

February 2022 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

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.



Calendar

Class: What's in My Backyard? Natural Health and Home, 1:30 pm, Saturday, Feb. 5.

Ask Amber about the Jefferson County homesteading group! hopefulhomesteader@tutanota.com

Tips for Heart Health

Valentine's Day may remind us of our heart health—holistically speaking.

First, I want to put a couple of plugs in for Dr. Mark Schopp who does a nutritional heart evaluation in his office. It's not the same as an EKG, although the strip looks a bit like an EKG report. It's another tool to help us maintain optimal health. The scan takes just a few minutes, and he'll review your scan with you that day and offer suggestions to help improve your heart and overall health. (See his ad on p. 4)

Another tip to consider is hormone health. Imbalanced hormones can affect many aspects of overall health, including the sleep, emotions, the nervous system, and heart health. Even worse are the often expensive pharmaceutical hormone replacement drugs which may actually harm your heart over the long run. Once again, Dr. Schopp can evaluate hormone levels using a urine-based hormone test—The Dutch Test. Contact Dr. Mark for details and pricing.

All this being said, proper hydration, deep breathing, proper nutrition and supplementation, proper rest, appropriate exercise, and proper stress management are all important to keeping your heart healthier.

Hydration: Pure water, such as distilled (the purest as it's made from steam) is often recommended for both hydration and detoxification. Proper hydration cleanses our bodies, neutralizes pH, helps manage

blood pressure, and aids in brain function. Do you know that chronic dehydration may lead to stroke? Beware of caffeinated products, as they dehydrate and may acidify the body, thus depleting it of calcium and other nutrients.

The minimum amount of water to drink per day is based on your weight. The minimum amount of water needed daily is half your body weight in ounces. So if you weigh 200 pounds, your minimum water intake is 100 ounces. If you work out, feel ill or stressed, or for any other reason need more water than the minimum, the ideal amount of water is equal to your weight in ounces: a 200 pound man would do well to consider drinking closer to 200 ounces (that's just under two gallons).

Herbs: Traditional herbalists rely on hawthorn berries to aid in heart health. Dr. Christopher tells a story of his then soon-to-be father-in-law who had been born with a very fragile heart. No one thought he would live past infancy, but he did, though his heart health was always fragile. Dr. Christopher had the man take hawthorn daily, and in a surprisingly short time, his heart was declared strong and healthy, and the man lived a long, productive life.

Another traditional heart health herb is lemon balm. Herbalists say if we drink a cup each day, we'll live forever as it strengthens the heart. Lemon balm is easy to grow in our area. The plant is a perennial and also spreads easily with seed from year to year. It thrives in part sun.

Nutrition: Eat God food! If God made it, eat it. If He didn't make it, or if Man tampered with it, skip it. Another rule of thumb is that if a "food" is white or made from white grains (white flour, white rice, for example), it should remind you of a white tombstone—eat white and you'll be under the white tombstone quicker than you may want to be!

Aim to consume at least six FRESH or frozen vegetables (either raw or lightly cooked), two fruits (you may top your grapefruit with a bit of raw honey), whole grains if you include them in your diet, and healthy proteins. Pork and bottom feeding fish such as catfish can be inflammatory (think Biblical), so opt for something less inflammatory. These creatures are the garbage disposals of the land, rivers, lakes, and oceans. Try eating vegetarian once or twice a week, and especially in the summer heat. Meats make us feel hot; veggies keep us feeling cooler.

Supplements are NOT a substitute for poor eating—they are supplements—something "in addition" to healthy eating and lifestyle. When purchasing supplements, better quality ones are made from food and herbs, not chemicals. At Natural Health and Home, I carry Dr. Christopher's Vitalerbs as well as individual vitamins by North American Herb and Spice, all herbal supplements.

Healthy Oils for Your Heart: We NEED healthy oils to be healthy! Healthy oils nourish our brains, hearts, and more. They also are necessary to absorb oil-based vitamins, like vitamins A, D, and E. Some healthy oils to consider are butter from pastured cows, olive oil, fish oils, evening primrose oil, and flax seed oil. Oils are heat sensitive, so heating oils to the smoking point or to high temperatures is unhealthy. Avoid hydrogenated oils, like shortening and margarine. <https://draxe.com/nutrition-category/fats-and-oils/> and [niemagazine.com](https://www.niamagazine.com) for December 2021, p. 35

Sleep: The old idea of getting eight hours of good sleep per night is still a healthy guide to follow. What is "good sleep?" If you're getting up several times per night to use the bathroom, you would do well to speak to a chiropractor or other alternative health practitioner to see about regulating hormones and supplementing to support the urinary tract. Stress or pain may also cause sleeplessness. And as crazy as it may sound, the full moon also may affect our sleep! If the moon can affect the oceans, and since we are made of over 70% water, it seems logical that the moon may affect sleep for some who are more sensitive to the moon's phases.

If you experience sleep challenges, we have many herbs and essential oils which may help. Often, people tell me that merely diffusing either lavender or a blend of oils such as Young Living's RutaVaLa, Peace and Calming, or others, or NOW's Peaceful Sleep may help. Sometimes rubbing one of the oils or blends on the feet or spine helps, or even putting a few drops into a warm bath will help.

I have many individual herbs and herbal blends by various companies, including some with hemp or hemp and melatonin, which may be helpful. If you prefer, herb teas such as catnip, valerian, or chamomile may relax you for sleep. These are also available in capsules and tinctures.

Another important supplement to aid in sleep and heart health is magnesium. Magnesium is one of Nature's relaxation minerals good for over 300 bodily functions.

<https://draxe.com/nutrition/magnesium-citrate-benefits/>

Stress Management: We all experience stress in life! We must learn to manage stress. Stress affects sleep, brain function, immunity, and overall wellness. Stress taxes the adrenal glands, so taking herbs, homeopathic products, or using essential oils to support your adrenals during stressful times is important.

Take time to exercise appropriately, drink plenty of healthy water, get a massage or acupuncture, get a chiropractic adjustment, do deep breathing—we have lots of ways to help manage stress!

Customers' favorite anti-stress products and Natural Balance's Happy Kamper and R&R Medicinals' hemp gummies. These products seem to work quickly—within minutes for many people!

Lemongrass essential oil or Young Living's Stress Away are popular essential oils to help manage stress. Another popular anti-stress oil blend is by NOW—Cheer Up, Buttercup. These oils may be diffused, put into diffuser necklaces, or rubbed on pulse points on the body.

Deep breathing: With our relatively sedentary lifestyles today, none of us really focuses on breathing—much to our detriment. For a few minutes several times a day, take time to breathe deeply, filling the entire lungs with fresh oxygen. A few minutes of this will not only help your heart and brain, but will also “massage” your whole internal body. You'll feel refreshed, relaxed, clearer headed, and energized.



The Patriots' Corner

I heard a minister some years ago say that while God provides us with land, water, and seeds for a garden or farm, He does not till the soil, plant the seeds, care for the plants, and harvest the crop. Likewise, we as Americans cannot think that merely voting and praying will fix our Nation's current problems. We must be the leaders, not relying on politicians to make critical decisions for us. America is a REPUBLIC, not a democracy. We pledge our allegiance to the REPUBLIC for which our flag stands. Ben Franklin stated that the Founders gave us a republic, if we could keep it, meaning that we, the people, must learn the Constitution, Bill of Rights, and more in order to maintain our liberty.

We have many opportunities in Jefferson County and online to learn and participate in our Nation's well-being. The John Birch Society website and its companion site The New American offer articles, blogs, and videos to educate us in our government and history. I also appreciate the TAKE ACTION tabs.

The Eagle Forum, founded by Phyllis Schlafly, still works to provide educational opportunities as well as ways to participate in our government. EagleForum.org

Jeff Co Patriots and We, the People also meet regularly around our county. Work for freedom!

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Limbic Stress Assessment (LSA)

This computerized scan works with frequency, scanning the body for up to 1400 imbalances, toxins, and more. When you leave, you'll have a copy of your LSA report and a protocol to follow for about two months.

By appointment only. Schedule with Nan.

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