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January 2021 edition Nan's Natural Health

Wake Up to Natural Health & A Better You!
Compliments of Natural Health and Home, Inc.
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www.NansNaturalHealth.com
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Greetings to all for an AWESOME 2021! Let's make it a fabulous year filled with joy, peace, health, friendship, and love! I'm looking forward to seeing new products this year, learning new information on many topics, and spending time with my "A" Team: Annabelle, Autumn, Ari, and Angel kitties.

As you've made your New Years' resolutions, have you considered doing a Limbic Stress Assessment (LSA)? The scan is based on frequency (sooo Star Trek!) and can look for up to 1400 stressors throughout the body, including toxins, heavy metals, viruses, bacteria, and many other stressors. Dr. Oden then assesses the scan to write a suggested protocol to help bring the body back into balance. I've even used it on my cats! It helped save Annabelle's life in 2019 when she was diagnosed with congestive heart failure by a local vet. If you'd like to set an appointment for an LSA, contact Nan at the shop. I usually need at least a couple of days notice, as Dr. Oden works us into his regular patient schedule. The LSA is a fine way to gain insight into your personal health needs.

Something to be aware of in our industry in 2021 are some new FDA and other governmental agencies' regulations. Look for new packaging and labeling through the year. I don't yet know if product ingredients will change.

If you're stocking up on certain items, remember that I offer a 10% discount for cases of products. You will need to pre-order. Many customers have taken advantage of the discount for cases of elderberry this year.

Finally, remember that if you can't or do not want to leave home to shop, I ship packages regularly—to as far away as Hawaii this year! If you prefer curbside delivery, I have always offered this service to busy moms and people who have injuries or other health concerns which make it difficult to get in and out of a vehicle. Just phone me with your order. You may pay with a credit card on the phone, or have a check or cash ready when you pick up your order.

I pray that Heavenly Father will bless each of you in 2021. Our faith in Him and His Law brings blessings in our lives.

Yours in Optimal Health!

Nan

In the News

✓ According to *Natural Industry Executive* magazine, both the U.S. Department of Homeland Security (DHS) and Cybersecurity and Infrastructure Security Agency (CISA) issued a memo classifying supplement manufacturing and health food retail shops as critical businesses during the covid pandemic (July/August 2020, p. 44-46). Unfortunately, GNC, which specializes primarily in sports supplements, announced the closure of between 800 and 1200 of its stores this year. (www.niemagazine.com)

✓ I am sometimes asked if customers can use their HSA (health savings account) or FSA (flexible spending account) at the shop. Unfortunately, the answer at present is no. According to Mark LeDoux, CEO and Chairman of Natural Alternatives International (NAI), and Loren Israelsen, President of United Natural Products Alliance (UNPA), we will have to contact our Congressional representatives in Washington, D.C., to try to get the policy changed. The IRS (yep, the tax folks) are actually the ones that need to change the wording of an IRS document to allow us to use HSAs and FSAs in health food stores (IBID p. 27).

Supplement Highlight: Selenium

Dr. Joel Wallach touts the value of selenium, a mineral antioxidant which may be useful to help prevent and/or heal from several health conditions or diseases, including cancers and cystic fibrosis. Recently, Richard A. Passwater, PhD, announced that “selenium deficiency has much to do with the mutation of viruses and selenium nourishment has a lot to do with protection from virtually all RNA viruses... (S)elenium deficiency has now been linked to several viral epidemics.” (Keep an eye out for information from www.greenmedinfo.com for updates.)

A recent interview with professor and researcher Ethan Will Taylor reveals the results of his recent research on selenium and covid-19. His research took him to China's Enshi City in Hubei Province (where Wuhan is located) where selenium levels are high. “The cure rate was 3 times as high as that for all the other cities in Hubei Province.... (In) contrast, in Heilongjiang Province...extreme selenium deficiency has been known to occur, (and) the death rate was almost 5 times as high as that for all the other Provinces... outside of Hubei.” (*Whole Foods Magazine*, June/July 2020, p. 36-37; also www.wholefoodsmagazine.com)

According to Drs. Donald Goldberg, Arnold Gitomer, and Robert Abel, Jr., authors of *The Best Supplements for Your Health*, “Low levels of selenium have been linked to increased risk of cancer, cardiovascular disease, and inflammatory disorders. (It works) in conjunctions with vitamin E to protect against oxidative, free radical damage.” It may also “play a role in detoxification and male fertility” (256).

Dr. Goldberg *et al* suggest taking between 50 and 200 micrograms daily (70 mcg for men and 55mcg for women), and much higher levels for those with certain health concerns. Adverse reactions and toxicity may occur when taking higher doses. Check your multivitamin to see if it contains selenium, and check the levels. Consult your health care professional regarding your specific needs.

All this being said, Dr. Taylor argues that more research must be done to discover why some people with high levels of selenium are still getting covid-19, though their recovery rate is much higher than people with lower selenium levels. In the article, his questions about the relationship between selenium and RNA viruses are similar to my questions about the relationship between zinc and covid-19. Is it possible that the virus may cause the depletion? Scientists have new opportunities to discover the relationships, causes, and effects of the virus and specific nutrients.

Foods rich in selenium include tuna, herring, brewer's yeast and nutritional yeast, wheat germ and bran, Brazil nuts, whole grains, and sesame seeds.

Whole Foods Magazine, June/July 2020, p. 36-37; also www.wholefoodsmagazine.com

Lavon J. Dunn, *Nutrition Almanac*, 3rd ed., St. Louis: McGraw-Hill, 1990. p. 264.

Donald P. Goldberg *et al*, *The Best Supplements for Your Health*, NY: Kensington, 2002. p. 256.

Joel Wallach, *Dead Doctors Don't Lie*, Bonita: Wellness, 2004. pp. 298, 314-6.

Cleaner Air

One of my very talented customers is rehabbing an old house, and he discovered black mold. As you probably know, black mold can make us very sick and even cause death. When he spoke with me about mold treatment for himself and the house, I told him about the research Dr. Ed Close, PhD in environmental science, conducted using Young Living's Thieves and a special diffuser with a six watt air compressor attached. We also talked about him using charcoal internally to start absorbing the toxins.


Neither of us stopped there. We both began researching further, and both of us found companies that offer ozone and/or ultra violet lights used to help kill mold. I checked with a local company, Pioneer HVAC, and they indeed carry such an air purifier which attaches to the HVAC system. A bit pricey, but once it's installed, it should be relatively hassle free for two to three years before needing to replace the ultra violet light. For those talented individuals who know how to safely install electrical gadgets, you may be able to buy one online or at construction supply stores to install one yourself.

I know this is January, but spring is only months away, bringing rain, allergens, and mold. Now may be a good time to check with your HVAC professional to see about adding such an air purifying system to your house. These systems kill more than mold. They also help with other allergens. They are used in hospitals and medical offices to aid in preventing the spread of viruses and other pathogens.

Fun, Healthy Treat!

Skip the cookies and candy! One of my favorite—and very portable—treats is easy to make, delicious to eat, and packed with protein, fiber, and more. I make small batches, but I've really never measured the ingredients, so my measurements are guesses. I put 5-6 fresh dates (make sure they don't have seeds), about ½ cup rolled oats, and about 1/8 teaspoon of Celtic or Himalayan salt in the blender and whiz it until the dates are incorporated into the oats. I sometimes add flax seeds, hemp seeds, or other nuts or seeds, too. Then I pour this into a small mixing bowl and add nut butter—peanut, cashew, tahini (sesame), or almond butter. I add a splash of vanilla and a ½ tsp of cinnamon, knead it by hand until all is blended and looks like cookie dough. Then I roll it into 1 inch balls, and roll in ground nuts, coconut, cocoa, or sesame seeds. I store them in a covered container. Sometimes I add raisins, coconut, or even chocolate chips or cocoa powder to the mix. Athletic kids will love these for extra energy. Be creative and have fun creating your favorite treat!

PS: If I add black walnuts to the oats and dates, I don't add nut butter. Black walnuts seem to have plenty of oil to stick the oats together. I've also added ginger to make them spicy.

<p align="center">Schopp Nutrition and Chiropractic Clinic "Changing Health With Clinical Nutrition"</p> <p>Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, Fibromyalgia, Chronic Fatigue, Male & Female Hormone Imbalances, Adrenal, Digestive Disorders, Thyroid, Personal Injury, Nutritional Blood Testing, and More!</p> <p>NEW! Lipomelt Red Light Slimming and Body Contouring Technology</p> <p align="center">Dr. Mark Schopp, Chiropractic Physician Phone: 314-843-WELL (9355)</p> <p>drschopp3@gmail.com schoppnutritionclinic.com 11422 Gravois Road, Suite 103, St. Louis, MO 63126</p>	<p align="center">Hillsboro Chiropractic Dr. Tammy M. Hansen</p> <p align="center">636-789-2400</p> <p align="center">10814-A Business 21 (near Imo's Pizza)</p> <p>\$35 Student Physical</p> <p>\$25 New Patient Consult & Evaluation</p> <p>\$15 Foot Scan & Report of Findings</p> <p align="center"><i>Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm & Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics & Sports Injuries.</i></p> <p align="center"><i>Expires January 31, 2020</i></p> 												
<p align="center">HEALING HANDS CHIROPRACTIC Drs. Charmin and Ryan Gans 1185 Scenic Dr. Suite 141, Herculaneum, MO (located behind Cracker Barrel in Herculaneum) (636) 479-6700</p> <p align="center">New Patient Exam Only \$27</p> <p>Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor. Also certified in children's chiropractic care. Natural Fertility & Acupuncture Treatments!</p> <p align="center">Expires January 31, 2021</p>	<p align="center">Functional Medicine and Hands-on Healing You Can Afford!</p> <p>Functional medicine is cutting-edge medicine—and it's right here in Jefferson County.</p> <table border="0"> <tr> <td>chronic pain</td> <td>detox</td> <td>weight loss</td> </tr> <tr> <td>chronic illness</td> <td>allergies</td> <td>sleep problems</td> </tr> <tr> <td>fatigue</td> <td>headache</td> <td>gut problems</td> </tr> <tr> <td>fibromyalgia</td> <td>and many others</td> <td></td> </tr> </table> <p align="center">Sue Overkamp, DO osteopathic family medicine (medical doctor trained in adjusting), herbs, nutrition, acupuncture</p> <p align="center">524 Bailey Road, Crystal City, MO Call 914-357-5681 any time or 636-638-1808 Wed, Thur, Fri</p>	chronic pain	detox	weight loss	chronic illness	allergies	sleep problems	fatigue	headache	gut problems	fibromyalgia	and many others	
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