

January 2024 edition

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Nan's Natural Health

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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.**



Pick up your 2024 **Ridgecrest Herbs Almanac** at Natural Health and Home! Limited number of copies; first come, first served!

Start your New Year with plans to achieve your **personal optimal health!** We have a number of skilled holistic practitioners available locally (see ads on p. 4 of this newsletter), including chiropractors, a naturopath, and a CAHP (complementary and alternative health practitioner), Emily Anderson. Each offers unique opportunities to learn more about your body's needs to get and stay healthy naturally!

NEWS: Dr. Toney Dunaway, ND, has moved his office to a larger location to offer more opportunities for natural health! He has also brought in a new exam table and an ultra sound machine. He plans to offer various classes in the coming months. Congratulations to Dr. Toney!

The Effects of Fluoride on Bones, Thyroid and Pineal Glands, and Mental Health

By Mark Schopp, DC

Most people in the United States ingest fluoride every day. We get it into our body from our drinking water and personal health care products, such as toothpaste. But is it beneficial or is it actually harming our body?

In 1938, fluoride was initially used for rat poison. In the 1940s, authorities decided to put it into our drinking water claiming it would reduce dental cavities.

However, in 1990, Dr Jennifer Luke from New England started studying fluoride. In her research she found the soft and hard tissue in the pineal gland would accumulate more fluoride than anywhere else in the body. The pineal gland makes melatonin, a hormone. It can help sleep, support the immune system, and help protect the body from cell damage caused by free radicals. In viewing x-rays of the brain, we can at times see that the pineal gland is visible because it is calcified. Fluoride may be the primary reason for this calcification.

More recent information on the pineal gland states that fluoride can decrease sexual maturity, harm calcium metabolism, disrupt parathyroid function, increase postmenopausal osteoporosis, increase the chance of cancer, and cause more psychiatric disease. The pineal gland is also involved in the timing of puberty. Fifty year studies have shown that fluoride can shorten life span, cause mental disturbances and cause individuals to become docile and subservient. In World War II, fluoride was used on prisoners, making them docile and very subservient to their captors. It also would make them sterile so they could not reproduce.

The *Clinical Toxicology of Commercial Products* states that fluoride is more poisonous than lead and slightly less poisonous than arsenic. Fluoride is also cumulative--it will continue to build up in the body. Thankfully we have found that certain supplementation can detox it out of the body.

The *Physicians Desk Reference* states that fluoride can cause skin eruptions, dermatitis, eczema, urticaria, gastric distress, headaches and weakness. The *Merck Index*, the authority for the pharmaceutical industry, states by-products of fluorine, such as sodium fluoride, are used as rat and cockroach poison. It is also one of the basic ingredients in the drug Prozac.

From 1990 to 1992, *the Journal of American Medical Association* published three articles showing that fluoride increased hip fracture rates when added to the water. In the March 22, 1990, issue of the *New England Journal of Medicine*, Mayo Clinic researchers reported fluoride treatment of osteoporosis increased hip fracture and bone fragility.

The National Cancer Institute has documented toxic effects of fluoride increasing incidence of osteosarcoma in young men when compared to those who were not drinking fluoridated water.

Fluoride also increases the risk of Alzheimer's disease. By binding with aluminum, it can trick the blood brain barrier which protects the brain to allow that fluoride-aluminum combination into the brain.

The largest study in the United States looking at 39,000 school children between the age of 5 and 17 from 84 areas around the country shows the number of decayed or missing or filled teeth was the same in fluoridated and non-fluoridated areas.

The largest study to date was performed by Dr. John Coquhoun, the chief dental officer of the Department of Health in New Zealand. They looked at 60,000 kids from ages 12 to 13 and

found no significant difference in tooth decay in children who used fluoride and those who did not.

With all this information, you can still pull up “fluoride” on the Internet and read that it helps decrease cavities. Take action to eliminate tap water and products with fluoride. Stop drinking tap water. Use non-fluoridated toothpaste and other non-fluoridated products. Shop at a natural health store like Natural Health and Home to get the products that are absent of fluoride.

To review, in 1938 fluoride was used as rat poison. Then in the 1940s they began putting it in tap water to allegedly decrease cavities. This is certainly the definition of insanity.

Autism, Parasites, and Traditional Herbs

One of our Wellness Warriors contacted me about a recent documentary linking ADD, ADHD, and autism to parasitic infection. Not all parasites are visible to the naked eye; some are microscopic. Many medical doctors are not adequately educated to recognize (or admit) the damage such parasites can do.

Some years ago, a woman came in to the shop with her teenager who had been out of the country on a church mission trip. The teen felt very ill and was admitted to a hospital in St. Louis where tests showed nothing. Yet the teen had a hard, painful lump on the neck and still felt ill.

Jocelyn, who was certified to do live blood cell testing, used to come to the shop to run blood tests on customers. As soon as she saw the lump and heard the story, she informed the mom that the girl had a PARASITE NEST in her neck! She’s seen this before. An herbal parasite cleanse eliminated the nasty beasts in a few weeks. (Dr. Mark Schopp does the live blood cell test in his office. See his ad on p.4.)

Parasites can cause mental fog, digestive issues, feelings of illness, and many more problems. We all need to keep parasites in check by doing a cleanse at least once a year. Remember, too, that parasites thrive in an acid and heavy metal environment, so detoxing from heavy metals and monitoring your pH at home are a few steps you can take to stay healthier. Pick up your parasite cleanse at Natural Health and Home, or talk to your holistic practitioner about parasite cleanses. To watch the video by Robin Goffee, go to <http://www.renegadetribune.com/vaccinations-injecting-parasites-children/>

“Shot Dead”--A New Documentary

The covid “vaccines” have caused many health conditions, from Bells Palsy to cancers to headache to myocarditis and other heart related concerns, and, of course, death. Scientists such as Mike Adams, Dr. Jane Ruby, Dr. Bryan Ardis, and others have identified spike proteins, heavy metals (especially graphene oxide), snake venoms, HIV, and other toxic materials in the shots. Worse, perhaps, is that people who get “the shots” shed the ingredients to other people, causing problems for those who opted not to get the shots.


In a new documentary, *Shot Dead*, Dr. Peter McCollough and other researchers show detailed data about the effects of the shots on children and youth. A registered nurse in California who worked in the labor and delivery ward notes that in the hospital where she worked, the number of fetal deaths skyrocketed in 2021 when “the shots” were administered.

Whereas the hospital had only had an average of two fetal deaths per year before “the shots”, the number of fetal deaths increased to 5 or 6 DAILY in pregnant women who’d taken “the shots.” The video is available for free online. Look for *Shot Dead*.

Looking for a Good Read to Begin 2024?

Most of you know that I love to read! For years, I’ve wanted to read the books of the Apocrypha—sometimes called the lost books of the Bible. Probably anyone who has read the King James bible or studied a bit of the history of the Bible knows that scholars who compiled the book rejected many writings that early Christians had used as scripture, such as the First and Second Books of Adam and Eve, Enoch, Jasher, Baruch, and at least 13 others.

I recently began reading the Book of Jasher. What a delight! It gives much greater detail on the lives of Biblical “characters,” including more details about the lives of Adam and Eve, how Cain was murdered, how Sarah died, Eve’s funeral, and more. It reads like a juicy novel and is hard to put down. I’m cross referencing my copy to the Bible. The copy I purchased is by Joseph B. Lumpkin. It’s over 800 pages of fine print! Worth every penny!

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<p>Simply Holistic has MOVED!</p> <p>Dr. Toney Dunaway Naturopathic Doctor 636 495 9045 phone House Springs, MO 63051 justsimplyholistic.com and facebook</p>	<p>Advanced Foot & Wellness Has Moved to 2376 N Truman Blvd., Crystal City Phone: (636) 748-0042 Peggy Earl, CWS, BSN, CLC, RN Foot Health Practitioner & Certified Wound Specialist; Ionic Cleanse Foot Detox, Diabetic Foot Care, Medical Pedi-care Acute & Chronic Wounds, Revitalize & Restore Healthy Skin and Feet Safe, hygienic, medical-grade care Provided in a private, clinical setting</p>