

June 2022 edition

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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.



Calendar



June 6-13 VACATION! I'll return on Tuesday, June 7, at 10 a.m.

June 19 Father's Day. Show your dad your love for him! Gift certificates are available at Natural Health and Home.

In the News—Calling All Patriots!

The World Health Organization (WHO) has proposed a global over-reach for the “next pandemic” giving the WHO authority to over-ride national constitutions (or charters for countries such as Canada) regarding “health.” In a May 11, 2022, article in *The New American*, Alex Newman states:

Under the leadership of a Communist Chinese-backed “former” Marxist terror leader, the UN World Health Organization (WHO) and the Biden administration are plotting an unprecedented power grab to build a planetary bio-medical police state....

Already, the WHO claims all sorts of draconian authorities, including powers to work with UN member states in quarantining villages or nations, locking down societies, forcing medical “treatments” such as vaccines, and generally crushing medical freedom...

Now, under changes proposed to the WHO’s “International Health Regulations” by the Biden administration, the dictator-friendly global “health” body would gain the power to carry out its wishes without even the approval or consent of the targeted nation. Not surprisingly, neither the WHO nor the Biden administration plan to consult the U.S.

Senate on the matter. https://thenewamerican.com/resistance-grows-to-un-who-biden-global-health-power-grab/?mc_cid=722fc19a24&mc_eid=96bc50cc42

Phone Rep. Josh Hawley at 314 354 7060 and Sen. Jason Smith at 573 335 0101 to let them know your thoughts on this matter. The WHO plans to finalize their agenda this year.

While you're on the phone with their offices, remind them that you value the freedom to purchase herbs and other supplements. The FDA is still working to put in place more regulations which, if passed, restrict availability of supplements. The FDA and pharmaceutical companies want to reclassify supplements as drugs as well.

Traveling this Summer?

My customers tell me they won't go anywhere without their Thieves! Young Living's Thieves products are terrific anytime, and especially when traveling. Thieves spray helped get rid of bedbugs in a hotel room a few years ago, according to a traveler. Customers use the spray as sanitizer for hands, sweaty shoes, and nearly anywhere else (not plastic or fine finished furniture). Some customers even spray it in their mouths to help freshen breath and kill germs.

Thieves oral health care products are always a hit, as is Thieves bar soap and liquid hand soap. Try Thieves cleaner and dish soap, even when camping—the products are environmentally safe!

And, of course, Thieves essential oil blend smells great as it works to help you stay healthier. Get your Thieves at Natural Health and Home. To join **Young Living** or to purchase online, go to www.youngliving.org. Code #985266, or phone 1-800-371-3515 Membership saves money each time you order. Monthly orders are not required, and Young Living does not require an annual membership fee.

Looking for alternatives to Thieves? Try **North American Herb and Spice OregaSpray** (use it as you would Thieves spray), **oral health products, and shampoo**—all available at Natural Health and Home.

Feeling Stressed? Can't Sleep? Try Ashwaganda!

Customers are talking about the Ayurvedic (Indian) herb Ashwaganda! This herb is classified as an adaptogenic herb, helping the body to achieve better overall health (when combined with a healthy lifestyle and proper nutrition).

According to Dr. Axe, over 200 research studies reveal the following list of ways ashwaganda may Improve health: improves sleep, improves thyroid function, reduces adrenal fatigue, reduces anxiety and depression, reduces stress, increases stamina and endurance, prevents and treats cancer, reduces brain cell degeneration, stabilizes blood sugar, lowers cholesterol, and boosts immunity. <https://draxe.com/nutrition/ashwagandha-benefits/>

I carry ashwaganda by Organic India, Daily, and NOW. Do your research, and if you try a bottle, let me know what benefits you notice!

Summer Tip for Wasps: I've read that wasps don't like pine oil. In years past, PineSol was beneficial in keeping these pesky critters away. I've mixed CitraSol with pine essential oil, and so far, wasps are no longer building their nests on my front porch. I sprayed the ceiling three times.

News about MK-7

In the last couple of years, more customers have asked about Vitamin K-2 (in the form of MK-7). Some Vitamin D formulas now include K-2. So here's the scoop in a nutshell, according to an article in *Nutrition Industry Executive* (www.niemagazine.com for May/June 2022). The article includes summaries of a recent study conducted in the Department of Biochemistry at Maastricht University.

- MK-7 counters "induced oxidative stress in vascular smooth muscle cells, ultimately lowering oxidative stress while increasing ATP production."
- MK-7 helps prevent "vascular calcification."
- MK-7 helps provide "for healthy aging, as oxidative stress is involved in several age-related conditions, such as increased cardiovascular risk, chronic kidney conditions and neuro-degenerative disorders." Thus, MK-7 is "a cardio protective nutrient."
- MK-7 increases the "production of ATP" and is "a potentially essential nutrient for sports nutrition."

At Natural Health and Home, I carry K-2 (MK-7) by both the Daily and NOW companies.

Sulfur and MSM for Healthy Joints, Skin, and More

For many of us, summer means spending time outside in sun, wind, and water participating in all sorts of activities. One mineral essential to healthy skin, internal tissues, and even proper digestion is sulfur, especially in the form of MSM. Scientists and nutritionists continue to research the benefits of MSM (methylsulfonylmethane). This mineral helps protect "the body from oxidative damage by neutralizing free radicals and increasing the body's natural antioxidant capacity...(protecting) joints, tendons and ligaments; boosts immunity; supports homeostasis levels and metabolism; and enables users to stay mobile and age well."

MSM also aids in the body utilizing several amino acids, including NAC and SAMe which support immunity and mood, respectively. Finally, sulfur in the form of MSM "can support wound healing and lessen inflammation caused by strenuous activity...." (www.niemagazine.com May/June 2022)

Explore your MSM options at Natural Health and Home where you will find both capsules and MSM lotion. Another option is MSM granules, but they are bitter and must be dissolved in hot water. The granules are a special order item.

Keep Cool this Summer!

Summer fruits and vegetables can help keep us cool on our sweltering summer days. Cucumbers are especially cooling, so munch them daily or add them to salads. Melons are cooling, and watermelon contains potassium which is essential to replace when we sweat. A dash of Celtic or other natural salt helps raw foods digest better. One note on melons (and bananas): eat these sugar-rich foods alone for best digestion. Wait an hour or more before eating other foods. (<https://www.watermelon.org/the-slice/nutrition-facts-and-health-benefits-of-watermelon/>)

Cut back on meats, especially red meats and pork, as meats create heat in the body. Eat light to stay cool all summer long!

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