

December 2021 edition

Serving Jefferson County for 15 Years!



## 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](http://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.



### Holiday Calendar

November 23-25 The store will be closed for the holiday

November 26 The store will be open from 9am-5pm, and November 27 the store will be open from 9 am-2pm.

November 29 John Birch Society meeting at 6pm at Natural Health and Home. All patriots are welcome!

For information about the JBS, visit [JBS.org](http://JBS.org)

December 11 The Hopeful Homesteading group meets in Arnold, Lunch begins at noon, if you want to network with other homesteaders! Contact [hopefulhomesteader@tutanata.com](mailto:hopefulhomesteader@tutanata.com) for details.

December 24-27 The store will be closed on Friday, Dec 24 -27 for the Christmas holiday.

December 31-January 3 The store will be closed for the New Year's holiday.

### NEWS!

Please make a note—Dr. Mark Schopp has MOVED to 11444 Tesson Ferry, Suite 201, St. Louis, MO 63023.

### Holiday Gifts Available at Natural Health and Home

- ✓ CHOCOLATE, CHOCOLATE, and MORE CHOCOLATE! It's a chocolate-lovers' PARADISE!
- ✓ Essential Oils and Diffusers with a bottle or two of holiday oil blends from Young Living (Christmas Spirit or Thieves) and NOW (Candy Cane, Woodland Walk, Pumpkin Spice are a few ideas).
- ✓ Essential oil roller bottles—choose from a variety by NOW and Young Living.
- ✓ Gift certificates show you know your friends and family well enough to know what they enjoy!
- ✓ Books: I have a fresh supply of Dr. David Stewart's *Healing Oils of the Bible*—great book for Christmas and essential oil lovers!
- ✓ Books on the Constitution, history, and politics for the patriot in your life.
- ✓ A basket of natural lotions, soaps, and other body care items is perfect for BFFs and college kids.
- ✓ Chemical-free hand sanitizers, room sanitizers/deodorizers, and more

- ✓ Bath salts and massage oils are always fun gifts, even for kids. I have some fine kid-friendly bubble bath packets—great stocking stuffers for the kids, or the kid in you!
- ✓ Be creative and put together your BFF's perfect gift!
- ◆ Check the clearance books for some treasures at dirt cheap prices!

## **Holiday Health Tips**

All those rich, sugary foods and drinks not only pack on the pounds but also raise sugar and cholesterol levels. For the holidays, I eat BEFORE I attend a church or other party so I can skimp on holiday treats at the party. It's easier to eat less at the party when you already have a full stomach. Consider taking a digestive enzyme or apple cider vinegar before joining the party, too.

All those rich foods also have the potential to create acid conditions which may lead to heart attacks, especially when combined with alcohol and the excitement and stress of the holidays. When I worked in the ER, we saw the most heart attacks over the holiday season—usually people who had over eaten and were already over weight, stressed, diabetic, or had other existing problems.

Remember to take your immune boosting supplements throughout the holiday season—you need them! Stress, travel, eating foods you don't eat every day can all lower your immunity. When you know you'll travel and be around crowds, take extra vitamins B, C, and D to support healthy immunity.

Skip the fancy mint mouth fresheners, and opt for either Thieves spray or North American Herb and Spice Oregano and spice blend spray. Freshen your mouth AND boost immunity! Immunity starts in your mouth and nose. Bottles of these products are small enough to fit in a pocket or small purse—perfect to keep with you. North American also offers an oregano-based nasal spray in one and two ounce bottles. These also make good gifts!

Remember to exercise! Gentle exercise and stretching help de-stress the body while working off calories. Go for a walk if the weather allows. If not, jump on your rebounder (mini-trampoline), dry brush your skin, dance, or do whatever you enjoy the most! Get up and MOVE!

If you feel especially stressed, my customers highly recommend Happy Camper—a blend of herbs that apparently keeps you feeling relaxed and...well, happy!

Sitting with a warm cup of healthful, relaxing herb teas, including catnip, lemon balm, chamomile, valerian, and others may be just the break you need to decompress after cleaning, decorating, baking, cooking ---well, you get it!

## **You Asked for It—A Summary of the High Points of the Constitution and Leadership Conference**

On November 5<sup>th</sup>, I attended the Grassroots Groundswell in St. Louis—a collaboration by the Constitution Coalition, Leadership Institute, and Eagle Forum. I'd guess about 200 people attended, as the large room at the Frontenac Hilton was full. I'd always wanted to attend one of their conferences, and I'm glad I did this year! Save your pocket change so you can attend next year—breakfast and lunch were included, plus toasted ravioli and sesame chicken strips and drinks after during social networking time. I will only summarize a few of the many speakers we heard. I also have info on several excellent organizations that support home schooling.

The conference began with Mr. Andrew Muller, a home schooled young man who now speaks on the Constitution and America and is already a published author. This is one hard-working young man! He elaborated on twelve points titled "Fundamentals of Freedom." These points were published last month in the Constitution Coalition's *Front Line* newspaper.

A big topic was what is happening in schools today—Critical Race Theory (CRT) and the new “sexual revolution.” Several parents spoke of their recent experiences in local schools (Clayton, for one). Mrs. Marlene Kovacs (Clayton school district mom) told us of her young daughter’s school choir experiences:

- The students are no longer aloud to sing “Frosty, the Snowman” because “-man” is “non-inclusive.
- They were required to sing the Black National Anthem. (I didn’t know one existed.)

Students are also required to take “transgender education” classes—in fact, nearly every class from English (Language Arts) to history makes mention of these topics. Students are required to fill out the “Wheel of Power and Privilege” charts, with white students having to “confess” they receive special privileges. If you’ve read about Marxism, you’ll recognize the manipulation of ideas and words to divide and conquer by race, something that has been going on in the U.S. since the 1930s, at the very least.. Marxists and communists WANT to divide us any way they can.

Other buzz words indicative of CRT are “intersectionality” and “soul murder.”

Mrs. Kovacs also gave a list of books she found in the school, all anti-American and all promoting racism instead of working to unify us as a nation, or sexually explicit photos and terms.

Mr. Marty Bennett of the Foundation Against Intolerance and Racism gave an uplifting and hopefilled presentation on creating school district community organizations to make sure local school boards and schools are presenting morality and American culture and history. He works with several school districts to empower parents. Lindbergh, Kirkwood, Webster Groves, and Francis Howell districts already have formed parents groups to keep an eye on what their boards, teachers, and administrators are doing. Some parents are preparing to run for board positions. We can contact Mr. Bennett at 314 422 0393 or [Martin.Bennett@fairforall.org/stl](mailto:Martin.Bennett@fairforall.org/stl)

A real treat was hearing from radio personality Stacey Washington (Stacey on the Right). What a character she is! She really does her best to study and live the Gospel of Christ. Her messages: Pick up your sword! Guilty people don’t hold others accountable. Be fools for Christ. Our battle begins with PRAYER. Don’t be afraid of Jesus and the Bible—read it, study it, live it, talk about it. Get up and go to bed with God. Let principles be your guide. Say, “Not today, Satan!” Remember that our government is only to uphold and support God’s laws and our freedom. Pray. Obey the Bible. Work—faith is an action. Get in touch with others.

Stacey was pure joy and inspiration to hear! I have several pages of notes.

The keynote speaker was Lt. Col. Matthew Lohmeier, USAF and Space Force. He’s another man committed to God, liberty, our nation, and his family. He was relieved of command recently for speaking out against CRT, Marxist influences, and the new gender policies in the military. Ironic, isn’t it. His book is now available—*Irresistible Revolution: Marxism’s Goal of Conquest and the Unmaking of the American Military*. I have been reading it, and I highly recommend it to all patriots! Instead of summarizing his talk (read his book), I will tell you his eagle story.

He said he never thought about writing a book—what could he possibly say that hadn’t already been said? But God had another plan for him. As he was talking with his wife about the book outside their Colorado home, they saw a Bald Eagle circling over their house. How odd, since these eagles are apparently uncommon in Colorado. Part way through the writing project, he again saw the eagle circling over his house. The third time it happened was when he finished the book. Was this eagle a sign from God, he queried.

Lt Col Lohmeier’s closing admonition was to put on the full armor of God. Stand up! Speak out! Be prepared spiritually and physically. You have great power for good. [www.mathewlohmeier.com](http://www.mathewlohmeier.com)

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**Expires December 31, 2021**



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