

July 2025

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

Thursday, & Friday, 9am-5pm; Saturdays 9am-noon.

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 4-5: Closed for Independence Day

July 27, 1:30 PM A blissful hour of relaxation at The Common Ground in Festus. (See article below.)



The enemy is amongst and upon us....May we as a free people face courageously the challenging responsibility which faces us. "All that is necessary for the triumph of evil is that good men do nothing" (Edmond Burke). We are not here to sit by complacently while our birthright of freedom is exchanged for a mess of socialist-communist pottage. (Ezra Taft Benson, 1963)



Our government rests upon religion. It is from that source that we derive our reverence for truth and justice, for equality and liberality and for the rights of mankind. Unless the people believe in these principles they cannot believe in our government. There are only two main theories of government in the world. One rests on righteousness and the other on force. One appeals to reason, the other appeals to the sword. One is exemplified in a republic, the other is represented by a despotism. (Calvin Coolidge).



"Today, as never before, America has need for men and women who possess the moral strength and courage of our forefathers—modern-day patriots, with pride in our country and faith in freedom, unafraid to declare to anyone in the world, 'I believe in liberty. I believe in justice. I will fight, if need be, to defend the dignity of man....What we desperately need today is patriotism founded on a real understanding of the American ideal—a dedicated belief in our principles of freedom and a determination to perpetuate American heritage.'" (J. Edgar Hoover, Feb 22, 1962)

In the News: NMN vs NAD and GLP-1 by Nan Backes

In May, I attended a natural products conference. One of the "hot topics" was NAD/NMN. NAD is a co-enzyme useful for DNA repair and mitochondrial production. According to Japanese research, "Maintaining healthy NAD+ levels is crucial for supporting cellular energy, cellular and DNA repair, and Sirtuin (longevity genes)

activity to fight the effects of aging. NAD⁺ is crucial in healthy brain, vasculature, liver, heart, muscle and pancreas function. Direct supplementation of NAD⁺ is largely ineffective at increasing NAD⁺ levels. NMN is the precursor to NAD⁺ and is readily converted to NAD⁺. 1Life Science uses only the highest potency NMN for optimal benefit.” <https://1lifescience.com/product/nmn-platinum/>

In addition, NMN crosses the blood-brain barrier to aid in preventing neuro cell death and possibly stroke.

1Life Science offers several formulas containing NMN—**Cognition & Vision** with NMN, Cat’s Claw, Lutein, and Zeaxanthin; **NMN+ 500 Longevity** with Resveratrol and Panax Ginseng; and **Blood Sugar Support** with NMN, berberine, and alpha lipoic acid. All are currently available at Natural Health and Home, and they are selling quickly! I can also order the topical serum with NMN. *(Check with your pharmacist or health care provider if you are on pharmaceutical meds before starting NMN, although there are currently no known interactions.)*

Another hot topic was **GLP-1**. Diabetes and overweight are two huge problems in the U.S. and often lead to a number of health issues such as cardio-vascular conditions. In recent years, Ozempic and Wegovy, GLP-1 drugs, were approved for weight loss. (Ozempic and Wegovy are derived from a hormone found in the venom of the **Gila monster**, specifically a compound called exendin-4, which mimics a human hormone that regulates blood sugar and appetite. <https://www.businessinsider.com/what-is-ozempic-glp1-drugs-developed-by-gila-monster-2023-3?op=1>)

These drugs may lead to several health concerns. Ozempic may cause gastrointestinal distress, including abdominal pain, cramping, diabetes, muscle and bone loss, loss of skin elasticity, hair loss, thinning of the intestinal lining, and even blindness. Continued use may also cause thyroid and pancreatic cancers and pancreatitis. Equally alarming is that stopping these drugs leads to WEIGHT GAIN –as much as 74% in a matter of months.

Is there a safer GLP-1 product available? Yes! **GLP-1 Pro** by 1LifeScience is now available at Natural Health and Home. GLP-1 “is a naturally occurring hormone in the body that helps regulate appetite, food cravings, blood sugar, and digestion. 1LifeScience has formulated GLP-1 Pro to unlock the potential to **boost GLP-1 production naturally** within the body. Studies published in *Journal Nature* show the potential of probiotics including *Akkermansia muciniphila* to support GLP-1 levels. The GLP-1 Pro formula provides an unmatched, comprehensive blend of key probiotics, prebiotics, and herbs to support appetite control and curb food cravings.” And stopping GLP-1Pro does NOT cause weight gain. <https://1lifescience.com/product/glp-1-pro-60-caps/>

Digestive Health, by Dr. Mark Schopp (See ad on p. 4)

I treat a lot of patients who have digestive disorders. When we look at digestion, we look at a number of organs: the stomach, liver, gallbladder, pancreas, small intestine and the large intestine. Giving nutritional support to these organs can make a huge difference in symptoms that a patient could be having because of the digestive system. It is always advisable to evaluate the entire digestive system in these patients as well as the body to determine the root cause.

Remember, the gut is a key to health. Without a healthy gut, the rest of the body suffers. Many patients may have symptoms but don’t always realize that they are related to digestion. Some of those symptoms can be acid reflux, indigestion, heartburn, bloating, gas and belching. Each symptom can be a result of the different organs of the digestive system so have to be evaluated.

Protein digestion, for example, begins in the stomach. The stomach releases hydrochloric acid from the parietal cells at a pH of about .8 which is extremely acidic. Once mixed with the stomach contents, the pH of the stomach should be about 1-2. This is essential for proper digestion. As the pH increases, digestion is compromised. At a pH of 5 or more there is no protein digestion at all. The protein molecule is surrounded by

collagen. It cannot be broken down at a pH at 5 or over so the enzymes cannot break it down to the amino acids which are what the body needs. The results can be gas, bloating and acid reflux to name a few. If gas is smelly, it is typically protein digestion. If it is not smelly, it is more likely lower bowel gas. Each requires nutritional support.

In a patient with bloating or belching, we must consider the liver and gallbladder. Again, proper nutritional support can help with bloating as well as other symptoms. Liver tests such as ALT, AST and GGT can be normal, but liver congestion can cause these symptoms. Daily, I see many patients that are on what are referred to as proton pump inhibitors, or PPIs, to help with digestion. **These drugs will irritate and destroy a portion of the lining of the stomach.**

This affects the parietal cells which will not only decrease hydrochloric acid which is needed for digestion but decrease intrinsic factor which carries B12 to the small intestine so it can be absorbed for our use. B12 is essential for the spinal cord. These drugs will help with digestion and eliminate symptoms but greatly decrease HCL production which is what is needed for proper digestion. So as symptoms decrease, with time the problem is actually getting worse. These drugs should only be taken for 14 days as stated on the package. By changing the digestive system with proper supplementation and diet, most patients can be taken off these drugs by their healthcare providers.

Proper digestion is essential for health. We need to break the food down so we can get the nutrients. Those nutrients travel through the intestine to get to the blood stream. Not to do so compromises our health. By using clinical nutrition, we can help the digestive system to correct itself because we are giving the body what it needs to heal itself.

Nutritional support is simply giving support to the body with clinical nutritional supplements enabling the body to heal itself. If you are having any of the symptoms mentioned above **please call me at 314-843-9355**. I will be happy to discuss any aspects of your health with you.

Unlock the Power of Sound Frequencies for Your Well-Being with Vibrational Patterns

by Kandice Steitz, Owner and Founder of Vibrational Patterns

Did you know that certain sound frequencies can positively influence your brain and body? Scientific studies show that specific vibrations and tones can reduce stress, promote relaxation, and even support your immune system. When your brain is stuck in a constant state of fight-or-flight and worry, your body can't operate at its best. This state of DIS-EASE can lead to illness and hinder essential functions like digestion and sleep.

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Exciting News! I'm offering ****Special Summer Pricing**** that ends August 31st—don't miss out on this limited-time opportunity to experience the transformative power of sound healing at a discounted rate! Plus, when you subscribe to my email list, you'll receive even more exclusive discounts, insights into upcoming sessions, and details about virtual sessions you can enjoy from the comfort of your own home.

Ready to Feel What Everyone is Talking About? Join me for a personalized 1:1 session, couples session, or group experience. Want a taste of the magic? Come to my upcoming event:

Sunday, July 27th at 1:30 PM A blissful hour of relaxation at The Common Ground in Festus. Spots are filling quickly—reserve your place now at [www.vibrationalpatterns.com](<http://www.vibrationalpatterns.com>). Looking to host a private or corporate event? Sound healing is perfect for team-building, celebrations, or special gatherings. Contact me for more details and let's create a customized experience that resonates with your group. Don't wait—your journey to balance and wellness begins now! Sign up now to feel the difference in your life!

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Kandice Steitz

Sound Practitioner

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HairandHealingLLC@gmail.com

for more information and booking visit:

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