



August 2020 edition

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 available)

Hours: OPEN Tuesday and Wednesday, 10am-6pm

Thursday, & Friday, 9am-5pm; Saturdays 9am-noon. **CLOSED** Sundays & Mondays

Visit us online: www.NansNaturalHealth.com

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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

August 4, 11am: Listen to a short presentation by Claire Callanan on the lymphic system and lymphatic drainage technique followed by a meet and greet from noon until 6pm at Natural Health and Home. (See article below for more details on LDT).

August 13 : Awaken your Superhero! by Charmin Gans, D.C.. Contact her office (636 479 6700) for ZOOM details or to register for this in-person FREE class.

New Products at Natural Health and Home:

- River Hills Harvest **Elderberry infused Missouri Honey!** Come in for a taste before it's too late.
- Positive Power **skin sprays** (Silica and Cell Power) for skin health and conditioning.
- Positive Power Super Circulation capsules. Feel the Surge of blood coursing through your blood vessels!

Medical Freedom Pac Working to Restore Medical Freedom in U.S.

In the 1700s Benjamin Rush, MD, argued that our new Constitution should include medical freedom, lest one day, a select group of individuals dominate and control medicine and health care and limiting our choices regarding our health treatment options. His words were wise, but no one thought Americans would ever need such an amendment. He was correct.

Now, some organizations are working to establish access to a wide range of health options. One such organization is the Medical Freedom Pac started by Ty and Charlotte Bollinger, in collaboration with GreenMedInfo.org. The Bollingers started two other organizations (The Truth About Vaccines and The Truth About Cancer) in response to their personal family health challenges and disappointing results of allopathic medicine protocols.

Learn more about how to take back our medical freedom! The Medical Freedom Pac offers free information, lets us know current legislative discussions in Congress, and lets us know appropriate action to take. I hope you check it out: <https://medicalfreedompac.com/>

Another excellent organization whose members are hard at work to keep us informed about health/medical freedom issues as well as many other political concerns is the John Birch Society. Check out their website www.JBS.org

Meet Claire Callanan, Lymphatic Drainage Therapist

Claire specializes in doing a lymphatic drainage technique. According to livescience.com, “The lymphatic system is a network of tissues and organs that help rid the body of toxins, waste and other unwanted materials. The primary function of the lymphatic system is to transport lymph, a fluid containing infection-fighting white blood cells, throughout the body.”

Due to the nature and role of the lymphatic system, LDT can prove beneficial in the correction of numerous conditions, as well as a useful tool in preventive health maintenance.

In essence, Lymph Drainage Therapy works to recirculate lymphatic flow, activate fluid circulation, and stimulate the functioning of the immune system and parasympathetic nervous system.

When stimulated, the results may include the following:

- ✓ Reduction in edemas (swelling) of many origins
- ✓ Detoxification of the body
- ✓ Regeneration of tissue from burns and scars (pre and post surgical)
- ✓ Relief of chronic and subacute inflammation and conditions such as sinusitis, acne, eczema and allergies
- ✓ Reduction in the symptoms of chronic fatigue and fibromyalgia
- ✓ Deep relaxation to aid with insomnia, depression, stress, loss of vitality and loss of memory
- ✓ Alleviation of adiposis and cellulite

Claire Callanan grew up in France where lymph drainage is well recognized by the medical community. After she recovered from cancer, she studied Dr. Bruno Chickly's methodology to effectively perform drainage of the superficial and deep lymph. She became a volunteer TA for his classes when possible. Claire has been practicing in St Louis, Mo, for over 20 years, first at the Cancer and Breast Institute and is currently working at the office of Dr. David Caplin, Dr Mc Guire, and Dr. Melvin Maclin in Creve-Coeur.

Claire is a mother of two grown children. She has studied various healing arts (Neuro-muscular, Myofascial scar release, Kinesiology, nutrition). Her lifelong passion in assisting and facilitating healing, as well as working with hospice patients as an Ordained Minister bringing her to Festus to share her expertise.

Meet Claire Callanan and bring your questions on **Tuesday, August 4th** at Natural Health and Home. Claire will speak beginning at 11 am, then host a meet-and-greet from **noon until 6pm**. To schedule a free, 15 minute one-on-one meeting with Claire, text 314-498-9162.

The Vagus Nerve and Health

In June, I attended an online conference on the vagus nerve. Who knew that an entire weekend could be spent just on the vagus nerve! I have pages and pages of notes. Following are some of the things I learned:

- The vagus nerve (VN) is the “highway” to every nerve of the body and therefore every organ of the body. The nerve starts at the back of the head. It communicates to and from the brain.
- Getting regular chiropractic care and/or acupuncture. Ask your practitioner how chiropractic and acupuncture can keep your VN working at optimal levels. Chiropractors may also check your jaw positioning, as it may affect VN function. See ads on page 4 of this newsletter.
- Teeth and oral health play a huge role in VN toxicity and health. (For a holistic dentist, contact Dr. Michael Rehme, Sr. See ad on page 4).
- The lymphatic system affects VN function. Learn how to keep lymph flowing to keep your VN working optimally. See Claire Callanan’s article above on lymphatic drainage.
- Clove and lime essential oils may help “turn on” and heal the VN when applied with a carrier oil behind the ears. Also, while bergamot and lavender essential oils are not stimulants, they work to stimulate the VN.
- Help activate the VN by deep breathing (“belly” breathe), gargling hard, singing loudly, doing coffee enemas, twice a day journaling, living in gratitude, smile, fall in love—live your passion, exercise (Qi Gong, walking, dancing, etc.), and avoid refined sugars and carbs.
- If you have emotional baggage (who doesn’t), look into emotional release techniques. Dr. Charmin Gans does a fine job with this! (See ad on p. 4 Healing Hands.) Invest in Dr. Bradley Nelson’s book *The Emotion Code*, Daniel MacDonald’s *Emotional Healing with Essential Oils*, or Dr. Peter Lambrou’s book *Instant Emotional Healing*.
- Work to achieve optimal digestion. The gut-brain link is part of the VN’s job! Poor diet and poor gut health affects the VN brain function, and your immunity.

Fall Season Immunity Begins NOW!

Prepare your family now for Fall immunity. Don’t wait until someone is ill or we experience shortages of herbs and immune products again. Stock up on items such as elderberry, zinc, vitamin C, echinacea or echinacea/goldenseal, Magic Elixer (with pine extract), essential oils (Thieves, pine, Ravensara, Exodus II, lemongrass), probiotics, beta glucan, and homeopathic products. Natural Health and Home is well stocked at present. The elderberry crop looks good in the U.S., so we’re hoping for an excellent harvest.

Learn how chiropractic, acupuncture, ionic cleansing, massage, and lymphatic drainage techniques can help you sail through fall and winter with a stronger immunity.

NOW is the Time for an LSA!

The Limbic Stress Assessment (LSA) is another fine tool to aid in achieving optimal health! The LSA can assess the body for up to 1400 imbalances, including toxins, various infection residues, chemicals/metals, parasites, and much more. Schedule your session with Nan at the shop.

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