



July 2020 edition

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 available)

Hours: OPEN Tuesday and Wednesday, 10am-6pm

Thursday, & Friday, 9am-5pm; Saturdays 9am-noon. **CLOSED** Sundays & Mondays

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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

July 4: Happy Independence Day! The store is closed today.

July 13: Join Dr. Charmin Gans for her class "Raising Healthy Kids", 6:30pm. Call 636-479-6700 for details.

Happy Independence Day, Warriors!

We've been Wellness Warriors for some time, and it seems now we are becoming Warriors for the Constitution! After hearing so many of you express your concerns about what has happened over the last few months, I decided to take action. Author Eldridge Cleaver said that if we "are not part of the solution, we are part of the problem." I'd rather be part of the solution instead of just whining and complaining about a problem.

I was in contact with a 60+ year old educational organization, The John Birch Society. The main office graciously offered to send a representative to speak to us on Monday, June 15.

We had a small but PASSIONATE group here at Natural Health and Home. Mr. Dan Sexson spoke to us about the Constitution and gave us several resources to take appropriate action to defend our rights and uphold the Constitution.

The JBS website (www.JBS.org) allows members AND non-members to access current topics of concern, providing information about Congressional bills, how our Congress people vote (pro or con Constitution), and much more, and with a click of a button, a professionally written letter is off to your particular representative or senator. Their phone numbers as well as that of the White House are also available for those who would like to speak to a staffer.

JBS materials are based on Judeo-Christian principles and provide educational resources to Americans to learn more about our nation, the Constitution and Declaration, and so much more. They even have programs for children and youth. If you'd like more information, please contact me or the JBS. We have enough people to begin having regular meetings soon.

What is an American?

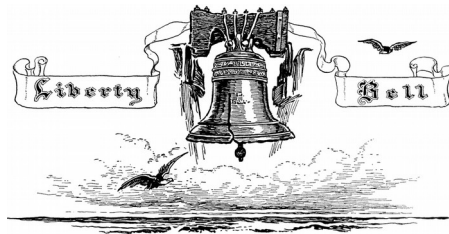
I ran across this quote and thought it most inspiring. When I was teaching, many of my students thought patriotism meant sticking a U.S. flag sticker on their car windshield. They changed their minds after hearing military guest speakers recently returned from the Middle East war zones.

I do not choose to be a common man, It is my right to be uncommon ... if I can, I seek opportunity ... not security. I do not wish to be a kept citizen, humbled and dulled by having the State look after me.

I want to take the calculated risk; To dream and to build. To fail and to succeed. I refuse to barter incentive for a dole; I prefer the challenges of life to the guaranteed existence; the thrill of fulfillment to the stale calm of Utopia. I will not trade freedom for beneficence nor my dignity for a handout.

I will never cower before any master nor bend to any threat. It is my heritage to stand erect, proud and unafraid; to think and act for myself; to enjoy the benefit of my creations, and to face the world boldly and say: "This, with God's help, I have done. All this is what it means to be an American." (Sometimes the statement shows "entrepreneur" instead of "American".)

Dean Alfange was born on December 2, 1897, in Constantinople. He came to the United States in 1901 to become an American citizen, lawyer, and author.



Lots of New, Fun Products for Summer

- ➔ **Nick's Sticks** in chicken and beef—Delicious, healthy snacks for summer fun!
- ➔ **Super Silica and Cell Power**—two spray-on products for your skin's health and healing. These are 60 times stronger than the Cell Power you take by mouth.
- ➔ **Honey Stingers** Waffle cookies and bars—The cookies are delicate treats in four flavors (2 are also gluten free)--perfect with iced teas (herbal, green, or black) or for a light sweet pick-me-up. The bars have almond or cashew butter encased in thin, whole grain cookies, and drenched in either dark or milk chocolate.
- ➔ **Sun Screens, Poison Ivy/Oak products, and Bug Repellent essential oil blends** by various companies.

Hand Sanitizers, Sunscreens and Your Health

First of all, ANYTHING you put on your skin soaks into your body and is throughout your body in minutes. Don't believe it? Try an experiment. Cut a piece of fresh garlic into thin slices. Tape one or two slices to the bottom of your foot for just a few minutes. See how long it takes for you to TASTE the garlic. That illustrates how quickly a substance penetrates the skin and is throughout the body in minutes.

Frequent use of chemical-based **sanitizers** are dangerous to overall immunity. I recently met a woman who had worked in the food service industry and used hand sanitizer frequently while at work. She had a small wound on her forearm which wouldn't heal. Antibiotics did not help. Ultimately, the infection was so deep and serious that she went to surgery where the surgeon removed part of the muscle in an attempt to rid her of the infection. The surgeon said she didn't heal because of the sanitizer she had used.

Sunscreens contain chemicals which may not have been thoroughly tested for safety or for efficacy. <https://www.ewg.org/sunscreen/report/executive-summary/>

Nature-derived ingredients are often much safer and just as effective (or more) than chemical-laden commercial products. To learn which products are deemed safest in purity and effectiveness, check the **Environmental Working Group (EWG) website (EWG.org)**.

At Natural Health and Home, you can select from several brands the EWG has rated "good." Sunscreen products by **Alba Botanicals, All Terrain, Babu**, and others have SPF's of 30-45. Some are specifically for use in or around water, while others are not as specific. Products come in sport sticks and lotions.

As for hand **sanitizers**, try the all-natural foaming "waterless hand soap" and sanitizer by North American Herb and Spice. It contains collagen, which makes hands feel soft and youthful. It contains no alcohol, so it doesn't dry your skin. The combination of natural essential oils helps protect skin from potentially harmful microscopic critters.

A word about soaps, shampoos, and lotions: All the fancy, big name skin and hair care products contain artificial fragrances and chemicals. People often have symptoms of skin problems, headaches, sinus or other respiratory conditions that can't be explained. When they switch to more natural, chemical free body and hair care products, the conditions often go away.

If you have a skin condition (other than poison ivy/oak) and have tried medications that haven't worked, consider getting an ionic cleanse. Jackie has seen many favorable results (see ad page 4, bottom right).

If you're a DIYer, make your own disinfectant spray with essential oils and vodka or Everclear. You'll need the alcohol to emulsify the oils into the liquid. If you use water, the oils will merely float on top of the water. Remember, we use the essential oils to create an environment where "germs" can't live. The oils will stay on surfaces and continue to work after the alcohol has evaporated. Also, see last month's Nan's Natural Health newsletter for homemade sun protection ideas (p. 2).

The bottom line is: If you want to help your overall health, **AVOID** chemical skin/hair care products.

Hormones and Vision

Did you know that hormone imbalances can affect your vision? Check out these websites:

<https://yoursightmatters.com/female-hormones-estrogen-progesterone-affect-eyes/>

<https://www.aao.org/eye-health/tips-prevention/how-hormones-can-affect-eyes-vision>

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