session amplifies the benefits of energy movement. Reserve your spot today at www.vibrationalpatterns.com
- April 26 at 1:30 PM: Art & Sound Workshop at South River Yoga. Unleash your creativity in this unique workshop featuring sound and art with Kandice and Spring. No painting experience is needed! Book your place at [www.southriveryoga.com](<http://www.southriveryoga.com>) under "workshops."

Space Is Limited—Secure Your Spot Today! Don't miss out on these unique opportunities to explore the healing potential of sound. Each session is designed to create a supportive and nurturing environment, whether you're seeking individual attention or the camaraderie of a group. We look forward to seeing you at one or more of these transformative sessions!

With Vibrational Blessings,
Kandice Steitz, Founder, Vibrational Patterns , <http://www.vibrationalpatterns.com>

Summer First Aid Tips

Be prepared for bug bites and stings, poison ivy, and other summer first aid needs. Keep a supply of specific homeopathic, herbal, and essential oils at the ready at home and when traveling.

Get your copy of my booklet **Wellness Warrior Herbal & Therapeutic Oils First Aid Handbook** at Natural Health and Home. It's pocket-sized, so you can keep a copy in your purse or backpack, or even in your pocket!

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for more information and booking visit:

www.vibrationalpatterns.com

Be Educated to Preserve Our Constitutional Rights!

Check Out These Resources:

- ✓ EagleForum.org
- ✓ JBS.org
- ✓ TheNewAmerican.com

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Dana Christisen, Naturopath

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