

December 2022 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

636 937 0526 (no texting or email available)

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.



On the Morning of Christ's Nativity (verses 1 & 2 of 27)

John Milton (1608-74)

This is the month, and this the happy morn
Wherein the Son of Heav'n's eternal King,
Of wedded Maid, and Virgin Mother born,
Our great redemption from above did bring;
For so the holy sages once did sing,
That he our deadly forfeit should release,
And with his Father work us a perpetual peace.

That glorious Form, that Light unsufferable,
And that far-beaming blaze of Majesty,
Wherewith he wont at Heav'n's high council-table,
To sit the midst of Trinal Unity,
He laid aside, and here with us to be,
Forsook the courts of everlasting day,
And chose with us a darksome house of mortal clay.

Calendar

Closed Christmas Eve (Dec. 24).

Saturday, Dec. 10: Movie showing: *Take Back Your Power*. Noon, NW Library, Hwy 30 and PP.
RSVP: 636 937 0526.

New Product Line from Wisconsin!

You'll need plenty of energy for body and mind over the holidays. Skip the unhealthy caffeine and reach for American ginseng! The Burmeister Ginseng Company opened in 1909 and has been serving the U.S. and the world ever since. Their breed of ginseng is *Panax quinquefolius* ("panax" meaning all cure). Ginseng is an adaptogenic herb which helps balance human metabolism.

How do American ginseng and Asian ginseng differ? Asian ginseng stimulates the system and has a warming affect on the body. It should not be taken daily for long periods. However, American ginseng is more potent than Asian ginseng, does not have the warming effect, and can be taken daily without harm.

I now have in stock Burmeister instant ginseng tea, capsules, dry roots (fun to chew on or make tea), and tincture.

Also new is a tincture made from the ginseng berry. The berries are fermented for greater benefits. According to Burmeisterginseng.com, "Recent studies on Ginseng berries suggest they have 60% more ginsenosides than in the root and four not found in the root. Additionally, berries contain vitamins, minerals, and beneficial plant polyphenols."

Stop by to get your holiday supply of energy and support your overall health with Burmeister Ginseng products! For those of you who enjoy the benefits of Asian ginseng, I still carry Prince of Peace, NOW, and KorSelect brands.

Do Holiday Guests Stress Your Pets?

Try R&R Medicinals hemp chews for dogs and cats! My cats love them as a daily supplement—not for stress, but to help support their overall health. These are in stock now at Natural Health and Home.

While picking up hemp chews for Fluffy or Woofy, remember to pick up some R&R hemp gummies for yourself to help manage stress and anxiety. Vegan, natural food colors and flavors, and yummy!

In the News

California Prop 65 Compliance: The NOW company alerted retailers recently about valerian root products: "Prop 65 requires businesses to warn consumers before exposing them to chemicals listed by the State of California as causing cancer or reproductive harm." Be aware that you will begin seeing this warning on valerian products beginning immediately. Because this is a California law now, labels nationwide will make reference to Prop 65. Be assured that quality companies check for toxins in their ingredients before packaging. [Www.P65warnings.ca.gov/food](http://www.P65warnings.ca.gov/food)

Also in California, Gov. Newsom recently vetoed a bill which would have restricted the sale of weight loss products, including herbal products. This is important because Missouri and several other states had proposed similar legislation. We must keep an eye on supplement legislation in Missouri. (www.wholefoodsmagazine.com, Nov. 2022, 10)

Smart Meters for gas and water coming: By now, we've learned about the potential risks of the new Smart electric meters. I spoke with an Ameren representative who came to install a new meter at work this week (which I refused), and I inquired of him how these new Smart meters might affect gas meters which might be in close proximity to the electric meters, as they are here at the shop. The Ameren rep said, "That's why the gas company and the water company will **ALSO BE CHANGING OUT METERS TO USE SMART METERS**"!

Looks like it's time to do more research. I hadn't heard about the water and gas companies changing their meters, but we might have figured it was coming under the UN's Agenda 2030. Keep your eyes and ears open!

PATRIOTS' CORNER: You Won't Have Time for Popcorn!

I. I found two terrific videos, the first of which we can watch for FREE online. The first is *A Wolf in Sheep's Clothing*, a biography of Saul Alinsky. The movie was made several years ago by the Catholic EWTN, but I found the entire movie available online at **gloriatv.com**. A customer said she was able to find it on EWTN's site, as well.

Alinsky grew up in Chicago and became a "far left" radical, advocating Marxist theory and authoring two books, one of which is *Rules for Radicals*. Barrack Obama studied Alinsky's works and learned Alinsky's theories on being a community organizer. Hilary Rodham Clinton wrote her thesis on Alinsky and became friends with him. See <https://quadrant.org.au/magazine/2021/04/saul-alinsky-and-the-politics-of-hell/>

Some of Alinsky's well-known quotes include the following:

"Control healthcare, and you control the people."

"True revolutionaries do not flaunt their radicalism. They cut their hair, put on suits and **infiltrate** the system from within."

"Lest we forget at least an over-the-shoulder acknowledgement to **the very first radical:** from all our legends, mythology, and history (and who is to know where mythology leaves and history begins—or which is which), the first radical known to man who rebelled against the establishment and did it so effectively that he at least **won his own kingdom—Lucifer.**" (highlights added)

II. The second documentary is *The Mind Polluters* which reveals "the parallels between sexual predators and sex education" (*TNA*, Nov 14, 2022, 28). In the past 30 years, "sex education" has devolved into showing children from kindergarten (sometimes younger) and up *HOW* to have sex, with whom to have sex, and to practice putting condoms on bananas or cucumbers. More recently, the "classes" have included transgenderism, the "new pronouns," and more. Additionally, textbooks such as *Running with Scissors* is being made available in some local schools. Don't let the title fool you—this book is all about the "pleasures" of child-adult sex! According to liberal educators, children are sexual from birth and should be free to express and participate in sexual behaviors from childhood on.

The Mind Polluters is a **MUST SEE** for parents and anyone interested in learning how "public" (government) schooling is sexualizing children. This is part of the communist plan to destroy families and morality. For a review of *The Mind Polluters*, go to TheNewAmerican.com/magazine, then look for the Sept. 26, 2022, issue.

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