

July 2023 edition

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CLOSED Sundays, Mondays, & major holidays

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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, Tuesday: Closed for Independence Day

July 20-23: Jefferson County Fair, Hillsboro Civic Center and Horse Show grounds

Patriots' Corner

In April, a special commemoration event took place in Virginia. In 1607, the first colonists landed at that location and made a covenant with God regarding what would become the United States of America. Glenn Beck, Alex Newman, several Christian religious leaders, and other faithful Americans spoke, rededicating this nation to God and His principles.

As we celebrate our nation's birth, we might want to learn more about this event and the covenant made so many years ago—a covenant that helped bless this nation in so many ways.

America's Declaration of the Covenant with God

A.D. 1607

We do hereby dedicate this Land, and ourselves, to reach the People within these shores with the Gospel of Jesus Christ, and to raise up Godly generations after us, and with these generations take the Kingdom of God to all the earth. May this Covenant of Dedication remain to all generations, as long as this earth remains, and may this Land, along with England, be Evangelist to the World. May all who see this Cross, remember what we have done here, and may those who come here to inhabit join us in this Covenant and in this most noble work that the Holy Scriptures may be fulfilled.

<https://www.americaoutloud.com/first-landing-1607-americas-covenant-with-god/>

Health Freedom Fighter Dr. Rashid Buttar, Dead Under Suspicious Circumstances

Health freedom fighter Dr. Rashid Buttar died under suspicious circumstances in May after a week in an ICU. For the last few years, he had been outspoken about the origins of covid and dangers of “the shots,” including the theory that the shots contain poisonous snake venoms and that the some of the ingredients “shed” (also called “transference”) from person to person leading to increased risk of heart problems, stroke, cancer, and more.

Several independent reporters, including Stew Peters, Bryan Ardis, Sayer Ji, and Mike Adams, reveal that Dr. Buttar had not taken “the shots,” yet apparently his spike proteins levels measured very high. This may have caused both his stroke and cardiovascular problems, as well as adrenal and other health problems.

The Stew Peters interview below gives more information and gives suggestions to protect our own health, whether we have taken “the shots” or not.

1. <https://rumble.com/v2pd0ey-dr.-rashid-buttar-dies-suddenly-anti-vaxx-doctor-claims-poisoning-days-befo.html>
2. <https://www.brighteon.com/9acb15e9-3bf7-4b5e-8de9-3ea1668a70e1>
3. www.greenmedinfo.com

Amla and Blood Sugar Levels

Several of my customers have told me their Indian doctors suggest taking the standardized Ayurvedic herb Amla to help manage cholesterol levels. Amla is Indian gooseberry extract.

Recent studies indicate Amla extract also “significantly improved” blood sugar levels in individuals with patients diagnosed with type 2 diabetes and much more.

In the journal *Food and Function* (2013), researchers published the following statement:

Indian gooseberry in English or amla in Hindi, is one of the most important medicinal and dietary plants in the Indian subcontinent. The fruits are of dietary and medicinal use and have wide applications in both traditional and folk systems of medicine. Scientific studies have shown amla to be effective in preventing/ameliorating the toxic effects of hepatotoxic agents like ethanol, paracetamol, carbon tetrachloride, heavy metals, ochratoxins, hexachlorocyclohexane, antitubercular drugs and hepatotoxicity resulting from iron overload. Amla is also reported to impart beneficial effects on liver function and to mitigate hyperlipidemia and metabolic syndrome.

Invest in your bottle of Amla at Natural Health and Home.

<https://pubmed.ncbi.nlm.nih.gov/21495900/>

<https://pubmed.ncbi.nlm.nih.gov/31890983/>

<https://pubmed.ncbi.nlm.nih.gov/23978895/>

Rhodiola Supplies Diminish

The American Herbal Products Association warns that the Russian root herb Rhodiola is now listed on the endangered species list due to over harvesting. Rhodiola supplement companies now must have “proper permits” to access the herb. Thus, the herb is currently in short supply. Some companies are substituting other herbs to replace Rhodiola in their formulas.

[Wwww.wholefoodsmagainze.com](http://www.wholefoodsmagainze.com), May 2023, p. 14.

Summer First Aid: Poison Ivy and Other Summer BooBoos

Customer favorites for combating the itchy, weepy poison ivy rashes are **Jewelweed** soap and homeopathic **Rhus Tox**. Both are available at Natural Health and Home.

Dr. Christopher's recommendation is to rub the juice of **plantain or dandelion leaves**. Both weeds grow wild in our lawns and gardens, so learn to identify these herbs and use them! I either crush or quickly chew the leaves just enough to expose the juice in the leaves, then rub it or pack it onto the affected area. The sooner you do this, the better the results.

Plantain offers other benefits: It neutralizes the poison of most (but not all) stinging insects, like wasps. Either pack a leaf or two onto the area or chew quickly and apply. Affix the leaves with a bandana or bandage. This will not work for yellow jackets. We've had some success using peppermint oil or Young Living's Thieves MOUTHWASH (it contains peppermint oil) on yellow jacket stings. It may take several occasional re-applications to calm the sting. **Basil leaves or essential oil** are used to neutralize insect and snake bite poison, as well.

Plantain leaves may also be used as a quick bandaid on cuts or other minor wounds. It's best to wash the wound first, of course, but in a pinch, I've plucked a leaf or two, applied it to the wound while walking to the house to wash it, then reapplied a fresh leaf or two, securing the leaf with gauze or clean, white cotton cloth. Plantain also provides minerals to help heal wounds and bruises.

Another herb to have handy is **cayenne**, both powder and liquid tincture. Herbalists have used cayenne to disinfect, stop bleeding, balance heart function and circulation, and more. Use it orally and topically (on the skin).

Finally, consider keeping a bottle of **geranium essential oil** on hand for cuts. It has disinfectant properties as well and stopping bleeding on minor wounds. Interestingly, the oil initially causes more bleeding to flush the wound, then stops the bleeding. I use it any time I have a cut or abrasion.

Finally, make sure to keep a fresh bottle or tube of **aloe vera and peppermint oil** handy for minor sunburns. Mix a few drops of peppermint oil into the aloe and spritz it onto the skin. To aid healing, consider Dr. Christopher's Complete Tissue and Bone herbal blend made into an infusion (tea) and applied to the area.

As usual—BE PREPARED for summer emergencies by having a collection of basic herbs and essential oils on hand, as well as learning to identify some wild herbs and weeds.

Sunburns and pH

If your body tends to be acid, you may be more inclined to sunburn. Check your saliva and urine periodically to determine your pH (acid/alkaline) levels. If you are too acid, talk to Nan or someone who does RBTI testing to help you adjust your pH to more alkaline levels. You don't want to over alkalize, as that may cause other problems. 6.4 on the pH scale is perfect!

Do you Have Adrenal Stress?

We live in a very stressful world. Some indications of adrenal stress include the following:

Tiredness—spiked blood sugar—dizziness--panic attacks—stress--infertility--knee weakness—blood pressure imbalances—sleeplessness--low back pain—salt cravings—dry, flaky skin—thyroid problems

To help remedy adrenal stress, make sure your nutrition and hydration are good, learn to reduce stress, and consider supplementing with herbs such as ginseng, eleuthero (Siberian ginseng), licorice root, and niacin.

Talk with your holistic practitioner about your symptoms, and be sure to get regular chiropractic care.

(Vitamin and mineral Reference Guide, pg. 5, 21-24.
www.medicalnewstoday.com/articles/245810.php

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