

June 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

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

June 1-8:



Mark your calendars! Natural Health and Home will be CLOSED from JUNE 1-8 while I'm on vacation—a work at home break: painting, deck work, and whatever other mischief I decide to get into. Stock up before then. See you all June 9!

Monday, June 8: Dr. Charmin Gans presents **Healthy Food—What Should I Eat?** Call 636.479.6700 for details or check her website www.drgans.com. She may do the class on facebook live.

Summer Officially Begins on June 20!



Sunday, June 21: Father's Day. Help the special man in your life stay healthier! Get him a gift certificate for Natural Health and Home, or come in to select a special gift for him.



Are you ready for summer fun in the sun? Whether you plan to camp, hike, boat, fish, or stay home and lounge or garden, make sure you have what you need to help prevent or treat sunburn, rashes, BBQ burns, or other first aid needs. Stock up on summer first aid supplies at Natural Health and Home!

Most folks like to keep **aloe vera gel** on hand for burns of any sort. Others add a drop or two of either **Young Living's peppermint or lavender oils** to the gel to help soothe pink sunburns. Still others have reported mixing the essential oils with water and a small amount of apple cider vinegar in a spray bottle to spray on sunburns.

Dr. Christopher's burn paste recipe includes honey, wheat germ oil, lobelia powder, and comfrey leaves. Mix the honey and wheat germ oil in a blender, gradually adding first the comfrey, then the lobelia until it forms a paste. Adding a little glycerin helps preserve the paste. Store in a cool place. (*School of Natural Healing Herbal Reference Guide*, 341-2) Dr. Christopher's Complete Tissue and Bone Ointment or massage oil may also be helpful, as it contains comfrey and other healing herbs. You may add a few drops of therapeutic lavender essential oil to the recipe.

Consider checking your **saliva and urine pH** during the summer. We were taught in naturopathic college that an acidic body is more apt to sunburn. Of course, we still must moderate our time in the sun, especially around water where we have both the sunshine and the reflection of the sun from the water leading to burns.

Have you made your own **homemade sun protection**? Several of my customers found recipes which included, either cocoa butter or coconut oil, carrot seed oil, and a few drops of Young Living's frankincense oil. The carrot seed oil seems to help tan the skin when in the sun. Carrot seed oil, cocoa butter, and coconut oil all provide some protection (SPF). Recipes are easy to find online. Here is one website offering: <https://www.themiracleofessentialoils.com/diy-carrot-seed-essential-oil-sunscreen-recipe/> Zinc oxide may be challenging to find. I carry ready-made sun protection products at Natural Health and Home, some of which contain zinc oxide. I also carry carrot seed oil, cocoa butter, and coconut oil.

Stung by a wasp? Pluck a couple of plantain leaves, crumble or chew quickly to release the fluid in the leaves, and put it on the sting. It usually relieves the heat and pain in seconds. This doesn't work for all flying insects, but it's excellent for wasps. For hornets, I dab a drop or two of Young Living's Peppermint oil to help relieve the pain quickly. I reapply as needed.

Itchy rash from **poison ivy**? Grab that plantain leaf, crumble or chew it, and rub in on to help neutralize the poison. Dr. Christopher reminds us that the "treatment" for many of Nature's problems is within a few feet of cause. Also keep a supply of **jewelweed** soap and spray on hand. Some customers keep **homeopathic Rhus Tox** pellets on hand as well to help reduce the symptoms. These are all available at Natural Health and Home.

Of course, the wonders of **nano or colloidal silver** never seem to end. Keep a bottle handy all year 'round, along with a free instruction sheet from Natural Health and Home. You'll also find silver ointment, cream, and gel at Natural Health and Home.

For travelers, check out ginger capsules, tea, chews, or candy. Traditionally, ginger was (and is) used for motion sickness and queasy tummies. Mighty handy to have on hand when traveling!

Keep your herbal "first aid kit" well stocked and handy all summer long! Talk to Nan for more ideas.

More Summer Must-Haves



Summer fun and work means sweat! When we sweat, we not only lose fluid, we also lose MINERAL SALTS. We know to drink more water, but we sometimes fail to replace mineral salts which create electrolytes to keep our hearts and brains working properly. Someone may end up in the emergency room with a saltwater IV (called a saline solution).

To maintain your electrolytes, come to Natural Health and Home to get a supply of NOW Foods' grape or coconut electrolyte drink sticks—pre-measured and handy to keep tucked in a lunchbox, desk, or backpack. NOW also offers drink tabs—just drop a fizzy tablet into your water, and you have a great tasting electrolyte mix instantly!

DIYers: here's an excellent recipe to make your own healthy drink. The recipe makes a quart (32 ounces):

3 cups purified water

1 cup Concord grape or apple juice

¼ teaspoon Celtic or Himalayan salt, fine ground to dissolve easily

More recipes can be found at <https://www.lifehack.org/273097/4-homemade-electrolyte-recipes-you-can-make-home>

Be careful of some commercially made electrolyte mixes, as they may contain artificial ingredients.

Use CBD and Whole Hemp Products All Year Long

If you haven't yet tried hemp products, stop by Natural Health and Home for some literature on the benefits of hemp and CBD. Scientists tell us we have an endocannabinoid system (ECS) and that our bodies actually make CBD. However, for a number of reasons, we may not be making enough to experience the benefits. Many herbs contain phyto cannabinoids, and hemp (*Cannabis sativa L*, or agricultural hemp) is a fine source of cannabinoids. It has less than 0.3% THC, so there is no psychoactive effect.

At Natural Health and Home, you may select from a variety of brands, dosages, and products of hemp and CBD. Stock up on tablets, liquid, or topical creams to help keep your neurological and immune systems strong year 'round!

Acupressure for the Emotions

For the last few months, many people may have felt a variety of emotions: fear, anger, frustration, confusion, worry, or others. I found the following information (in part) and thought it was both interesting and possibly helpful. The author suggests merely holding a finger for a few moments, starting with the left hand holding a right finger (eg: index), then switching to the right hand holding a corresponding left finger (eg: index). For more details, go to the website below.

Seven kinds of emotions each affect a specific organ:

Anger affects the liver.

Joy affects the heart.

Sadness affects the lung and the heart.

Worry affects the lungs and the spleen.

Fear affects the kidneys.

Shock affects the heart.

- **Thumb:** Alleviates worry and depression. You can also relieve nervousness, bring harmony to the stomach and spleen, relieve skin problems, headaches, and stomach aches.
- **Index finger:** Alleviates fear and self-criticism. You can bring harmony to the kidneys and bladder. You can also help relieve muscle cramps, back pain, toothaches and digestive tract problems.
- **Middle finger:** Alleviates anger and irritability. You can also bring harmony to your liver and improve cardiovascular health, curb menstrual pain, improve vision, and alleviate headaches.
- **Ring finger:** Alleviates sadness and grief. You can bring harmony to the lungs and digestive organs, and reduce ringing in the ears.
- **Little finger:** Alleviates anxiety, bring harmony to the heart, reduce the feeling of tension, and improve throat pain and problems with the bones.

<https://futurelifenow.com/hand-acupressure-emotions-balance/>

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