

July 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

To join **Young Living** or to purchase online, go to www.youngliving.org. Code #985266, or phone
1-800-371-3515

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.



In 1969, actor and comedian Red Skelton spoke these words to his audience. It delighted and brought tears to patriotic eyes. Consider sharing this with family and friends this July 4th, and remember what it means to be a citizen of the USA.

RED SKELTON: "I remember this one teacher. To me, he was the greatest teacher, a real sage of my time. He had such wisdom. We were all reciting the *Pledge Of Allegiance* and he walked over. Mr. Lasswell was his name... He said": "I've been listening to you boys and girls recite the Pledge Of Allegiance all semester and it seems as though it is becoming monotonous to you. If I may, may I recite it and try to explain to you the meaning of each word:

I Me; an individual; a committee of one.

Pledge Dedicate all of my worldly goods to give without self-pity.

Allegiance My love and my devotion.

To the Flag Our standard; Old Glory; a symbol of Freedom; wherever she waves there is respect, because your loyalty has given her a dignity that shouts, Freedom is everybody's job.

of the United That means that we have all come together.

States Individual communities that have united into forty-eight great states. Forty-eight individual communities with pride and dignity and purpose. All divided with imaginary boundaries, yet united to a common purpose, and that is love for country.

And to the Republic

Republic — a state in which sovereign power is invested in representatives chosen by the people to govern. And government is the people; and it's from the people to the leaders, not from the leaders to the people.

For which it stands, One Nation One Nation — meaning, so blessed by God.

Indivisible Incapable of being divided.

With Liberty Which is Freedom; the right of power to live one's own life, without threats, fear, or some sort of retaliation.

And Justice The principle, or quality, of dealing fairly with others.

For All For All — which means, boys and girls, it's as much your country as it is mine. And now, boys and girls, let me hear you recite the Pledge of Allegiance:

I pledge allegiance to the Flag of the United States of America,
and to the Republic, for which it stands; one nation, indivisible,
with liberty and justice for all.

Since I was a small boy, two states have been added to our country, and two words have been added to the Pledge of Allegiance: Under God. Wouldn't it be a pity if someone said that is a prayer, and that would be eliminated from schools, too?"

<https://red-skelton.info/articles/pledge-of-allegiance/>



Hot Hot Hot!

June was HOT, and the rest of the summer will likely be the same. According to the NASA website, the sun is flaring all summer this year, which may cause electronic interference and lots of hot hot hot temps.

When we sweat, we not only lose fluid; we also lose mineral salts which are necessary to form electrolytes. We drink more water to replace the lost fluids, but we must also replace the mineral salts, lest we end up in an emergency room with a needle stuck in an arm dripping saline (salt water) into our veins!

Here are two fine **electrolyte drinks** you can make at home—free of artificial colors, flavors, and sweeteners. And they're yummy and refreshing after cutting grass, gardening, or enthusiastic game of frisbee!

Recipe #1:

- 3 cups water (purified, RO, or filtered)
- 1 cup Concord grape juice or pomegranate juice
- a squeeze of fresh lemon
- ¼ tsp Celtic salt

Mix all the ingredients in a quart container and drink liberally when outside in the heat, or any time you need to boost your electrolytes.

Recipe #2:

For an alternative recipe, make a quart of fresh lemonade sweetened with either honey or pure maple syrup. Add ¼ teaspoon Celtic salt.

NEVER use table salt! Table salt is nearly pure sodium (plus sugar and anti-caking agents). Celtic salt naturally provides approximately 60 minerals which form electrolytes. Perfect! I also carry a high potassium salt and river salt, which are lower in sodium than regular Celtic salt.

Camping, hiking, or traveling? No problem! Skip the bottled juices or lemons and invest in individually packaged electrolyte packets in a variety of flavors: grape, lemon, cherry, berry, and more at Natural Health and Home. Convenient, delicious, and refreshing all summer long! Keep a few extras in your first aid kit. All are available at Natural Health and Home.

Fun, Natural Gardening Tips

I planted a garden this year! While it's great exercise and quite exciting to see those first little tomatoes, peppers, and squash—the rewards of all that work—gardens come with ants that eat lacy holes in bean leaves, fungi growing on squash leaves, and hungry squirrels and nosy wild critters that steal or dig up the “fruit” of our work!

I found some gardening books in my home library—part of my parents' stash of books. One interesting one is Jerry Baker's *Terrific Garden Tonics!* (2004). He offers 345 DIY formulas for gardens and lawns. Below are a just a couple samples of fun garden tips. (The books offers greater details.)

Green Up Tonic (p. 247)

- 1 can of beer
- 1 cup ammonia
- ½ cups dishwashing liquid
- ½ cup liquid lawn food
- ½ cup molasses or clear corn syrup

Mix the ingredients in a large bucket, pour into a 20 gallon hose-end sprayer, and spray everything in sight. Apply this tonic every three weeks right up through the first hard frost.

(Nan's Note: If you're in need of 5 gallon buckets from cat litter, they are FREE at the Hillsboro recycle center. They even have lids. These are useful to store small garden tools, potting soil, ice melt in the winter, to catch rain water for the garden or other uses, and BBQ charcoal. Added bonus: You can sit on them while working in the garden!)

Fungus Fighter Soil Drench (p. 264)

- 4 garlic bulbs, crushed
- ½ cup baking soda
- 1 gal water

Mix the ingredients in a large pot and bring to a boil. Let the mixture cool to room temperature and strain into a watering can. Soak the ground around fungus-prone plants. Dump the garlic bits onto the soil and work them into the soil gently, so as not to disturb the roots.

This book includes many recipes for dealing with aphids, caterpillars, rodents, and other garden pests. I used the baking soda mix on my squash leaves when they developed a powdery fungus-looking condition, and it worked great! The book also includes composting tips and year-round garden and house plant tips. Happy gardening!

Jerry Baker. *Terrific 345 Do-It-Yourself, Fix 'Em Formulas for Garden Maintaining a Lush Lawn & Gorgeous Garden Tonics*. American Master Products, 2004. www.jerrybaker.com.

Holistic Vet

While the economy may be adversely affecting our budgets, we must still care for our pets. If you're looking for a truly holistic vet, Dr. Richard Huessler is my choice. He offers nutrition, pet chiropractic, and homeopathic remedies. www.ozarksholisticvet.com, or 573 426 4460. His Healing Hands, LLC, is located in Rolla, MO. Phone consultations may be available, depending on your pet's needs.

Schopp Nutrition and Chiropractic Clinic
"Changing Health With Clinical Nutrition"

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, Brain function evaluation, and More!

NEW! Lipomelt Red Light Slimming and Body Contouring Technology

Dr. Mark Schopp, Chiropractic Physician
Phone: **314-843-WELL (9355)**

drschopp3@gmail.com schoppnutritionclinic.com
11144 Tesson Ferry, Suite 201, St. Louis, MO 63123

Hillsboro Chiropractic

Dr. Tammy M. Hansen

636-789-2400

10814-A Business 21



\$35 Student Physical

\$25 New Patient Consult & Evaluation

\$15 Foot Scan & Report of Findings

Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm & Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics & Sports Injuries.

Expires July 31, 2022

HEALING HANDS CHIROPRACTIC

Pediatric and Family Chiropractors

Drs. Charmin and Ryan Gans

1185 Scenic Dr. Suite 141, Herculaneum, MO
(located behind Cracker Barrel in Herculaneum)

(636) 479-6700

New Patient Exam Only \$47

Expires July 31, 2022

Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor.

Emotional Release

Natural Fertility & Acupuncture Treatments!

Expires June 30, 2022

Limbic Stress Assessment (LSA)

This computerized scan works with frequency, scanning the body for up to 1400 imbalances, toxins, and more. When you leave, you'll have a copy of your LSA report and a protocol to follow for about two months.

By appointment only. Schedule with Nan.

Healthy Mouth-Healthy Body-Healthy Life
Discover the benefits of Biological Dentistry

Michael G. Rehme, DDS, NMD

Biological Dentistry and Nutritional Therapy

2821 North Ballas Rd., Suite 245

St. Louis, Missouri 63131

a healthy choice for dental care 314-997-2550

mgrehme@toothbody.com

WELLIFE, LLC

Acupuncture & Herb Healing Center

Traditional Chinese Medicine

Dr. Alex Chen, PhD, DAOM, LAc

314-858-6088 or tcmchen@gmail.com

www.wellifehealing.com

410 Sovereign Ct., Ste 9

Ballwin, MO 63011



Advanced Foot and Wound Care

Revitalize & Restore Skin, Feet, & Nails

1217 N. Truman, Blvd. Crystal City

Phone (636) 748-0042 to schedule

Professional Nursing Care to Ensure Your Safety & Comfort

Ionic Foot Detox, Diabetic Foot Care, Medical Pedicures,

Acute & Chronic Wound Care

Services guaranteed to be safe, hygienic, medical-grade interventions

Provided in a private clinical setting

Peggy Earl, CWS, BSN, RN

