

February 2023 edition

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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

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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

Feb. 8, Wednesday: Dr. Mark Schopp will conduct Heart Sound Recorder evaluations from 11am-1pm. Call Nan to book an appointment. The scan runs about 15 minutes. \$25. We request you pay for your appointment when you make your appointment.

Feb. 22, Wednesday: Heart Sound Recorder evaluations. 4pm-6pm. Call Nan to book an appointment. \$25.

Heart Sound Recorder (HSR) Evaluation

The HSR was developed by Dr. Royal Lee. The HSR is "a low-risk general wellness device designed to assess the heart's nutritional status by generating graphs of heart sounds.... (T)he graphs can reveal nutritional deficiencies to a practitioner who has been trained to read them."

The "graphs allow practitioners to evaluate the rate, rhythm, and tone of the heart. These graphs are not just specific to heart health, but they also observe autonomic nervous system imbalance and circulatory matters."

To watch a video, please use the link below, or search on YouTube for "heart sound recorder."
https://www.youtube.com/watch?v=edXSnwZ_2-Q&ab_channel=TheHealthImprovementCenter

2023: For Health & Humanity!

Contributing writer: Karin Donjon, LMT

It is important now more than ever to be proactive with your health and thwart any adverse reactions you may be predisposed to or experiencing, and maintain your body's peak immunity and homeostasis as we vibrantly continue into the New Year! Experts urge detoxing the body (especially of heavy metals/graphene oxide) and replenishing nutrients to counteract this mRNA bioweapon.

In addition to these protocols, there are massage therapy techniques that can make profound improvements in your health and wellness. Make massage therapy with an educated, experienced therapist a consistent, joyful part of it!

Lymphatic Drainage Massage (LDM) is a gentle, flowing technique that boosts the health of your immune system by stimulating lymphatic flow. It is ultra-beneficial for anyone suffering from immune disorders, edema, cancer/lumpectomies/node removal and those recovering from surgery.

Myofascial Release is another gentle yet powerful technique that removes constriction of the vast network of connective tissue surrounding muscles, bones, vessels and organs. Many times emotional holding patterns are manifested within this liquid crystalline, piezoelectric system, and release of the fascia results in immediate physical and emotional relief. It can also aid in scar tissue healing, adhesions, scoliosis, and tension headache relief.

Call and make your massage appointment soon....and you will find that 'massage day' is your FAVORITE day of the week! God bless!

An American Valentine

Esther Howland (1828–1904), known as the “Mother of the American Valentine”, was an artist and businesswoman who is responsible for popularizing Valentine’s Day greeting cards in America.

During her college years, students often secretly exchanged poems elaborately scrawled on sheets of paper. After she graduated, Howland received an ornate English Valentine from a business associate of her father when she was 19 years old.

Elaborate Valentine greeting cards were imported from Europe and not affordable to many Americans. She wanted to change that and started importing paper lace and floral decorations from England to make her own cards.

The sending of Valentine Cards in the US didn’t pick up pace until after the Civil War. On February 4, 1867, the New York Times wrote that in 1862 post offices in New York City had accepted 21,260 Valentines for delivery. 1863 showed a slight increase, but the number fell to 15,924 the year after.

However, in 1865, perhaps with bitter memories of the war starting to fade, New Yorkers mailed more than 66,000 Valentines, and more than 86,000 the following year. Valentine’s Day was truly becoming big business.

Excerpted from: <https://fiveminutehistory.com/valentines-day-in-the-victorian-era/>

Herb Lore for the Heart

February is heart health month, so let's learn which herbs have traditionally been used for heart health: hawthorn, lemon balm, garlic, and motherwort ("wort" is the Old English word for "herb".)

Hawthorn: According to Christopher Hobbs, PhD, "Hawthorn (*Crataegus oxycanthus*) has long been considered the herb of choice for strengthening and protecting the cardiovascular system, particularly the heart. In the late 1800s European doctors began experimenting with it clinically for heart disease and other cardiovascular disorders, and since then its reputation has grown steadily. Today numerous laboratory tests and a number of clinical trials support its use by demonstrating that hawthorn leaves, flowers, and fruits contain chemical compounds that increase blood flow to the heart muscle, as well as positively affect other aspects of cardiovascular health."

Lemon Balm: Traditional herb lore tells us to drink a cup of lemon balm tea each day, as it strengthens the heart, and you'll "live forever." Now scientists verify that lemon balm may truly benefit the heart.

"People who have problems with the cardiovascular system, are advised to regularly, drink lemon balm. This plant helps to reduce heart pain and tachycardia attacks (a heart rate that exceeds the normal resting rate) get rid of heart dyspnea (a condition that causes difficult or labored breathing) and normalize heart rate. Lemon balm is recommended for arrhythmia and other heart problems. This grass-based drink prevents deposits of cholesterol in the blood vessels. Lemon balm helps to normalize sleep and eliminates insomnia."

<https://www.thenaturalpathnewsletter.com/blog/lemon-balm-for-your-heart-this-is-new-or-is-it/>

<http://www.myhealthmethods.com/lemon-balm-for-the-heart/>

Garlic: According to Dr. Hobbs, "Garlic (*Allium sativum*) has a very respectable history of use as a medicinal plant. It is said to have been eaten by stone age workers, as well as the Egyptians who built the mighty pyramids to keep fit and strong, and even today there is extensive research on garlic confirming its healthful effects on the intestines, the blood, the cardiovascular system, etc. It is very popular in the U.S. and is said to be the second best-selling natural drug sold in Germany, where it is used primarily for arteriosclerosis and high blood pressure. Researchers contend that sulfur-containing compounds (i.e. alliin) in garlic are responsible for its medicinal benefits. Clinical studies have demonstrated garlic's cholesterol-reducing and platelet aggregation-inhibiting properties (Ernst et al, 1985)

Motherwort: "Motherwort is a well-known sedative and nervine that is extremely beneficial to the circulatory system, as evinced by its Latin name, *Leonurus cardiaca*. As a heart tonic, motherwort is used for palpitations, mild heart irregularity, hypertension, and to strengthen the heart. Dr. Rudolf Weiss from Germany states in *Herbal Medicine*, 'My own investigations have shown that there is indeed a medicinal action mainly for functional heart complaints.' " (Hobbs)

<https://www.christopherhobbs.com/library/articles-on-herbs-and-health/herbs-for-the-heart/>

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