

## February 2021 edition Nan's Natural Health

*Wake Up to Natural Health & A Better You!*  
Compliments of Natural Health and Home, Inc.  
Bailey Rd., Crystal City, MO 63019  
[www.NansNaturalHealth.com](http://www.NansNaturalHealth.com)  
**636 937 0526** (no texting available)

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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.**

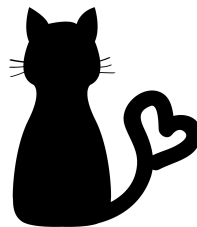
Happy Valentine's Day, Wellness Warriors!

The shop is starting off with a bang in 2021! Thankfully, more products are becoming available again, so the shelves are looking better and better.

I've planned my studies for the year. My books have arrived on topics such as detoxing from radiation, nutrition tests, the body shape diet, Lyme disease, and respiratory programs. I also plan to continue my studies in American history, the Constitution, liberty, and more. I will continue my association with the John Birch Society to help me better understand our Constitutional rights in our society today. It feels like I'm back in college! (No problem—I LOVED being a student!)

I hope each of you has outlined a personal plan of study, work, community involvement, and creativity for the year. I look forward to hearing what you are learning and doing, so be sure to share all your awesome activities when you come in.

Yours in Optimal Health,  
Nan



***Start the Year with a Limbic Stress Assessment at Natural Health and Home. The LSA assesses the body for up to 1400 stressors including toxins, chemicals, and more. Arrange for your appointment with Nan. Stop in to make an appointment, or phone 636 937 0526 (no texting).***

## Post-Covid Health Needs

Dr. Mark Schopp, chiropractic naturopath, recently sent a video presentation on post-covid health concerns. Those who have had covid-19 may experience lingering health challenges, including brain fog, kidney function issues, on-going respiratory concerns, and more.

For those of us in natural health, we know we can use nutrition, herbs, and herbal blends to help support these organs and systems. I carry a variety of products from Dr. Christopher's, Ridgecrest Herbals, North American Herb and Spice, and other brands to help each of us achieve and maintain our personal optimal health. Current research on whole hemp products, such as those from North American Herb and Spice, shows that whole hemp may help support immunity, the nervous system, and more, so it seems to be a fine choice to support overall health and healing. If you've had covid, learn which herbal products may be most helpful for you.

Also, make sure you talk to your chiropractor or other wholistic practitioner to learn how he/she may help you. Chiropractic and acupuncture help support immune function. Nerves run down the spine and branch out to each part of our bodies helping us stay healthier. If you don't currently have a chiropractor or acupuncturist, see our ads on page 4 of this newsletter.

### **PLEASE READ SUPPLEMENT LABELS BEFORE BUYING PRODUCTS!**

Recently, a customer brought in a bottle of calcium/magnesium she had purchased at a big box store, asking me to check it for nutritional value. Oh, my! The product should have just had two minerals and either the ingredients of the capsules or binders for tablets. Nope! The label showed a paragraph of added fillers, including TALC (a carcinogenic) and CARNUBA WAX (used to wax cars). A couple of years ago, a customer brought in vitamin C from a big box joint—propylene glycol—antifreeze!

Please, please, please—Read labels before buying products.



### **Healthy, Fun Valentine Gifts for Friends and Loved Ones!**

Essential oil necklace or bracelet diffusers make charming gifts for sweethearts. Check out our selection when you visit the shop. Wearing her favorite essential oil in that special heart-shaped or angel wing necklace diffuser will remind her of you. Each time she moves, she will smell her favorite essential oil. If your sweetheart *loves* chocolate, stop by to see our selection of fine dark chocolates!

Gift certificates are always appreciated. Your sweetheart may choose her or his own gift, and you won't have to stress over whether or not you've selected just the right gift.

### **Heart Healthy Herbs**

Historically, herbalists said that if a person drank a cup of lemon balm tea a day, they would live forever because it strengthened the heart. An exaggeration, but it gets the point across. More widely known for its heart health properties is hawthorn berry. Dr. Christopher says it heals the heart over time, keeping it strong. Of course, a healthy diet of fresh vegetables, fruits, nuts, seeds, whole grains, and legumes (beans) provides fiber and plenty of nutrients for good health.

## Tips to Help Prevent or Halt Macular Degeneration

Nutritional Therapy Practitioner Katherine Carroll published some simple-to-follow tips to help us prevent or “halt” macular degeneration, also known as ARMD, or age related macular degeneration. (January 2, 2021 GreenMedInfo.com)

She alerts us to the link between proper nutrition and digestion of foods and supplements to sustain or improve eye health: “(P)roper fat breakdown is essential to impact issues such as dry eye, post-cholecystectomy (gallbladder surgery) status, liver disease, etc. The eye, GI tract, liver, and gallbladder are intricately entwined.”

She recommends using “a good digestive supplement, preferably one that contains **ox bile**, , **lecithin, and adequate hydrochloric acid**” (HCL). Maintaining proper probiotic levels is also important. I carry several brands of digestive enzymes and probiotics at Natural Health and Home

Supplements for eye health include **taurine, lutein, zeaxanthin, beta-carotene, antioxidants, and fish oil**. Magnesium also plays a role in eye care. Of course, proper nutrition (lots of fresh vegetables and some fresh fruits) forms the base of good health. She suggests exploring the Mediterranean Diet.

Lutein and zeaxanthin are both fat soluble, so we must be sure HDL (high-density lipoprotein) is at the proper level (61 or above). However, anyone missing a gall bladder would do well to consider taking a digestive enzyme to aid in the breakdown of fats, since these fats carry the carotenoids to the macula.

She offers additional tips, too:

- Proper exercise for 20-30 minutes daily ensures nutrient and oxygen rich blood is circulating blood to the eyes.
- Maintain proper weight. Being overweight is harmful to the eyes and whole body.
- Drink red wine or take resveratrol (I carry the NOW and North American Herb and Spice brands).
- Take Niacin and fish oil.
- If you smoke, STOP NOW!
- Remove trans fats (shortening and margarine) from your diet.

I would also consider using Dr. Christopher’s Eyebright blend as an eye wash. There are specific directions when using this product. I also have access to some specific herbal blends for ARMD.

Consider seeking acupuncture from an experienced for eye health. Dr. Alex Chen practices traditional Chinese medicine (TCM), including the use of herbs and nutrition. He is quite skilled and has years of experience both teaching and seeing patients. Some chiropractors offer acupuncture. Drs. Mark Schopp, Charmin Gans, and Sue Overkamp (D.O.) all offer acupuncture, as well. (See ads on page 4.)



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