

August 2023 edition

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Nan's Natural Health

Wake Up to Natural Health & A Better You!

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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
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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.



School days, school days, Dear old golden rule days. Readin' and 'ritin' and 'rithmetic Taught to the tune of the hickory stick. You were my queen in calico, I was your bashful barefoot beau. And you wrote on my slate, "I love you, Joe," When we were a couple of kids .

Will Cobb, 1907



A big CONGRATULATIONS to Alex Bond, a customer and friend of Natural Health and Home, who was published in the July 2023 edition of *The Flame*, a nationwide conservative newspaper! The article is titled "The Black Budget for Hidden Agendas."

Moms and Dads--Prepare Students Now for School!

Whether you are a parent, teacher, or child whether you are sending the young 'uns off to school or homeschooling, it's time to prepare for the new school year. Preparations include more than just new clothes and school supplies for the classroom. Taking a holistic view means you prepare now for potential health concerns and good nutrition.

First, make sure you include good chiropractic on your "to do" list. Chiropractic isn't just to help heal after injuries. Chiropractic helps keep the spine properly aligned so that the entire nervous system (including the brain) will work properly. The nervous system follows along the spine, then branches off to all parts of the body—the brain, the internal organs, the lymphatic system—everything! Researchers have noted that consistent chiropractic care for children helps with sleep, mental alertness, focus, and overall immunity. Also, if your child is struggling with stress and worry about school, talk to Charmin Gans, D.C., as she has special training to help children with these concerns. (See ad on page 4.)

Next, begin now, before school starts, to boost immunity with healthier food options and specific herbs and supplements. Start with the foundation of a healthy, natural multivitamin, such as Dr. Christopher's Vitalerbs or Kid-e-Mins, depending on the age of the person taking it. Then build according to the individual's specific needs, such as lemongrass or StressAway essential oils which may help with stress management, MagTein (a magnesium which may aid brain function), or other carefully selected products.

Remember to take a good quality probiotic and prebiotic (fiber) to build up in the gut before school starts. Probiotics live on prebiotics, so a high fiber diet helps improve overall gut health as well as benefiting immunity. At Natural Health and Home, you may invest in children's chewable, liquid, or powdered probiotics. Adult probiotics come in capsules and powders. Acacia and psyllium fiber capsules and powders are also available.

To help keep immunity strong, customers have been raving about elderberry and elderberry blends for the last few years, but other herbs and herbal blends may also help. Explore the benefits of oregano, echinacea, pine needles, nano silver, and others in capsules, liquids, and teas. Traditional Medicinals tea line includes a sampler box of tea bags targeting colds, flu, sore throats, and coughs—great to keep on hand “just in case.” Of course, St. George Nano Silver is at the top of the customer favorite list for nearly everything, so keep a bottle or two on hand.

Skip the chemical hand sanitizers, as their daily use may actually harm immunity. Opt for essential oil-based sanitizers by Young Living (Thieves with mint) or North American Herb and Spice (“water-less hand soap”), or make your own! We've used a blend of lemongrass oil, lemon-eucalyptus oil, and pine oil mixed in vodka or Everclear in a spray bottle. Don't use water, as the oils will float instead of mixing into the carrier liquid.

Another fine idea to help with immunity is to diffuse essential oils at home and in the car. Single oils include pine, lemon, or sage; blends include Thieves (Young Living), Nature's Shield (NOW), and Olbas original blend.

To help while studying, diffuse cedarwood, peppermint, lemon, Mental Focus (NOW), Clarity or Common Sense blends (Young Living).

Finally, be prepared in case someone does get sick or injured. Have a selection of items on hand, including herbs for upset tummies (eg: ginger, chamomile, fennel, Dr. Christopher's Stomach Comfort), headache (peppermint tea or essential oil or North American's Hempanol cream, or Young Living's M-Grain), diarrhea (saccromyces boulardii probiotic, comfrey root tincture), fever, or various injuries. Keep a self help book available to look up what to do for various concerns. **Dr. Christopher's Herbal Home Health, Sandra Ellis' Dr. Mom's Healthy Living, St. George Nano Silver handout, and/or an essential oils reference guide are some examples.**



A Must-Have Nutrition Book for Parents and Kids!

If you're looking for a book to better understand the nutrition needs of children—along with yummy, kid friendly recipes-- invest in **Judy Gray's Kids Need Care: Nutrition, Natural Remedies, and Life-Guidance**. This book includes information for infants and older children. Ms Gray includes tips on discovering the root causes of kids' behaviors and even appearance.

For example, Gray states that “thumb-sucking may be related to weak adrenal glands, since the adrenal glands are the coping mechanism of the body” (312). “Pain behind the left eye is a sign of pituitary swelling or impairment” (313). “A child's immune system is not well established until around age nine” (311). “Children who smell bad even after a good scrubbing are deficient in calcium, magnesium, and zinc” (314). A thiamine deficiency may lead to serious heart conditions (93).

Gray also includes a lengthy list of necessary nutrients for children's proper growth and health, and she explains in detail the purpose for each nutrient. The list includes individual vitamins, omega oils, and minerals. Finally, Gray includes a **religious exemption form from vaccines (321)**. Invest in your copy (or one for a friend or family member) at Natural Health and Home.

PATRIOTS' CORNER

Parents have been both firing away at the unrelenting controls over their children from schools and school boards, and being fired at, sometimes with police handcuffing and arresting parents for protesting local education boards and authorities over their children's welfare. <https://standforhealthfreedom.com/blog/anti-parent/>

Stand for Health Freedom recently published an article revealing that some schools now offer medical clinics meant to be "the 'medical home' for your child, including primary health care services, reproductive counseling, dental care, and mental health counseling, replacing what the child would typically receive from providers outside of the school." What's more, the new clinics may not require your permission to treat your child! Stay informed about your local schools on this matter.

Get Ready for Dr. Christopher's School of Natural Healing Classes in September

If you are interested in learning about natural health, how to use herbs for optimal health, and good nutrition, or if you're homeschooling junior or high school age children, consider registering for the online course "Family Herbalist" at the School of Natural Healing (SNH). The whole family can learn about herbs and nutrition together!

The School of Natural Healing offers several herb and nutrition classes online, and they run a **September special with discounted prices**. Go to NansNaturalHealth.com and look for the SNH link to register for classes, or phone the school at 1-301-489-4254.



JUST FOR FUN!: 1895 Final Exam from Salina, Kansas

Below are a few of the questions from an 1895 eighth grade final exam found in a Kansas genealogical society file. If you'd like the entire exam, you may find it online.

Grammar (Time, 1 hour)

1. Give nine rules for the use of Capital Letters.
2. Name the Parts of Speech and define those that have no modifications.
4. What are the Principal Parts of a verb? Give Principal Parts of do, lie, lay and run.
5. Define Case, Illustrate each Case.

Arithmetic (Time, 1.25 hours)

1. Name and define the Fundamental Rules of Arithmetic.
2. A wagon box is 2 ft. deep, 10 feet long, and 3 ft. wide. How many bushels of wheat will it hold?
3. If a load of wheat weighs 3942 lbs., what is it worth at 50 cts. per bu, deducting 1050 lbs. for tare?

U.S. History (Time, 45 minutes)

1. Give the epochs into which U.S. History is divided.
6. Describe three of the most prominent battles of the Rebellion.
7. Who were the following: Morse, Whitney, Fulton, Bell, Lincoln, Penn, and Howe?
8. Name events connected with the following dates: 1607, 1620, 1800, 1849, and 1865?

Orthography (Time, one hour)

1. What is meant by the following: Alphabet, phonetic orthography, etymology, syllabication?
2. What are elementary sounds? How classified?
3. What are the following, and give examples of each: Trigraph, subvocals, diphthong, cognate letters, linguals?

Geography (Time, one hour)

1. What is climate? Upon what does climate depend?
5. Name and describe the following: Monrovia, Odessa, Denver, Manitoba, Hecla, Yukon, St. Helena, Juan Fernandez, Aspinwall and Orinoco.
6. Name and locate the principal trade centers of the U.S.
7. Name all the republics of Europe and give capital of each.

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