

August 2022 edition

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Nan's Natural Health

Wake Up to Natural Health & A Better You!

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Hours: OPEN Tuesday and Wednesday, 10am-6pm
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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, Aug. 27 Homesteaders' meeting. Noon-2--potluck. Meeting begins at 2pm at the Rockport Church in Arnold.

March 19-25, 2023—Mastodon Fair Week at Jefferson College. The Fair encourages young artists and science scholars. Get involved now! Fair registration begins October 1. A fund raiser is scheduled for Saturday, Nov. 12 at 6 pm. For details about the Fair, go to www.mastondonfair.org. Check out their facebook page as well.

Book Review

I've been reading a hefty and interesting tome (over 400 pages!) entitled *Laboratory Interpretation Desk Reference Manual* by Jeremy E. Kaslow, MD. While the title is rather scary for those of us who haven't had a science, chemistry, or physiology class in 50 or so years (or maybe never), the book actually includes excellent nutrition information. I was browsing through the book and ran across information on bone spurs. Research links bone spurs and brain fog to a lack of lecithin, in part. Now I know lecithin is good for the brain and good to manage cholesterol (in addition to a healthy diet and proper hydration), but I had never heard spurs and lecithin linked before. Of course, a low lecithin level isn't the only point to consider when someone has a bone spur, but it's one thing to consider researching or talking with your chiropractor or other holistic practitioner about.

Dr. Mark Schopp uses this book regularly, so he is knowledgeable about the content of this book, just in case you are interested in learning more about how our bodies work and what they need to heal.

Back to School!

Whether your children –or you!--are going to school or you are homeschooling, you want a brain that functions at its best. Good health and proper brain function begin with good nutrition and proper water intake. Add to that proper exercise and sleep, and you have a plan for success!

- ✓ Purchase only healthy foods, including fresh fruits and vegetables, whole grains or grain alternatives (like almond flour), healthy proteins (not fried), fermented vegetables, and raw nuts and seeds (instead of chips). Healthy nutrition forms the foundation of good health.
- ✓ Make sure to drink WATER. Water intake is based on each person's weight: half the body weight in ounces. So if your child weighs 50 pounds, he/she must drink a minimum of 25 ounces of pure water daily. If a child participates in sports or other outdoor activities, increase the amount of water. During hot weather practices, make sure the child also has healthy electrolytes, not the high sugar drinks with artificial flavors and colors. At Natural Health and Home, I carry electrolyte drink mixes in individual packets. Athletes can toss one or more into a gym bag to add to water. They come in a variety of yummy flavors!
- ✓ For the body to make melatonin, make sure bedrooms are as dark as possible—use blinds or shades under dark drapes to block street lights and moonlight. Be sure to remove all electronic devices. Place lighted clocks as far away from the bed as possible. DO NOT use electronic devices such as cell phones and computers for 1-2 hours before bedtime to allow the brain to quiet itself for sleep.
- ✓ Our food is so depleted of nutrients that we really must supplement with natural products. AVOID pharmaceutical grade (chemical) “vitamins” as much as possible, opting for natural products instead.
- ✓ Omega oils, such as flax or fish oils, feed the brain, so include healthy omegas into the diet.
- ✓ Promote good immunity with vitamin C and/or D, A, zinc, and your choice of traditional herb teas for immunity, such as elderberry, echinacea, rosehips, hibiscus, and others. Drink them as a tea or take them as tinctures or capsules. Diffuse essential oils or blends, such as Thieves, Purification, eucalyptus, lemongrass, or others. Study areas will smell great, too!
- ✓ Diffuse pure, natural essential oils, such as cedar, peppermint, rosemary, spearmint, or citrus, or a blend to help with memory and alertness. NOW offers Clear the Air and Mental Focus already blended. Young Living offers Clarity, Valor, Aroma Life, and Transformation blends, as well as frankincense and sacred frankincense, and other single oils. Check the *Reference Guide for Essential Oils* by Connie and Alan Higley for more information.
- ✓ Get consistent chiropractic care! Talk with your chiropractor to learn how chiropractic may benefit your scholar's overall health. Also, public schools accept back to school physicals from chiropractors! (and they won't hassle you about shots!)
- ✓ For individuals on the Autism Spectrum (ADD, ADHD, Autism), talk with your chiropractor for tips. Additionally, consider contacting Brain Child Nutritionals to learn about detoxes specifically developed and dosed for children. Plus, they have a team of trained people who will listen to you on those “I'm gonna SCREAM!” days! Go to www.brainchildnutritionals.com or phone 831 465 0104.
- ✓ Make sure gut health is running at optimum levels. Because of all the toxins we encounter each day, our gut health is so important. Look into Dr. Zack Bush's Ion Biom, a tasteless liquid that helps repair the gut lining.
- ✓ Listening to certain classical music stimulates the brain. Check out The Mozart Effect online for details. (I've witnessed music lower blood pressure and pain levels quickly.)
- ✓ Explore the benefits of homeopathy. Contact Molly at joyfulhomeopathy@gmail.com for information. Ask her about her own family experiences and how she got into homeopathy.

Sinus Issues? Allergies? Prepare Your Body NOW for Fall

Dr. Zack Bush, M.D., is passionate about good health—starting with the gut. For years, scientists and doctors have talked about “the gut-brain” connection, saying, “Heal the gut, heal the brain.” Dr. Bush’s Ion Biome Gut Support (for humans and for pets) helps “support tight junction integrity and diversify your microbiome the natural way. It is soil derived, U.S. sourced, and naturally rich in a variety of humate substances, trace minerals, and amino acids.” The active ingredient is Terrahydrite—a family of molecules made by bacteria.

Now, you can also specifically target your nose and sinuses with Ion Sinus Support Spray! All are available at Natural Health and Home. www.intelligenceofnature.com, YouTube, and Spotify.

Herbs for Iron

We need clean, nutrient-rich blood to be healthy! However, women especially need to maintain iron levels, due to monthly cycles. The most common complaint I heard from people is that iron supplements cause abdominal cramping and/or constipation. An alternative to iron pills or liquids is herbs, whether taken in tea form or capsules. The common **dandelion, nettles, and yellow dock** are three herbs you may find helpful. Added benefits to these herbs are their high vitamin content, digestive aid properties, and blood cleansing abilities. <https://ascensionkitchen.com/3-iron-rich-herbs/>

And dandelion greens are FREE! As long as you don’t apply chemical fertilizers or weed killers to your lawn, you have a free source of dandelions. I often harvest the leaves, dry them, store them in a jar or two, then add them to soups or salad dressing all winter.

Instead of drying the leaves, you might consider making a tincture with vodka or Everclear. This yields an herbal concentrate which you can add to other herb teas, water, or drop directly into your mouth.

Dandelion roots may also be harvested, cut into pieces, dried, and used for tea. However, the leaves are higher in iron than the roots. Roasted dandelion root tea tastes a bit like coffee and may be used as a healthy alternative to coffee.

I’ve heard that during the Great Depression, people foraged for dandelion greens to eat either raw or cooked, and they stayed healthier than those who didn’t eat these greens. Popeye may have eaten spinach to build his strength, but dandelion greens top the list for nourishment, cleansing, and great health!

Patriot’s Corner

Elections happen on August 2. For Jefferson County voting information, including a sample ballot, go to <https://www.jeffcomo.org/386/County-wide-Sample-Ballot>

Remember that this election is a primary, so you’ll have to declare a party. The website above will take you to another site where you’ll find the lists of candidates and issues. Use it again in November.

Do your research! Go to candidate websites. Talk to others who may know some of the local candidates, and get a feel for the candidates’ political and social leanings.

Learn more about our Constitutional rights at www.JBS.org or www.TheNewAmerican.com
Research Jeff Co Patriots and We the People of Jefferson County for local issues and candidates. Stand up, speak out in truth—preserve liberty!

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