

December 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

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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.**

Holiday Calendar

Dec 24-25: CLOSED for Christmas Eve and Christmas.

Dec. 31: CLOSE at noon (unless I have lots of shoppers!)

Jan. 1: CLOSED. Happy New Year! Let us pray 2021 will not be as "exciting" as 2020.



SHOP LOCAL FOR THE HOLIDAYS!

This year's holiday shopping might be rather simple: Gift certificates are simple and pleasing to everyone. Giving a cute basket of immune supporting products like elderberry honey and juice, along with zinc-elderberry lozenges will be an excellent and welcome gift for your health conscience loved one. Don't forget your fur babies—I have terrific items for them, too!

- Holiday scented essential oils are always a hit! Young Living's Christmas Spirit and Exo-dus II are cheerful and warming, while NOW's new Candy Cane blend is bright and minty. Diffuse them or add them to unscented Bronner's liquid soap. For FYIers, blend your own holiday oils to make sprays or roll ons.
- At Natural Health and Home, choose a cute angel or Celtic cross essential oil diffuser necklace or bracelet for your BFF.
- Dr. Cass Ingram's book on Covid, which is useful for many types of infections, is in stock. One of my customers must have purchased ten copies already to give as gifts to family, friends, and co-worker nurses. I also have copies of Dr. Ingram's book on the many uses of wild Mediterranean oregano! It's practically a classic!
- Send off a box of special treats (beef or chicken jerky, protein balls, chocolates, individually packaged hot chocolate with moringa, dried organic fruits, and more), along with some elderberry-zinc lozenges to your military buddy or college student living far away from home this holiday season.
- Soaps, lotions, and lip balm are fine stocking stuffers!
- For you doggies who may be feeling holiday stress, try Vital Planet's Dog Calm chews. I hear they are terrific! I also have canine CBD treats. If you're looking for canine probiotics, I have them in stock.

Come by and browse the shop to find just the right gifts for your family and friends this year!

Nutrition for the Holidays

It's that time of year—sugary foods and high carbs are on the menu! But those high sugar and carb menus will wreck havoc on your digestive and immune systems.

Here are a few tips to consider:

- Cooks—plan to prepare less carbohydrate and sugar loaded menus. Make one pie, not several. Think of it this way—If you have one pie or other dessert for one holiday, you can have a different one for the next holiday. If you make sweet potatoes, skip the marshmallows and added sugars. Bake

them with some orange or pineapple juice instead. Skip the white mashed potatoes this year.

- Serve and eat smaller portions of foods, especially the carbs.
- Serve herb tea instead of alcoholic drinks.
- Take a good quality digestive enzyme before eating!

Hey, Fellas! Pomegranate juice is an antioxidant rich drink, which was proven in a double-blind study to help resolve erectile dysfunction in a 6-week period. Pumpkin seeds contain high omega 3 fatty acids, zinc, carotenoids, and phytosterols all which help keep healthy prostate tissue and can help prevent prostate enlargement or cancer. (From The School of Natural Healing)

Viruses and pH

Our bodies stay healthier when we maintain a proper pH (acid/alkaline balance). Dr. Carey Reams states our daily pH for urine and saliva should be 6.4 (7 is neutral). We know that all cancer, diabetic, arthritic, and viral infections thrive in an acid environment (number lower than 6.4). Check your pH occasionally. If you see you're running consistently acid, take steps to correct the imbalance. Three ways to consider are to drink distilled water, to drink non-aluminum baking soda water, or to take a calcium supplement specifically to alkalize pH. Sugar and pharmaceutical products acidify the body!

<https://drsircus.com/general/viruses-are-ph-sensitive/>

Sugar Increases Your Risk of Viral Infections

A few years ago, Dr. Joseph Mercola (www.mercola.com) published information from a medical doctor during the 1950s polio epidemic. Polio is a virus. Below is a partial copy of the doctor's research and report. Blood sugar imbalances are caused by poor diet (high carb diets), low chromium levels, and poor liver function. Probably one of the best lab tests to determine appropriate blood sugar levels is RBTI (Reams' Biological Theory of Ionization).

Sugar Increases Polio Risk -- Lessons For Other Viral Infections

The following is a chapter from the book *Diet Prevents Polio* written by Benjamin P. Sandler, M.D., and published in 1951, at the height of the polio epidemic.

Low Blood Sugar And Susceptibility To Polio

During my research I observed a large number of patients who had symptoms that were caused by low blood sugar.

They complained of the symptoms previously described, namely:

- headache
- dizziness
- weakness
- fatigue

- abdominal pain
- nervousness
- palpitation
- frequent sweats
- occasional fainting spells.

Most of these patients were malnourished, which, physiologically, meant subnormal liver glycogen storage. **Their diet was deficient in protein and consisted largely of the cheaper starchy foods.**

I noted that **these patients also had poor resistance to infections** such as colds, sore throat, grippe, influenza, bronchitis, and pneumonia. **By increasing the protein content of their diet and by reducing the sugar and starch content, they improved considerably.** They became stronger, more vigorous and buoyant, and had fewer infections.

A few of these patients had had polio in childhood. Observations of these patients over a long period of time led me to suspect that **their susceptibility to infection was possibly due to their poor diet with its high sugar and starch content.** Their increased resistance to infection with a better diet confirmed this suspicion. It then occurred to me that their susceptibility to polio could be explained on a similar dietary basis.

Specifically, **I suspected that children and adults contracted polio because of low blood sugar brought on by a diet containing sugar and starch.** I reasoned that the polio virus was able to cross tissue barriers, reach the brain and spinal cord, invade the nerve cells, damage or destroy them and cause paralysis. And I further reasoned that if the blood sugar never fell below 80 mg polio could never result. I suspected that during a polio epidemic only those children and adults who experienced periods of low blood sugar would contract the disease and that those **individuals who were in actual contact with the virus but who maintained normal blood sugar levels would not contract the disease.**

Thus, it remained to prove that low blood sugar could be a factor in susceptibility to polio. And, after this had been proved, the following questions had to be answered:

- **What causes low blood sugar in humans?**
- **How can low blood sugar be prevented?**

The prevention of low blood sugar would thus mean the prevention of polio.

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