

April 2026

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526 Bailey Rd., Crystal City, MO 63019

www.NansNaturalHealth.com

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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.

Easter Wings

Lord, who createdst man in wealth and store,
Though foolishly he lost the same,
Decaying more and more
Till he became
Most poor:
With thee
O let me rise
As larks, harmoniously,
And sing this day thy victories:
Then shall the fall further the flight in me.

My tender age in sorrow did begin:
And still with sicknesses and shame
Thou didst so punish sin,
That I became
Most thin.
With thee
Let me combine,
And feel this day thy victory;
For, if I imp³ my wing on thine,
Affliction shall advance the flight in me.

George Herbert was an English poet and Anglican priest, born on April 3, 1593, in Montgomery, Wales, and died on March 1, 1633.



Did you Know? “Health” insurance companies “own” pharmacies and hospitals. Aetna “owns” Mercy and CVS. Signa “owns” Express Scripts. United Health “owns” Optimum RX. That’s why your insurance company tells you you can get reduced price prescriptions, vitamins or other products when you buy those products from a particular pharmacy. Watch **MAHA: THE MOVIE** online for free, episode 2 for more details.

Allergy Season is Here!

Seasonal allergies are uncomfortable and may lead to sinus, ear, or other infections as bacteria feed on mucous. For quick symptom relief, try one of the homeopathic remedies specifically for allergies by Liddell, Newton, Forces of Nature, or Natural Care’s BioAllers. Some products are specifically formulated for various allergens: pollens (grass, tree), mold/fungus, pet dander, poison ivy/oak, and others, while some products are more general. Remember that determining which homeopathic product to use is based on symptoms, not a diagnosis.

Herbal products such as Dr. Christopher’s **ImmuCalm** and Bell’s **Histamine Balance** may also be helpful, as well as Vitamin C and bromelain. If your chiropractor sells Standard Process products, ask about Antronex. I keep a bottle on hand “just in case.” Adding a good **probiotic** and being consistent with **chiropractic care** are also important to help prevent allergies. Ask your chiropractor if he or she does Endo-Nasal Therapy (see ads for Dr. Schopp and Dr. Hansen, p. 4). To help eliminate mucous, check out **proteolytic enzymes** (serrazymes or Young Living’s Allerzym) on an empty stomach. They work like a “PacMan” to gobble up mucous. I take it before bed on an empty stomach so it can work all night undisturbed. Finally, a **daily sinus flush with saline or Alkolol** flushes out the nasal passages and is recommended now by many medical doctors and natural health practitioners. Homeopathic or herbal nasal sprays may be helpful and do not injure nasal passages.

To help prevent allergic reactions or help reduce the severity, ask naturopath Dana Christisen to do an **allergy desensitization treatment**. It takes just minutes! (See ad p. 4) Kandice Steitz, sound practitioner, may also offer some helpful tips in her therapy sessions. (See ad p. 4)

Other products which may help bring relief are essential oils. Sometimes a dab of **peppermint oil** behind the ears and under the nose helps with sneezing and nasal/sinus discomfort. **Young Living’s Raven®** or **RC** blends or their **Patchouli or eucalyptus oils** may be used topically or in an aromatherapy diffuser. **NOW’s Clear the Air®** blend may be used the same way. Additionally, several herbal balms are available through several companies. All these and more are available at Natural Health and Home!

Sinus Health and Healing, by Dr. Mark Schopp (see ad p. 4)

Sinus problems in the United States are a significant health concern. Millions of adults are affected annually. The condition is known as sinusitis, but there can be various forms of it. It can cause chronic problems and impact daily activities as well as disrupt the quality of life. Symptoms include nasal congestion, discolored nasal charge, reduced sense of smell, facial pain and can even develop some problems in the ear. Statistics say that millions of physician visits and emergency room visits occur per year for sinus problems.

Chronic sinusitis can lead to long term problems such clogged sinuses or running sinuses. Chronic sinusitis means that a condition has lasted more than 12 weeks. Sinusitis can be caused by bacterial infections, fungi, allergies or viral infections. Sinus problems are the fifth leading reason that antibiotics are prescribed in the U.S. Those antibiotics wreck the gut flora and poorly affect the immune system.

Fortunately, sinus sufferers can be helped. Seasonal problems and chronic problems can get amazing results with Endo-nasal Sinus Therapy. This technique gently expands the nasal cavity and clears the Eustachian tube and pharyngeal areas where infections like to hide. On chronically clogged sinuses, it is phenomenal also. This is a great alternative to traditional medical treatments. We see many patients that have had sinus surgery failures that still respond to Endo-nasal Sinus Therapy. It is a safe and invasive treatment producing great results. The most common question we get in the office is. “Does it hurt?” The answer to that is No. There will be some pressure during the technique, but there is no pain. We only do the technique to pain tolerance.

Mucus builds up in the sinus cavity. What we do with the balloon is remove that mucus. Bacteria like to feed on the mucus, so removing it means the bacteria doesn't have a source of food anymore. Some patients will get some blood out of the sinuses as therapy breaks up that mucus. In the office, I have a picture from the Mayo Clinic that shows this mucus and how it affects the sinuses. All we are doing with the technique is restoring normal function so the body will heal itself.

Another common question is, "Can it help if I have a deviated septum?" The answer is Yes. We have had many patients with a deviated septum that have also responded positively to the therapy. Another common question is, "What if I've had sinus surgery and it didn't work?" Fortunately, we've had great responses in these patients also. With this technique, it is very unlikely that we won't get a positive response.

Some people we treat have a problem flying in airplanes. Going up in a plane can block the Eustachian tube causing some people to have a lot of discomfort during flight. Fortunately, this technique has worked in the past for many of these patients enabling them to fly with much more comfort.

Of course, **chronic sinusitis** takes a little more time. If a patient has had sinus problems for five or ten years, it will take a little more time to restore normal function. In some of these cases, we might use a spray to spray up in the nose or some other supplement that helps us with the sinuses once we do the procedure. Also, after we do the procedure, we flush the sinuses. It helps relieve more of the mucus in the sinuses once we loosen that mucus with the procedure. To see a demonstration of the treatment, you can look at our video on my YouTube page, Dr Mark Schopp, and see how part of the procedure is done. This video was put on YouTube approximately a year ago, so scroll down bypassing a number of videos to find it. The title is Endo Nasal Sinus Therapy.

Fiber for Health: More than Just Colon Health!

Most of us think of fiber for colon health, but fiber is valuable for many other health concerns, as well. Thirty-five grams of fiber is recommended for adults, and although we should get some from our food, much of our food is stripped of fiber (think white bread, white flour, white rice, pancakes, cookies, etc.). We truly must supplement our diets with fiber in the form of powders or capsules. Some examples of healthy fibers include acacia or psyllium husks, oat or wheat bran, flax seeds, chia seeds, whole grains, and raw veggies and fruits.

So what can fiber do besides help regulate our bowels? The list is long!

- ✓ Helps reduce reflux.
- ✓ Reduces stomach acidity (if over acid).
- ✓ Helps absorb toxins from Candida and reduce symptoms associated with "die-off" reaction.
- ✓ Absorbs excess liquid, bacteria, and toxins.
- ✓ Provides bulk and firmness to stool.
- ✓ Strengthens the colon wall.
- ✓ Reduces the chance of waste getting into diverticula, thereby helping prevent diverticulitis.
- ✓ Feeds healthy bacteria; probiotics grow on fiber.
- ✓ Helps prevent hemorrhoids (Flax, acacia, and oat bran blended is recommended).
- ✓ Absorbs excess bile and therefore may help prevent gallstones.
- ✓ Helps with weight loss and management.
- ✓ Slows the rate at which your body converts carbohydrates into sugar, thereby helping normalize blood glucose levels by slowing the time it takes food to leave the stomach and delaying the absorption of glucose (blood sugar) from a meal.
- ✓ May help manage cholesterol levels.
- ✓ Helps detoxify from heavy metals and other toxins.

Brenda Watson et al. *Gut Solutions: How to Solve Your Digestive Problems Naturally*. 2011. This book is out of print. If you'd like to look at my copy, drop by the shop and ask to see it! It's one of the most informative books on digestion I've seen. You might check ThriftBooks.com to get a used copy.

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