

February 2026

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Nan's Natural Health

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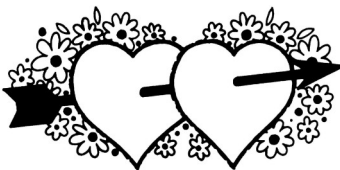
Hours: OPEN Tuesday and Wednesday, 10am-6pm
Thursday, & Friday, 9am-5pm; Saturdays 9am-noon.

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.



Calendar

Saturday, Feb. 14: Valentine's Day!

Saturday, February 28, **Faith, Breath & Sound A Sacred (and Soul-Soothing) Evening 6:00–8:00 PM**, The Common Ground | Festus, MO, Investment \$50

Join Kandice Steitz of Vibrational Patterns for a beautiful, faith-based evening at The Common Ground in Festus, hosted by Kandice with special guest Larissa Tasios, Certified Breathwork Facilitator.

We'll begin with guided breathwork led by Larissa, creating space to gently release what no longer serves you—stress, tension, heaviness—allowing the body to soften and the heart to open. Then you'll be lovingly settled into a relaxing sound journey with Kandice, inviting your body to fully rest, reset, and integrate.

This is a ****Christ-Centered gathering****, where we'll intentionally invite God into the space and make room for His peace, love, and grace to meet you right where you are.

Please bring a mat, blanket, pillow, water, and your favorite tea cup—we'll enjoy warm tea together afterward. We'll close the evening in gentle community, sharing warmth, conversation, and connection before heading back into the world. Space is limited, and we'd love to have you. Register at www.vibrationalpatterns.com "Book"

Alpha GAL Syndrome on the Rise in the Midwest

I've gotten a number of calls about alphaGAL syndrome (AGS) which causes allergic reactions to mammalian meat (beef, lamb, pork, bison). Reactions usually present three to eight hours after eating these meats. However, some individuals are also reacting to dairy products, gelatin (including gelatin capsules), and other foods. Researchers believe AGS is caused by tick bites and possibly chigger bites.

Reactions may be somewhat mild for some individuals, including skin rashes, hives, or sores or gastrointestinal discomfort such as gas and bloating, or swelling. For others, however, the reactions may be severe, including diarrhea, vomiting, angioedema, respiratory issues, and even anaphylaxis. A classic signal of AGS is the lack of

consistency of symptoms. Sometimes an individual can eat meat without any ill effects, while other times they react within hours and require emergency treatment.

Adults are affected more than children. Symptoms frequently occur at night. Alcohol consumption, exercise, and hormonal changes (including women's monthly cycles) can influence reactions as well.

Pubmed.gov/articles/PMC8344025/#S8 This is a long, detailed research article—well worth the read.

Since AGS is considered a type of allergic reaction, working to control histamine levels is important. Avoiding meats and other triggers is a first step in AGS prevention. According to earthclinic.com/alphaGAL, some individuals report benefits from taking Quercetin (a natural antihistamine), Butterbur (anti-inflammatory and helpful for the respiratory system), turmeric/curcumin (anti-inflammatory and immune-modulating), apple cider vinegar, and probiotics. Additionally, some AGS individuals report taking **wild Mediterranean oregano oil with high carvacrol levels (available from North American Herb and Spice OregaUltra) or pure black seed oil**, naturally sourced vitamin C, and raw or slightly cooked organic onions and garlic (sources of sulfur). Also, specific acupuncture and/or auricular therapies and NAAT (an allergy desensitization protocol) have been found helpful for some people. North American products are available at Natural Health and Home.

Mark Schopp, DC, and Charmin Gans, DC, are currently working with individuals who have been diagnosed with AGS. Dana Christisen, naturopath, can also do an allergy desensitization process that may be helpful. If you or someone you know has this diagnosis, consider speaking to a holistic practitioner for their input. See ads on p. 4 of this newsletter.

See also <https://drkellymccann.com/sulfur-deficiency-and-your-microbiome-health-the-connection/>

Fix Your Brain! by Dana Christisen, Naturopath (see ad on p. 4 for Grace Wellness)

Imagine a life where your brain works with you, not against you. Whether you're navigating the scattered focus of attention and hyperactivity issues, the hyper-vigilance of old traumas that cause stress, or memory problems, at Grace Wellness we offer a non-invasive, drug-free pathway to reclaiming your mental clarity and emotional peace.

- Anxiety and Mood: Reduce symptoms and gain a more positive general outlook.
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- Emotional Regulation: Experience greater stability and less emotional hyper-reactivity.
- Focus and Attention: improved concentration, longer attention spans, and fewer distractions.
- Mental Clarity: Clearing "brain fog" for sharper thinking, better decision-making, and improved problem-solving skills.
- Students, athletes, and artists use **NeurOptimal** to enhance their abilities, such as improving study habits, reducing performance anxiety, and achieving a "mental edge."

By acting as a high-tech "mirror" for your central nervous system, this system detects the tiny, inefficient shifts in brain activity that fuel impulsivity, intrusive thoughts, and cognitive decline, allowing your brain to naturally self-correct.

At Grace Wellness Studio we believe that all of our therapies should be accessible, which is why we offer reasonable per-session fees alongside an all-inclusive membership option. Stop just getting by and start training your brain to thrive.

Weight Loss and the Hypothalamus Connection, by Dr. Mark Schopp (see ad on p. 4)

Weight loss can be challenging in many cases. In the perimenopause, menopause and post-menopausal female who is going through the hormonal changes that happen during that time, women can experience a problem associated with the hypothalamus, a little gland in the brain. Dysfunction of this gland makes it difficult to lose weight. One thing we know for sure is if we aren't the weight that our body is designed to be, we cannot be

healthy. Obesity can cause several health problems. So, losing weight and being at that proper weight is essential for optimal health.

The hypothalamus can only be fed four different ways: Food, sleep, exercise and sex. If a person is not getting any of those, the hypothalamus is not fed. When a woman begins perimenopause and eventually menopause, this will affect her hypothalamus. With all the hormonal changes, many times sleep is affected first. Without proper sleep, a woman becomes fatigued. Then the desire to exercise is gone because she is too tired. This causes her to start eating--usually carbohydrates which turn into fat. The next thing that's affected is the libido, meaning little sexual desire. So, the hypothalamus is basically not fed. Weight gain is the only option for the body at that point.

Using SHAPE Reclaimed, we can reset the hypothalamus and get the patient to where she can start to lose weight. No weight lost program doesn't require commitment. If people are not willing to change the foods they eat, they're not going to be successful in weight management.

The other currently popular option, of course, is GLP 1 medications. I've seen adverse reactions because of these medications. I had one patient that was hospitalized because of GLP 1 medication. Her statement to me was I was "I in the hospital for days and I thought I was going to die." That's a poor decision for weight loss. If you want to know of the dangers of those medications, you can look on my YouTube page, drmarkschopp, as I did two videos on those dangers.

(Nan's NOTE: The natural health industry now offers **probiotics called GLP-1**. These products are NOT the pharmaceutical GLPs made from Gila monster venom which paralyze the stomach!)

Again, I cannot stress more the importance of dietary change. Once you lose weight and are living a healthier lifestyle, you will be so thankful that you made the commitment. There are two major reasons why a patient stalls during the SHAPE reclaimed weight loss program. One is they're not getting enough food. If the hypothalamus perceives the body is in starvation mode, the patient's survival mechanism will kick in and cause a patient to stall in their weight loss. In other words, "I'm not getting enough food, so let me store fat." This produces fat cells to combat what the body perceives as danger. Then the patient stalls. When on the program, you must eat enough food. Commonly when I see a stall, a patient's not eating enough food.

The second reason is the patient is cheating with small little meals. For example, if you drink a diet soda thinking it's just one calorie, this is going to stall your weight loss. Another problem I also hear in my office is, "My friend said just have one cupcake (or other non-approved food), that won't hurt." This could cause a 5-day stall in weight loss. If you do that every five to seven days, you're not going to lose weight. But if people follow the program, they will lose weight, both men and women. If a patient is not losing weight, there's always a reason.

Another possible reason weight loss stalls is if a patient is taking antidepressants. The only antidepressant that does not cause weight gain is Wellbutrin. But of course, when the patient loses weight and we do a couple other things nutritionally, they are usually able to get off those antidepressants. I had a patient recently who's primary care physician had whittled her down to no medication because of the work we were doing. She's no longer on any medication for her depression. Remember, a good primary care physician will be happy to get you off your medication once your health changes.

Always remember your health is your choice. It certainly does require a commitment which I had to commit to myself 30 years ago to get healthy. But if you make that commitment and work at it, you can regain your health. Remember, there are no impossible obstacles in the healing process, only more clarified approaches in the course of loving care. You can achieve your goals that you want to for your health. I am certainly glad I did 30 years ago.

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