

February 2025

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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.**



### Love Vibes Only: A Sound Healing Event

Join Kandice Steitz on **Saturday, February 15th at 6 PM at The Common Ground** in Festus for a magical experience dedicated to LOVE! Whether you're coming with your significant other, a gaggle of gal pals, family members, some self-love, or that delightful Bill you met on the sidewalk (hey, love comes in all forms!), this evening is for YOU!

In honor of Valentine's Day, prepare to dive deep into the vibrations of your heart and spirit. This **\*\*Sound Healing session\*\*** will wrap you in soothing sounds from gongs, Tibetan bowls, chimes, and mantras—designed to create a warm, cozy atmosphere that radiates love from the inside out.

#### What to Bring:

- A cushion or yoga mat (for your comfy seating)
- Fuzzy socks (because who doesn't love cozy feet?)
- A warm blanket (or snuggle buddy, if you're feeling extra loving)
- An eye mask (for the ultimate atmosphere of relaxation and tranquility)

This blissful event is all about inviting peace into your life while celebrating the connections that mean the most to you. Space is limited, so don't leave your love on the curb—reserve your spot today at [www.vibrationalpatterns.com](http://www.vibrationalpatterns.com)!

Let the sounds of love wash over you and help you realign your heart chakra! Bring your laughter, your joy, and maybe a slight cheese factor—because love is ALL about good vibes!

Can't wait to see you and your squad (including Bill)!

#LoveVibes #SoundHealing #CelebrateLove #BillCanComeToo



## **Hormones and Heart Health**

We've all heard how important a healthy lifestyle (exercise, nutrition, proper sleep, hydration) is to overall good health, and a healthy lifestyle is very important to heart health. Two herbs that are key to heart health are cayenne pepper and hawthorn. Dr. Christopher spoke of the marked improvement of his then to be father-in-law who had been born with a weak heart using these two herbs. Of course, there's more to good heart health than lifestyle and herbs.

Do you also know that keeping your hormones balanced is vital to proper heart function? One example explains the link between hormones and coronary artery function. According to *Reference Guide for Essential Oils* (Connie and Alan Higley, 2006. p.397):

Research has shown that natural progesterone protects the coronary artery from going into spasms. Provera, a synthetic progestin, offers no protection from coronary artery spasms. In fact, it promotes the spasm to the point of completely shutting off the flow of blood. This may explain the increase in heart attacks in women 5 to 10 years after menopause, many of whom are on synthetic progestin.

Dan Purser, MD, also addresses the need to balance hormones for men and women at all ages, and especially as we approach menopause and andropause. Imbalanced hormones may adversely affect the cardiovascular system, mental health (including bipolar disorder), immunity, the vagus nerve, increased risk of certain cancers, and more. Dr. Purser recommends Young Living's Progessence Plus in many cases.

Progessence Plus® is what we call a highly micronized bio-identical (human) progesterone in that that is has a natural Vitamin E base with a set of special essential oils like frankincense, copaiba, and sandalwood. The base of essential oils enhance the absorption through the skin and has wonderfully calming benefit as well. (See PDF below)

According to Dr. Purser, most medical doctors are not adequately trained to offer the best information regarding hormone health. Further, synthetic hormone replacement actually contributes to health problems such as cardiovascular problems and cancer. Additionally, the basic hormone blood tests do not give a full picture of hormone balance. Therefore, it may be in our best interest to seek functional, holistic practitioners who can run either the Dutch Hormone Test or other hormone tests. Dr. Mark Schopp and Dana Christisen offer different types of hormone testing and may help you determine the best ways to balance hormones for optimal health. (See ads on p. 4)

<https://www.onehearthealingcenter.com/wp-content/uploads/2010/09/Progessence-Plus-FAQ-summer-2010.pdf>

<https://danpursermd.com/womens-health-menopause-with-dr-purser-on-facebook-live>

<https://danpursermd.com/top-3-benefits-of-progesterone/>

<https://danpursermd.com/courses-offered-through-udemy>

## **Cholesterol: The Good...and The Good!** *By Mark Schopp, DC (See ad p. 4)*

Cholesterol though the years has taken a bad rap. We were taught that cholesterol is bad and never hear about how important it is. Americans are told to avoid foods with cholesterol in their diet. We are also told that LDL is bad cholesterol and HDL is a good cholesterol. Actually, neither are cholesterol at all. Both are protein carriers of cholesterol. LDL takes Cholesterol to where it is needed from the liver where most cholesterol is produced. HDL takes it back to the liver.

So what is cholesterol? First of all it is not a dirty word. It is primarily produced by the liver (though all cells are able to produce it) and travels through the bloodstream to every cell, tissue, and organ. It is needed for fat metabolism, the development of cells, as an important constituent of cell walls, to maintain the strength of blood vessel walls, to synthesize bile components, in vitamin D production, for brain function, as a component of myelin sheath that protects nerves and nerve impulse propagation. It is essential for strength and resilience. It is used in seminal fluid and vaginal lubrication. It is the basic substance from which steroid hormones like DHEA,

cortisol, estrogen, progesterone, and testosterone are produced. It is required for normal development of embryos. Cholesterol is used to repair and protect tissues and much more.

Cholesterol is essential to human life. The body produces the cholesterol that it needs. The body goes to an awful lot of trouble producing and balancing cholesterol. Most of the cholesterol the body needs (about 2000 milligrams a day) is synthesized by the liver. The average American eats 300 – 500 milligrams in their food per day. Some sources for cholesterol are meats, eggs, seafood, and dairy products. This means that 80-85% the body manufactures and only 15 to 20% comes from our foods. So eating high cholesterol foods does not necessarily mean that one's cholesterol will go high. And food like meat (grass fed) and eggs (organic or straight from the farm) are great for us. If we eat less foods with cholesterol our body will still make more to balance the cholesterol that we need. In other words, the amount of cholesterol that the body produces is dependent on the cholesterol that is available, regardless of the source. So dietary cholesterol may serve to reduce its synthesis in the body. Any excess cholesterol is simply excreted through the bile. So, if one eats too much cholesterol, the cells produce less. It is not easy to change one's cholesterol level by changing the diet.

The Framington Study which was over a 30 year period looked at cholesterol levels. In that study those whose cholesterol had decreased "by itself" ran a greater risk of dying than those whose cholesterol had increased. The report stated: "For each 1 mg/dl drop of cholesterol there was an 11 percent increase in coronary and total mortality." We have been told that we need to lower our cholesterol. (Obviously at really high levels we do.) But the Framington study does not show this. High cholesterol in women is not a risk factor. Studies show that it is more dangerous for women to have low cholesterol than high. "Excess dietary cholesterol" does not increase the risk of developing CHD in women. Elderly women with very high cholesterol live the longest. Higher cholesterol does have a slight association with increased risk in men in the US but no association with an increased risk in Canadian men. In Russia, low cholesterol is associated with increased risk of CHD. In Stockholm, men with low cholesterol died from heart disease just as often as those with high cholesterol.

The controversy about cholesterol will probably be with us for a long time. We need to look at the motives behind this and look at the legitimate research to form a proper conclusion. The best choice is always improving our life styles with good foods, exercise, less stress, and an overall great look at aging well.

**This information is not a substitute for medical advice or to change your medication. Speak to your medical provider about any medication needs.**

### **Sea Salt, Kosher Salt—Which is Best for Your Heart?** By Dana Christisen (see ad p. 4)

February is Heart Health Month. One of the things you're told to avoid for your heart's health is salt. I hear people say "I use sea salt because it's better for me".... Well I am sorry to burst your bubble but sea salt could be harming your health and here is why we believe that.

At Grace Wellness Studio, Emily and I do a test on your urine and saliva that gives us a set of numbers including the sugars/carbohydrates, pH readings, salts, debris, and protein absorption/elimination. One of the things that we see is that if people use sea salt, their sugar number goes very low in relationship to the salt number. When this happens, the sea salt has stimulated the pancreas to overproduce insulin and it drives all of the circulating sugars into the cells too fast. Before too long this will cause your sugars to be unstable and you will be craving caffeine or sugary foods again.

I won't even mention the fact that insulin signals your body to 'store fat'....oops, I just mentioned it. "But Dana, sea salt is better because it has minerals, especially magnesium." One would think that is the case, but God designed our bodies to get our minerals from plants and sometimes animal flesh. The minerals in sea salt are not in a form that is optimal for us. If we get the minerals from plants, they are already transformed by the plant to be optimal for our bodies. Sodium chloride is necessary for the electrical conductance of all our cellular processes. Magnesium chloride and calcium chloride are not.

So, throw away that sea salt and instead use canning/pickling salt or kosher salt (without anticaking agents). Your heart will thank you.

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*for more information and booking visit:*

*[www.vibrationalpatterns.com](http://www.vibrationalpatterns.com)*

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