

December 2024

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## 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)

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.



**Natural Health and Home will be CLOSED** for the holidays: Dec. 24, 25, and 31, and Jan. 1.

**Saturday, Dec. 7: Spirit of St. Louis Chorus Christmas Show**, 2pm, Dunklin R-V Theater, 1 Black Cat Dr., Herculaneum, MO. 314 497 1190. \$15.

**Friday, Dec. 13:** Dr. Patrick Smith, chiropractor, is hosting a **Ladies Night Out from 5-6:30pm**. His office is located at 1382 YMCA Drive, Festus. Phone 636 937 7771 for more details. He has lots of fun and educational events planned! I'll be there, too!



The holidays are here! Remember to **Shop Local** for holiday gifts for friends, pastors/priests, teachers, your favorite chiropractor(s) or naturopaths, and family. At Natural Health and Home, you'll find lovely gifts for men, women, and children:

- ✓ Essential oils and blends (plus a colorful array of roller, spray, and dropper bottles). Look for special seasonal blends, such as **Young Living's Christmas Spirit, Joy, and Believe**. NOW also offers holiday blends such as **Candy Cane, Pumpkin Spice, Spiced Cider, Sugar Plum, and Woodland Walk**. Diffusers are also available. --Or blend you own favorites for friends this year!
- ✓ Palm wax and beeswax candles (**scented and unscented**), including **Pumpkin Spice and Holiday Spirit**, among others. Cotton wicks without lead are a real plus for health conscious friends and family!

- ✓ Healthier gourmet chocolates: **Theo's dark chocolates** in Peppermint Crunch, Orange, and 7 more special delights. The Swiss chocolate company offers an 85% dark chocolate bar, as well.
- ✓ **Swiss Milkboy milk chocolates** will please milk chocolate fans in plain, caramel-sea salt, toasted almond, or Gingerbread Spice. Theo offers milk chocolate-sweet vanilla bars.
- ✓ If you're a **white chocolate fan**, **Milkboy** offers plain and white chocolate with raspberries.
- ✓ **Elements' hot chocolate mixes** come in dark chocolate with either tumeric or ashwaganda and are sweetened with coconut sugar. Their **Ayurvedic-inspired, honey sweetend dark chocolate** bars include either rose-cardamom, filter coffee, peppermint, and several other flavors. **Equal Exchange** offers their new **maple hot chocolate mix** with real maple sugar.
- ✓ For the bibliophile, choose from a variety of **books on health, patriotism, and history**.
- ✓ Gift certificates are also available—and much appreciated!



Copies of **Dr. Bryan Ardis' book *Moving Beyond the Covid-19 Lies*** are in stock at Natural Health and Home. This is a must have for everyone, as Dr. Ardis explains the true origins of cov and offers hope and help for cov and longhaul symptoms. Buy one for yourself and one (or more) for gifts.

### Juicing for Health

Dr. Mark Schopp and his wife Maureen recently posted a video about the benefits of juicing. I can say that I've been juicing daily this year, and it has benefited my digestive system dramatically. Juicing also helps detoxify, and boosts immunity. I start with a base of organic carrots and celery, then add two or three vegetables or fruits: Bokchoy, raw cranberries in season, orange or grapefruit with the rinds, Granny Smith or Jonathon apples, and ginger. I can super charge my mix with a spoon of wheatgrass, Young Living's Amino-Wise powder, and North American Herb and Spice food-sourced vitamin C powder. WOW! It packs a punch! Sometimes I add a splash of apple cider vinegar, too. For excellent recipes, check out books on juicing by Dr. John Heinerman, ND (he wrote several), and Dr. Laura Newman's *Make Your Juicer Your Drug Store*.

To watch Dr. Schopp's videos on nutrition and health, go to <https://www.schoppnutritionclinic.com/blog>

**Raindrop for Health!** By Dana Christisen, Naturopath (see ad p. 4)

Raindrop Technique is a bodywork method that uses seven pure essential oils and two oil blends by Young Living that are applied in a very specific way to the feet and spine. The common benefits reported by receivers of Raindrop Technique are relaxation, more energy, greater joint mobility, stress relief, emotional balance, and generally a lighter feeling! I hear the word, "heavenly" a lot. Book a session with Dana online or over the phone: **danachristisen.com, (573) 605-1030. Grace Wellness Studio has gift cards available!** There is also a digital option that can be e-mailed to you.

## **The Harmful Effects of Cell Phone Use on Posture: Chiropractic Care is Crucial, Especially for Children** By Dr. Charmin Gans, Pediatric Chiropractor (See ad p. 4)

In today's tech-driven world, it is nearly impossible to escape the constant presence of cell phones. While these devices have made our lives more convenient, they've also introduced a host of physical issues—especially concerning our health. The long hours spent hunched over a screen can wreak havoc on your spine, nervous system, and overall health. For children, these effects are even more pronounced, as their growing bodies are more vulnerable to damage. Here's why limiting cell phone use, seeking chiropractic care, and keeping the nervous system healthy is crucial for all, particularly for kids.

Cell phone use impacts posture. When you look down at your cell phone, you're likely adopting a posture known as "text neck." This is the forward head position people assume when they spend long hours looking at screens. Our heads weigh about 10-12 pounds, but as we tilt them forward, the force on the neck can increase dramatically—up to 60 pounds when tilted at a 60-degree angle. This poor posture puts immense strain on the spine and muscles, leading to neck pain, anxiety, stress, headaches, and even damage to the spinal discs over time. Prolonged screen time exacerbates this strain, making it harder to correct posture as the muscles adapt to the misalignment. Over time, this can lead to chronic pain and more serious spinal issues like sickness and disease.

Cell phone use leads to several adverse effects on children's growing spines. For children, who are still growing and developing, these harmful effects are magnified. Their spines are more flexible, which makes them more susceptible to deformities caused by poor posture. Prolonged slouching can affect the natural curvature of the spine, leading to long-term issues such as scoliosis or other developmental abnormalities, as well as a weakened immune system. What's more, the nervous system plays a key role in the body's growth and function. A child's spine is home to their developing nervous system, and poor posture can interfere with nerve function, which in turn can impact everything from muscle development to organ function. By keeping their posture healthy, children ensure that their nervous systems remain in optimal condition, which is critical for proper growth.

Electromagnetic Fields (EMFs) from cell phones also affect children's health. Beyond the obvious physical effects of poor posture, there's also growing concern about the impact of electromagnetic fields (EMFs) emitted by cell phones. While research on EMFs is still ongoing, some studies already suggest that prolonged exposure to these invisible energy fields can affect cellular health and may lead to issues such as fatigue, disrupted sleep, and even impaired brain function or cancer. Children, due to their thinner skulls and developing nervous systems, are even more vulnerable to the effects of EMFs than adults. While the long-term consequences of EMF exposure are not yet fully understood, it's wise to limit screen time, especially for kids, to reduce exposure.

Chiropractic care plays a crucial role in addressing the damage caused by poor posture and prolonged cell phone use. Chiropractors specialize in correcting spinal misalignments, relieving pressure on the nervous system, and improving overall body function. Regular chiropractic adjustments can help alleviate the tension caused by "text neck" and restore the natural curvature of the spine, promoting better posture and reducing the risk of long-term damage. For children, chiropractic care is especially important. As their bodies are still growing, regular adjustments ensure their spines develop correctly, reducing the risk of future problems. Additionally, keeping their nervous systems functioning properly through spinal health can boost their immune systems, improve sleep, and enhance their overall well-being.

Limiting screen time matters. While chiropractic care can help correct the issues caused by cell phone use, prevention is always better than cure. Limiting screen time is one of the most effective ways to protect your posture and spinal health. By encouraging breaks, promoting physical activities, and setting boundaries on device usage, you can reduce the strain on your spine and muscles, allowing your body to recover and function optimally. For children, it's essential to establish these healthy habits early. Not only does limiting or even removing screen time prevent posture-related issues, but it also fosters a more balanced lifestyle where physical activity, creativity, and real-world interactions take precedence over digital distractions.

The overuse of cell phones has a direct impact on posture, spinal health, and overall well-being. While these effects are harmful to everyone, they are particularly damaging to children, whose growing spines and developing nervous systems are more susceptible to injury. Limiting screen time, adopting better posture habits, and seeking regular chiropractic care are essential steps in protecting both your and your child's health. By doing so, you ensure that the nervous system—your body's most important communication network—remains healthy for years to come.

### **Bone Strength, Osteopenia, and Osteoporosis, Dr. Mark Schopp, guest writer (see ad on p. 4)**

Osteoporosis is classified as either primary or secondary. Primary is bone loss due to aging. This is usually in patients over 65. Bone can lose the ability to repair and bone tissue is lost. Secondary osteoporosis is caused by other factors such as:

1. Drugs including steroids (prednisone, contraceptives, certain types of progesterone), excess thyroid hormone, certain cancer treatments, some antidepressants, anticoagulants (like heparin, warfarin), anticonvulsants, immunosuppressive drugs, habitual use of aluminum-containing antacids (as some types of Maalox, Mylanta), and NSAIDs (non-steroidal anti-inflammatory drugs like Aleve, ibuprofen, Motrin, Celebrex, Vioxx).
2. Health conditions including liver or kidney diseases; rheumatoid arthritis; cancers like multiple myeloma, lymphoma, leukemia; gastrointestinal diseases such as Crohn's, celiac, leaky gut, dysbiosis (messed up gut micro-creatures), lactose intolerance; eating disorders. Endocrine (glandular) disorders are also causes including diabetes, Cushing's syndrome, over-functioning parathyroid, over-functioning thyroid, under-functioning ovaries or testes.
3. Our bones are affected by hormones. Estrogen, progesterone, testosterone, thyroid hormone, DHEA, growth hormone, insulin, and hormones produced by stress such as norepinephrine and cortisol. Imbalances of any of these can contribute to brittle or weak bones. This is why we use Dutch testing to see the complete picture. One study suggested that DHEA may be more important than estrogen for preventing of osteoporosis in women. DHEA should never be taken unless a test is performed and DHEA is low. Lack of exercise can cause less growth hormone. When cortisol, a stress hormone, is elevated, you absorb less calcium and other minerals from food.
3. Weight can be a problem. Both obesity and being underweight can be a problem.
4. Lifestyle and family history are implicated. Smoking reduces intestinal absorption of calcium. Smoking can have a direct toxic effect on bone cells, probably due to nicotine, but more likely due to cadmium. Heavy alcohol has a poor effect on bones. If you are sedentary your risks skyrocket. Nutritional deficiencies are a huge problem. To make up for mineral deficiencies, the body "borrows" them from bone making the bones weak. A family history of fractures and being white or Asian appears to increase your chances for osteoporosis.
5. Environmental toxins are evidently involved as they are with so many other health issues. Arsenic, aluminum, lead, mercury, and cadmium are all stored in bone which can lead to fractures or osteoporosis. They damage bone and prevent healing. Women are at greater risk for osteoporosis

because they have less bone to begin with. They also can lose up to 20% of their bone mass during the first 5 to 7 years after menopause.

6. We are told osteoporosis is low because of low estrogen levels. Women taking estrogen to prevent osteoporosis experience some fracture reduction. This effect wears off quickly when the hormone is stopped. Success with this treatment is limited. Older women who continuously used estrogen since menopause still commonly had fractures and osteoporosis. Menopause is not “the” cause of osteoporosis; the two are only temporarily related.

Bone loss can begin long before menopause, even in a woman’s 30s. Younger women who don’t have regular menstrual periods and women who have their ovaries and/or uterus removed have a much higher rate of osteoporosis. Proper supplementation. Adequate hydration and exercise are important to avoid bone loss as well as other aspects of your health.

Note: Dr. Schopp offers hormone testing (the Dutch Test) and other forms of testing to assist you in your nutritional needs and quest for optimal health.

**The Pfizer Report**, by Alex Bond, Staff writer for *The Flame*

The PFIZER REPORT by Naomi Wolf and Amy Kelly came out in October 2024. Its emergence stemmed from a lawsuit against one of the major manufacturers of the so-called covid vaccine. Pfizer held back the results and contents of their testing of these jabs. In spite of court orders to release the information, the lawsuit and a judge were needed to leverage it out.

Pfizer countered this by kicking out an avalanche of documentation of hundreds of thousands of pages, all in the best medicalese language in an obvious attempt to overwhelm anyone tackling it. Naomi appeared on Stephen Bannon’s *War Room* show and appealed to medically trained volunteers for help. Around 3,000 medically trained folks replied to decipher this mountain of paperwork.

Amazon.com also has an offering of 50 reports on Pfizer documents titled: “War Room/DailyClout Pfizer Documents Analysis Volunteers Reports eBook: Find Out What Pfizer, FDA tried to Conceal.” The 727 page book came out in January 2023.

Expect the official coverage on this book to debunk the authors or cherry-pick the results to say, “Nothing went wrong here.” Plus, celebrities will tell you the jabs are still safe and effective. While I ordered the book, you can hear Wolf describe in some detail her initial discoveries in a presentation to a gathering at Hillsdale College in March of 2022. What Pfizer stated, the results and knowledge gained in testing, is incriminating enough to conclude this was akin more to a crime against humanity than anything that was helpful. The jab also drastically effects the fertility of men and women, so even younger ladies who are having trouble getting pregnant and have had the jab ,you will have seek a solution outside of the standard care you’ve been getting.

You can get more information about Naomi Wolf at [dailyclout.io](http://dailyclout.io) or visit You Tube and see her presentation to Hillsdale. Search “What’s in the Pfizer Documents” with Naomi Wolf. No theories here, this is from the same company that says it’s giving you a safe and effective shot, when their documents apparently suggest otherwise. For those who can think independently it’s a better chance at improved health and perhaps life itself. Research thru the FLCCC and others does provide some methods for detoxing from these injections for those interested. The book is also available at Skyhorse Publishing.

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