

January 2022 edition

Serving Jefferson County Since 2006!



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

Visit us online: www.NansNaturalHealth.com

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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

Natural Health and Home will be CLOSED Friday, Dec. 31 through Monday, Jan. 3. The store will reopen Tuesday, January 4, 2022.

Jan. 7 and 28: RBTI (Reams') nutritional testing by appointment with Brady Crum. Call 636 232 7869.

Monday, January 31, 6:30pm. John Birch Society meeting, Learn about U.S. history and our Constitution and how to preserve our liberties! Books about U.S. history, the Constitution, and liberty are available for sale at Natural Health and Home.

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

New Products!

R&R Medicinals, a Colorado hemp company, now offers hemp products for dogs and cats. Come in for a sample for your pet soon.

North American Herb and Spice, the Oreganol folks, now offers two flavors of **oregano gummies**—cherry for children and original which includes black seed oil—on the shelves now!

Solaray targeted **Microbiom probiotics** in stock now! Colon, Weight Management, and mouth and throat.

Start the New Year with a New You!

The holiday food frenzy is over for a few weeks (until Valentine's Day). It's time to detox from the carbs, fats, and fun (but toxic) holiday foods. Sugary foods can crash your immunity, so we need to rebalance our systems. Here are a few tips to help you start the new year right.

First, detoxing doesn't require that you starve yourself for days or weeks. It does mean you will focus on eating healthier foods—God food! God food is good-for-you-food! Avoid fried, anything white (rice, breads, cookies, donuts, milk from cows, etc.), caffeine, carbonated drinks, pork, and bottom feeding fish (shrimp, catfish, etc.). In other words, eat according to the Bible!

Drink plenty of pure water—distilled is the best to hydrate and to detox. Take plant sourced minerals to keep your body strong and help rebuild tissues.

Use detoxifying herbs in tea, tincture, extract, or capsule form. Dandelion root and leaf is a fine choice, but I also have blends of herbs specifically to aid the body in detoxing, such as Ojibwa (Essiac).

Another easy and fun detox is ionic cleansing. I've done a series of two per week for six weeks, then one a week for a month, and I had excellent results. Many of my customers also have discovered the comfort and ease of using this form of detoxing, in addition to a healthy diet and lifestyle. Nurse Peggy is our go-to for ionic cleansing. (See her ad on page 4 of this newsletter, lower right column.) At \$22 for a 30 minute session, you can't beat it--and will you ever learn some interesting things about your body!

If you do prefer to do a juice and water fast to detox, the Master Cleanse (also known as the lemonade cleanse) is a fine detox or cleanse. Some do this fast for up to a week or two. Use fresh lemons, pure maple syrup, and water. The exact recipe is online.

Dry brushing is another helpful way to detox. I carry natural bristle brushes specifically for dry brushing your skin. I recently browsed through a very old book I have at home on health. The author said he'd interviewed long-lived people from all walks of life. The one thing they had in common was dry brushing or some form of stimulating the blood stream. Dry brushing increases circulation to the skin and also brushes off dead skin cells. It feels terrific any time of day, but I like to brush first thing in the morning to help wake up.

A few years ago, I purchased an ozone machine—a small generator with a tube and a small filter to put into bath water (mine came with a second that I may use to ozonate water to drink). I ozonate bath water and have a nice long soak. Ozone helps the body create oxygen. Many “germs” do not survive in oxygen. ‘Nuff said.

Other products which may help detox include bentonite clay, zeolite, and charcoal (short term use only). If you have access to a sauna (especially a far infrared sauna), use it to help detox by sweating.

More about Zinc

For the last two years, we've read and heard about how zinc helps the immune system. Did you know that the “brain contains the highest concentration of zinc in the body, levels of which are tightly regulated...(and) can function as an anti-inflammatory and anti-oxidative agent...involved in numerous critical neurological functions” according to Lisa Schofield “Brainstorming the Cognitive Support Market” (*Vitamin Retailer*, Dec. 2021, p. 30, or online at vitaminretailer.com).

More Tips for Brain Function

“Here’s rosemary for remembrance,” said Shakespeare’s Ophelia in *Hamlet*.

Researchers from around the world have found several other herbs or herbal blends which may be helpful for improved brain function, including focus and memory. For example, **Pycnogenol** French maritime pine bark extract acts as a powerful antioxidant which boosts blood circulation and shows anti-inflammatory properties, thus potentially benefiting brain function. It helps endothelial cells produce more nitric oxide which benefits brain function and increases oxygen levels. Nitric acid also helps “modulate key neurotransmitters such as dopamine, serotonin and norepinephrine” (IBID, p. 28). For additional information of the benefits of pycnogenol, see <https://www.doctorshealthpress.com/food-and-nutrition-articles/pycnogenol-benefits/>

Stress can adversely affect brain function, especially memory and focus. When I was a college student, I felt stress during exam week (who doesn’t!) and often struggled to remember what I’d memorized or studied. While my customers’ favorites to aid with stress and anxiety include R&R Medicinals **hemp** gummies or Natural Balance **Happy Camper**, another herb—**Ashwaganda**-- appeals to others. Clinical studies show this root herb reduces “stress and anxiety, enhance(s) memory and cognition and increase(s) energy and strength” (*Vitamin Retailer*, Dec. 2021, p. 28).

PQQ (Pyrroloquinoline quinone disodium salt) is another product used to benefit brain function and has been listed as one possibility in recovering from post covid or post covid shot brain fog or memory impairment. PQQ is sourced from plants (leafy greens, soy, and others) and acts as another strong antioxidant. It also helps stimulates new mitochondria growth and replication which creates more cell energy (ATP) as well as aiding nerve (including peripheral nerves) repair. <https://drlewisclarke.com/pqq-the-benefits-and-why-your-brain-cells-need-it/>

Of course, drinking plenty of healthy water, deep breathing, a healthy lifestyle and nutrition, regular chiropractic adjustments, and proper rest all play a part in reducing stress and oxidation, as well as aiding proper brain function.

New Book by Dr. Peter Breggin

Over the last two years, I’ve read several fine books about the history, science, and politics of SARS-CoV 2. Dr. Peter Breggin’s latest book arrived on shelves in September 2021: *COVID-19 and the Global Predators: We Are the Prey*. It is the most up-to-date and comprehensive book on the topic so far. Drs. Peter McCullough, Elizabeth Vliet, and Vladimir Zelenko contributed introductory comments.

Dr. Breggin is an 85 year old psychiatrist who was instrumental in stopping frontal lobotomies in the U.S. He and his wife Ginger have authored 24 books. Over the last two years, they have conducted extensive research on the history, science, politics, and health factors regarding SARS CoV2.

I was especially interested in learning what he has to say about the psychological warfare imposed on the world for the last two years. I haven’t read far enough into the book at this time to tell you his comments, but chapters 26, 28-9, 30, and 32 appear to focus on this issue. The last chapter provides actions we can consider to save our liberty.

The book is over 500 pages and includes 1,107 end notes of references from around the world. Twenty thousand copies were printed when the book was first published in September 2020; 20,000 more were printed in November.

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