

January 2026

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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: Closed Dec. 31-Jan 1

Ring Out, Wild Bells (Alfred Lord Tennyson, 1809-1892)

2. Ring out the old; ring in the new
Ring, happy bells, across the snow.
The year is going; let him go.
Ring out the false; ring in the true.
The year is going; let him go.
Ring out the false; ring in the true.

3. Ring in the valiant men and free,
The larger heart, the kindlier hand.
Ring out the darkness of the land;
Ring in the Christ that is to be.
Ring out the darkness of the land;
Ring in the Christ that is to be.



Secrets in Healthcare Conference Highlights

In November, I attended the 2025 Secrets in Healthcare conference in Springfield, Missouri. Big THANK YOU to Dana Christisen for telling us about it! Honestly, I felt like we'd been through two years of graduate classes in one day! We heard from at least eight enthusiastic speakers. I highly recommend the 2026 conference next November, also in Springfield, MO. If you want the longer version of my highlights, visit www.NansNaturalHealth.com, click on the newsletter tab, and look for the December 2025 Special Edition.

Dr. Todd Frisch spoke on facial Diagnosis and offered copies of his book *WTF Why the Face: A Practical Guide to Understanding Health and Personality Through Facial Diagnosis*. During his talk, he showed photos of nine distinct face shapes, eye and ear positions, and much more which aided his work as a practicing physician.

Dr. Steve Hughlett, clinical pharmacist, talked about the need for proper nutrition for optimal health and, along with Dr. Bryan Ardis, warned us about Ozympic and similar drugs being promoted for weight loss. They are made from synthetic Gila monster venom which paralyzes the stomach causing vomiting, food putrefaction (food may stay in the stomach for up to seven days!), “auto-cannibalism” (the body “eats” muscle tissue), and blindness.

Dr. John Richardson spoke on his father’s extensive research on B-17 and cancer treatment telling us amazing stories of his father’s patients’ healings. He recommends reading G. Edward Griffin’s book *World Without Cancer: The Story of Vitamin B17*, Harold Manner’s *The Death of Cancer* (pdf available online), and watching *Cancer on the Fence* on YouTube. I have B17 and apricot pits for sale at Natural Health and Home.

Another highlight was Dr. Bryan Ardis who updated us on the value of nicotine for many conditions. He and his teams’ research have found references to nicotine use for healing dating back to the 1500s! Ardis also spoke of the billions of dollars Big Pharma makes selling poisons they claim are medicines. www.DrArdisShow.com and Victorious Vitality on YouTube.

Hypothalamus, Pituitary, Thyroid, and Gut Connection (Mark Schopp, DC. See ad p.4)

The key to hormonal health rests in the hypothalamus and pituitary glands (HP axis). The hypo-thalamus sends releasing hormones to the pituitary gland. If we do not consider the hypothalamus and pituitary glands, we are not getting an overall picture of what’s going on hormonally.

The hypothalamus and pituitary are located in the brain. The pituitary gland has an anterior and posterior lobe having different functions. The hypothalamus and pituitary work with other glands on five separate axis: **adrenal, thyroid, ovarian, testicular and liver**. In addition, we have a **gut-brain axis** which causes digestive issues and can also affect the hormonal imbalances. For example, the hypothalamus- pituitary-thyroid axis is called the **HPT axis**. The thyroid will send a signal to the hypothalamus telling the hypothalamus that the body needs more or less thyroid hormone. Then the hypothalamus sends releasing hormone to the pituitary which sends a stop-and-go hormone to the thyroid and says make either more or less thyroid hormone. If the axis is not working properly, none of this can occur and it affects the whole hormonal system. The hormonal system as well as the body must work together as a whole. If a patient comes in with TSH levels too high, we must address the hypothalamus and pituitary to get them healthy so the TSH can lower it to within normal limits.

Unfortunately, the current health care model does not consider this. If there is a number on a test that is not normal, they prescribe medication to fix the number, but they do not fix the problem at the root cause. Sure, you will feel better for a time, but the problem is not fixed. And what is the overall effect on your health over time? When it comes to the hypothalamus/pituitary, they are overlooked in most cases, but the hormone system cannot be healthy if it’s not working properly. In some cases, we just fix that connection and the patient will start to improve. We always must look at the root cause of a problem not just a number on the lab test. In other words, why is the lab test off, why is this happening, and how can we address the cause?

When it comes to the health of the HP axis in all the glands, two things might be happening. The signal may come from the pituitary gland, but the downstream gland may not be capable of responding. Or it could be that the pituitary signal may be weak, but the gland itself is healthy and ready and able to respond. The axis must work together. That’s why it’s called an axis. Everything must work together to be hormonally healthy. Also, what must be considered is if a patient has been in a motor vehicle accident, this may affect the pituitary gland. There are times when that is the situation and it must be dealt with accordingly because that can change the whole picture. In that case, the proper nutrition must be given to the pituitary. The hypothalamus/pituitary dysfunction can occur from several causes.

1. Hormone receptors can be down-regulated if there’s elevated tissue hormones.
2. Stress can be a big factor which effects the adrenal glands as well as the entire hormonal system including the HP axis.

3. Exogenous hormone exposure. These are hormones that patients are taking that will tell the hypothalamus and pituitary that we have hormones, you don't have to make anymore. This will down-regulate the hypothalamus and pituitary. It does not work, gets lazy and eventually affects the whole hormonal system.
4. Brain injury and trauma.
5. Many times, there can be impaired communication with the brain via the nervous system. In those cases, nutritional support for the nervous system needs to be addressed to make the connection.

When it comes to **infertility** you have to look at the hypothalamus and pituitary glands also. Over the last 11 years, we've worked with many infertility issues and amazingly have had 100% success rate with women that were told they would never get pregnant. Some were told they needed a hysterectomy. With proper nutritional support, they get pregnant and save their uterus. One just must look at the root cause. For those women, we do a 21-day program to detox the system. The next step is hypothalamus and pituitary support. We've seen many women get pregnant right when we start with the hypothalamus-pituitary support. Others need a little more support. Again, unfortunately in the infertility treatment protocols that we see in today's medical care, there's no talk about the root cause of infertility. The medical system just tries to force the body to do something instead of correcting the problem.

Unfortunately, in all my traditional training, the HP axis was not discussed. They do not cover it in chiropractic and medical universities. They did not cover it at the Chiropractic University I went to and the two years of medical training I also took. It is not covered until I attended nutritional training because there is no treatment for it otherwise. To summarize we must look at the hypothalamus and pituitary health when we look at hormonal health. If not, we are often missing the root cause of what is actually happening with the patient.



Faith & Frequency: Supporting Calm Through Sound and Faith

Sound has been used across cultures for centuries to support relaxation, focus, and emotional balance. Faith & Frequency is a Christ-centered, monthly sound facilitation membership designed to help regulate the nervous system, reduce stress, and create space for reflection and renewal.

Created by Kandice Steitz, Certified Sound Practitioner, the program blends guided recorded sound journeys with scripture-based reflections and short educational teachings that explore how sound, science, and spirituality work together to support whole-person wellness. Each experience is designed to be used from home and revisited throughout the month, allowing the benefits to deepen over time.

Members receive one new guided sound journey each month, along with reflection prompts and access to a growing library of past sessions. Faith & Frequency emphasizes relationship over religion, offering an inclusive and reverent space for stillness, prayer, and connection through sound.

This membership is well suited for individuals seeking practical tools for stress reduction, nervous system support, and a deeper connection to faith through intentional listening.

Membership Options:

- \$12 per month
- \$120 per year (two months free)
- Founding Member rate: \$99 per year (limited time)

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Honor the Lord with your wealth and with the best part of everything you produce. Proverbs 3:9-10

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