

June 2023 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](http://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](http://www.NansNaturalHealth.com)

To join **Young Living** or to purchase online, go to [www.youngliving.org](http://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 11-19: VACATION!** Natural Health and Home will be CLOSED this week, so shop ahead.

**June 18: Father's Day**



### **New Products from Positive Power**

**Positive Power** now offers three new products: B-Stress, Bee Pollen and Royal Jelly blend, and Power Greens.

- **B-Complex Power 90** provides high level, anti-stress B complex blend—and it's vegan!
- **Bee Pollen and Royal Jelly Energy Booster:** Positive Power Nutrition has pollen and royal jelly sourced from remote locations containing a wide variety of flowering plants over many seasons. It is the cleanest, freshest, and highest grade of Bee Pollen available. Because it is harvested from these pristine remote locations, it is free of pesticides and meets European pollen standards (which are more stringent than standards in the United States).

Panax Ginseng is a highly valued and well-known herb that has been used for thousands of years as an herbal remedy in China and Korea. Using just one type of ginseng is not as valuable to balance and healing in the human body, as having the perfect combination of multiple ginsengs.

American Ginseng is used to promote Yin energy and calm the body, reducing body temperature from hot weather or a fever. Korean (Panax Ginseng) is used to promote Yang energy, improving blood circulation while revitalizing and balancing the natural heat of the body. This high energy formula contains both Ashwagandha root and Schisandra berry along with the 5 powerful herbs traditionally known as Ginseng.

- **Positive Power Organic Greens Booster:** In addition to a powerful greens blend, you'll also benefit from lemon juice powder, and lutein and zeaxanthin from marigold flowers. These super-food nutrients provide additional anti-oxidants and eye support .

### **Join the June Fun!**

Get ready! Get set! GO! Join the summer fun with a holistic scavenger hunt hosted by Eclipse Wellness Studio and Holistic Shop in Imperial. The scavenger hunt will take you to up to ten holistic and metaphysical shops from Festus to Columbia, Illinois, to St. Louis City and County. Spend a day browsing the various shops, or split the map and visit one or two places throughout June.

**Pick up your entry map at Natural Health and Home now!** The hunt runs from June 1-June 24. Turn in your map—complete with stickers from each of the places you've visited—to Eclipse Wellness on Saturday, June 24, from noon to 3pm. The raffle begins at 3pm. Vendors will be at Eclipse that day.

Eclipse Wellness and its neighboring shop offers chiropractic care, acupuncture, body work, massage, holistic skin therapy, energy healing techniques, and more.

### **Easy Homemade Electrolyte Recipe**

Hot St. Louis area temps combined with summer activities means we are going to sweat. Sweat is a combination of water and mineral salts which are the basis of electrolytes.

Electrolytes are minerals that carry an electric charge. They're found in your blood, urine and sweat and are vital to specific processes that keep your body functioning as it should. Electrolytes found in your body include Sodium, Potassium, Chloride, Calcium, Magnesium, Phosphate, and Bicarbonate. These electrolytes are required for various bodily processes, including proper nerve and muscle function, maintaining acid-base balance and keeping you hydrated. <https://www.healthline.com/nutrition/electrolytes#definition>

To make a homemade electrolyte mix, you'll need a quart jar, Celtic salt, purified water, and either grape juice, orange juice, or lemon and maple syrup.

1 cup of grape or orange juice, or lemonade using fresh lemon juice a real maple syrup  
3 cups water  
¼ teaspoon Celtic salt  
Mix, drink, and feel refreshed! Store left over mix in the refrigerator.

For those who plan to travel or who don't want to DIY, you may invest in pre-made electrolyte powders by NOW Foods (their grape mix is fantastic) or Celtic lemon or strawberry mix. These are sold in individual, pre-measured packets. Just add to water. Stock up today to avoid an IV of salt water!

### **WARNING about Supplements on Amazon**

Dan Richard, VP of Global Sales and Marketing with NOW Foods, reported recently that many vitamin and herbal supplements sold on Amazon “reveal ‘abysmal’ results.” One of NOW’s most recent lab tests on 19 samples of bromelain supplements purchased on Amazon had a little as 10%--sometimes less—bromelain in the capsules. Two products had so little bromelain that they “were below the detection limit.”

I have also recently heard that some products sold on Amazon had look-alike labels. Products appear to be from a well-known company, such as NOW, but the colors or some other aspect of the labels were not original. The contents were not what the labels claimed.

The bottom line is—Be VERY CAREFUL when buying anything from Amazon! Buy from a reliable local shop. My suppliers and I buy directly from vitamin companies, not Amazon. If we are aware of any potential problem with ingredients or packaging, either I report it or the company alerts us to pull the product from the shelves and dispose of it immediately.

For more details, go to [www.WholeFoodsMagazine.com](http://www.WholeFoodsMagazine.com). May 2023, p. 9.

### **Summer Wellness Includes Massage**

Summer is here and many of us are spending extra daylight hours doing yard-work and enjoying wonderful outdoor activities! Whether you are traveling, swimming, playing outdoor sports or gardening, you are asking all kinds of latent muscle groups to go the extra mile.

It is easy to over-stress your body during this season! As a result, it naturally reacts by creating inflammation to facilitate cellular repair. To stay happy and keep your body going full-speed ahead, be sure to schedule yourself a massage at least 1-2 times a month to reduce achy-ness (and potential injury!).

Remember: If you don't make time for your wellness, you will be forced to make time for your illness! Virtually ANY type of massage, from relaxation to myofascial release, will be ultra-beneficial for you at this time of year. Be kind to yourself to get the most enjoyment out of this beautiful season!

In health and wellness,  
Karin Donjon, LMT  
Le'anne Nicole Salon & Spa (See ad on p. 4)

### **FREE Information from the University of Missouri Extension Office**

Your garden is in, and you're looking forward to preserving your fruits, vegetables, and herbs. Learn to preserve all your garden and orchard produce including canning, making jams and jellies, pickling, developing and maintaining various garden types (raised bed and others), herbs, and much more. Pick up your FREE information packets at Natural Health and Home, or contact the UM Extension office in Hillsboro. Contact Jody at 636-797-5391 to sign up for the monthly Extension office email, or go to [www.extension.missouri.edu/jefferson](http://www.extension.missouri.edu/jefferson) for information on a wide variety of classes, tips on gardening and homesteading, and food preservation. For children, sign up for 4-H!

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**Expires June 30, 2023**

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