

February 2024 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](http://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.**



**Happy Valentine's Day—and Happy Leap Year!**

### **Calendar**

**April 6,** DeSoto Home Show, at the DeSoto Senior High School gym, 815 Amvets Drive, 9a.m.-3p.m.

**February is heart health month.** Keep your heart healthy by eating healthy foods, drinking plenty of healthy water (not tap water), and getting adequate sleep and exercise. Stop in to pick up a brochure from the Westin-Price-Pottinger Foundation on the truth about cholesterol (limited number, so get yours soon). Dr. Mark Schopp offers patients the **heart sound recorder** evaluation in his office—a nifty, quick way to evaluate your heart specific nutritional needs. (See his ad on p. 4)

### **Welcome Daily Flavors Cafe and Juice Bar as our newest advertiser!**

Daily Flavors has added FRESH-made juices, like my FAVORITE—carrot, apple, ginger. They offer a wide selection of these juices made fresh daily—and they sell out quickly!

Daily Flavors' products are GLUTEN and DAIRY FREE! The menu includes wraps, quinoa bowls, jasmine rice bowls, salads, hummus, cookies, protein treats, and much more. Great flavors! Healthy recipes! Check their website for their newest menu and to place your orders.

**Daily-flavors.com**



## **Dr. Peter McCollough Offers Suggestions for Upcoming Predicted Pandemics**

Dr Peter. McCollough, MD, cardiologist, spoke at the American Association of Physicians and Surgeons (AAPS) in September 2023. He addressed the adverse effects of the covid shots, gave suggestions to help eliminate spike proteins with nattokinase and bromelain, and made suggestions to HELP PREVENT UPCOMING PREDICTED PANDEMICS. He suggests using nasal sprays and gargles which are showing positive results in patients under a doctor's care when used throughout the day. He gives a specific protocol in his talk.

Dr. McCollough advises spraying the nose with a combination of saline (salt), iodine, and water which you can make at home. Other products include xylitol-based nasal sprays (studies show a 71% reduction in getting covid when people used a xylitol based nasal spray).

Colloidal/nano silver can help lower the chances of getting the new variants and may also help overcome infections. North American Herb and Spice makes an oregano nasal spray which is available at Natural Health and Home. Other nasal sprays are also available.

Other ideas include a nasal wash or flush adding ALKOLOL to your nasal wash bottle (available at Hillsboro Chiropractic and Natural Health and Home). I have added a few drops of Dr. Christopher's X-CEPTIC tincture to my nasal wash bottle when I flush my nose.

Gargling with an oregano or other herb-based mouthwash, such as NOW XyloFresh mouthwash, Young Living's Thieves mouthwash, or North American Herb and Spice's Oregafresh mouthwash fits into the class of useful products based on the ingredients Dr. McCollough names. These are available at Natural Health and Home.

<https://www.lifesitenews.com/news/dr-mccullough-hyper-vaccination-of-children-likely-behind-rise-in-autism-transgenderism/>

## **Vaginal Microbial Balance**

*By Dr. Mark Shopp, DC. Assisting patients in achieving optimal health since 1986..*

In the last few years, probiotics have come to the main front on nutrition. We see them in advertisements as well as in certain drinks and other items that we ingest. Females are a little different than males when it comes to microbial balance.

The female reproductive tract houses 9% of the body's total microbial environment. This plays a crucial role in protecting the female against overgrowth of bad bacterial, fungus or viral pathogens. Two common conditions associated with microbial imbalances are bacterial vaginosis (BV) and vulvovaginal candidiasis (VVC).

BV is vaginal dysbiosis when there is a reduced amount of lactobacilli in the vaginal tract. When a patient has BV, it increases the chance of infections, pregnancy complications, pelvic inflammatory disease, and infertility.

VVC is an inflammatory condition in the vagina/vulva area. This is caused by fungal overgrowth, most commonly Candida Albicans. It can superficially penetrate the mucosal lining of the vagina.

The healthy pH of the vaginal tract ranges between 3.8 to 4.5. The dominant factor is Lactobacillus spp. which is over 70 percent of the vaginal microbial environment. If the pH is

outside of these ranges, disruptions in the microbial balance in the vaginal tract can lead to infections and gynecological symptoms. This will trigger an inflammatory response. Seventy to seventy-five percent of women report having VVC in their lifetime.

Dietary changes can be very helpful to these patients. Avoid inflammatory and high glycemic index foods. This would include sugar and refined grains. Any drinks that are sweetened should be avoided as well as fried foods. Eat foods that are high in fiber.

Food rich in probiotics such as plain yogurt, sauerkraut, kimchi and kiefer can be helpful. Also, regular consumption of garlic has demonstrated anti-inflammatory properties as well. Smoking negatively affects microbial environments and immune system responses. If you are a smoker, it is a great idea to stop smoking and replace that with making good dietary choices.

Bacterial vaginosis is not an STI but can be problematic with sexual activity. Wearing condoms would be protective in these cases. Stress, which has been shown to be a complicating factor with many health problems, has also been associated with unhealthy immune system responses that affect the vaginal microbiome.

Taking a good probiotic is also a great idea. Products specifically for this condition have many different Lactobacillus and Bifidobacterium strains. These will support vaginal microbial balance. Balance is achieved by dietary changes and proper nutritional supplementation. Making the right choices can improve this condition and help to overall vaginal health.

## **Patriots**

Aleksander Solzhenitsyn, a 20<sup>th</sup> century Russian writer, spent years in a Soviet gulag before being released and coming to the United States. Here, he spoke at union meetings, before Congress, at universities, and anywhere he could warning Americans of the communist infiltration that was already happening here. He authored papers, articles, and books on his experiences to warn others of the horrors of communism. He'd lived through it, so he recognized it.

We have learned that those who refuse to learn from history are doomed to repeat it. Now may be the time to read his works. He opens *The Gulag Archipelago* with descriptions of middle of the night arrests and searches. As I began reading this opening, I remembered the 2023 arrests in the U.S. Traditional Catholics were rudely awakened to a squadron of black uniformed, heavily armed government "officials" in early morning raids on their homes. They were taken without warrants, not even being allowed to put on shoes or jackets. In Utah, a wheelchair bound, elderly man's home was "raided," and he was shot dead after posting a comment online. No warrant, not even an arrest in this case—just shot on the spot.

We've been warned for over 70 years that these types of actions would one day occur here. Writer Ayn Rand warned us in her books (see *Anthem* and *We, the Living*). Robert Welch, founder of the John Birch Society, began warning us in the 1960s, and the organization warns us still today. Ezra Taft Benson warned us in *An Enemy Hath Done This*. Kurt Vonnegut warned us in "Harrison Bergenon" in the 1960s. Most readers are also familiar with George Orwell's *Animal Farm*. Many others have warned us. Take time to read at least some of these books and short stories, as many are based on personal experience.

[https://archive.org/details/TheGulagArchipelago-Threevolumes/The-Gulag-Archipelago\\_\\_vol1\\_\\_I-II\\_\\_Solzhenitsyn/page/n17/mode/1up?view=theater](https://archive.org/details/TheGulagArchipelago-Threevolumes/The-Gulag-Archipelago__vol1__I-II__Solzhenitsyn/page/n17/mode/1up?view=theater)

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