

June 2026

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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 #925266, 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.



VACATION! June 1-8. The shop will reopen Tuesday, June 9, at 10a.m.

Flag Day: June 14. Take a moment to remember what our American flag stands for: Red stripes to remember those who bled for our freedom. White stripes represent purity and innocence. Blue reminds us of God in the heavens as well as justice.

<https://starspangledflags.com/what-do-the-colors-of-the-american-flag-mean/>

Father's Day, June 21. Dads appreciate fun, healthy snacks for hiking, camping, sports events, and just everyday life! Shop Natural Health and Home for gifts for Dad—beard oil, hair and body care, and more. **Gift certificates available!**

LOCAL NEWS for Optimal Health!

Looking for a terrific gift for Dad, bride to be, graduates? Feeling stressed? Two local massage therapists and a physical therapist are available close by.

- ▶ Cassandra at STUDIO 7 provides relaxing **chair massage**; aroma therapy; soothing, **warm paraffin wax dip** for your tired hands; and **ionic foot detoxes** all at prices to fit your budget. **Call Cassandra at 314-575-9436.** 520 Bailey Road behind Capt. Z's and just 4 doors east of Natural Health and Home.
- ▶ Sarah Timper, LMT, specializes in **myofascial release, lymphatic drainage, and pain management.** Her studio is at 406 Bailey Road, next to the Crystal City post office. Phone her at **314-686-1943** or email SCBODYWORK.SARAH@gmail.com
- ▶ Dr. Sarah Edwards, **physical therapist**, works at NOW Fitness (405 W. Main, Festus). She works independently of insurance limitations so she can do her job well! For an appointment, phone 314-350-7520.

Hanta Virus Questions? <https://modernity.news/2026/05/13/hantavirus-genome-was-built-from-human-blood-at-u-s-military-biolab-fort-detrick/>

Summer First Aid Must-Haves: Black drawing salve: You may remember your parents or grandparents keeping a little orange tin of black drawing salve to help draw out stingers, slivers, thorns, and more. At Natural

Health and Home, you can pick up a jar of black drawing salve by either **Dr. Christopher's** or **Pure Remedy**. I use it on tick bites, too!

Aloe Vera gel: Sunburns, burns, and nearly all boo boos respond well to aloe gel. Keep a tube of Lily of the Desert aloe on hand! Add a drop or two of Young Living **lavender oil** for added soothing effects.

Electrolytes: Buy single, pre-measured tubes or tubs, or make your own! I keep a can of frozen orange juice on hand to make my electrolyte drink: 1 heaping tablespoon of frozen juice and ¼ tsp of natural salt (Celtic, Colima, Real, or other) mixed in an iced tea glass (usually 16 ounces) of filtered or distilled water. Voila! Do you know that coconut water (not the milk) is loaded with electrolytes? Yep!

Peppermint essential oil: Some painful bee stings respond well to pure peppermint oil applied to the sting. I also like to apply few drops to a moist washcloth or bandanna to keep my neck cool while doing yard work. Careful! Don't use too much! Three drops is quite enough along the length of the bandanna or cloth.

Prostate Health by Mark Schopp, DC (see ad p.4)

The prostate can be a troublesome gland for many men. We see a lot of men who want to prevent prostate problems, and we do that by using the proper nutrition. Unfortunately, in Western medicine this is not talked about in any way whatsoever. The reason I started doing nutrition was because of a prostate issue. At 36 years old, I had a severe prostate problem where I simply didn't want to go on any longer. I would have to leave work in pain with no notice when it became bad. So I had to figure out how to fix my own prostate. I had seen four urologists which all basically did the same thing--medication, medication and medication.

The prostate gland needs proper nutrition and proper care. This experience led me to start to treat patients with nutrition and to have the nutrition practice that I have today. So, the terrible experience I had that lasted for approximately two years is the thing that led to how we treat patients today.

There are different types of prostate problems. Prostatitis is inflammation or irritation of the prostate, indicating tissue insult or injury. It may afflict one out of four men, usually between the ages of 30 and 50. Nearly half of all men will have symptoms of prostatitis some time in their lives.

BPH (benign prostate hyperplasia) is a nonmalignant enlargement of the prostate. Both the glandular and the muscular or connective tissue elements of the prostate may be involved in the size increase. "Benign" affirms this is not a cancerous condition. "Hypertrophy" refers to increase in size; "hyperplasia" means an increase in the number of cells. BPH is very common in men over 40 years of age in all races and cultures, though symptoms are usually not noticed until age 50 or beyond. More than 50% of men aged 50 and above have enlarged prostates.

Chronic bacteria can also be a problem with prostate problems. In those cases, we use something to deal with the immune system. The most commonly talked about is prostate cancer. No matter what form of prostate problem a man has, he needs the proper nutrition for the prostate. Certain medical procedures can help with symptoms but do not address the actual problem of a prostate that is nutritionally deficient. First let's cover some things to avoid:

1. Cold and Sinus medications that contain antihistamines and decongestants. These drugs can increase impaired urination.
2. Lack of water can be associated with prostate enlargement. The prostate needs plenty of hydration so drink plenty of water. However, avoid drinking a lot of water before bedtime.
3. Caffeinated products should be avoided because of their diuretic effects. Stopping coffee drinking can improve symptoms itself in some men by 50% within two weeks.
4. Avoid alcohol, especially beer and wine. This will decrease the risk of prostate problems.
5. Get off the cigarettes. They are high cadmium which is toxic and should be avoided.

Now some foods and supplementation to aid prostate health: Whether we like it or not, we always have to come back to diet for any health condition. Diet should stress fresh, whole foods with plenty of fruits and vegetables,

whole grains, raw nuts and seeds. The seed of choice for the prostate is **raw pumpkin seeds** because they have a lot of **zinc** in them, the main mineral for the prostate. Raw pumpkin seeds also improve the tone of bladder muscles and relax this sphincter acting as a mild diuretic. They help to achieve prostate decongestion.

Selenium is also needed by the prostate and is put in a lot of supplements. Vitamin E is also important to prostate health. However, the vitamin E in supplements is actually D alpha tocopherol, a chemical form of vitamin E. Don't be confused by synthetic supplements which have been shown to cause more prostate cancers and more cancers in general. I am currently working on a medical research lecture that shows synthetic supplements increase the chance of cancer. This is documented in multiple medical studies.

Vitamin F—fatty acids-- are vital for prostate function. This is what will drive calcium to the prostate. The prostate needs calcium. It will harden from the inside out.

Food-sourced Vitamin C is a component of prostate tissue, so it is certainly needed. Never take a synthetic supplement.

Some say that it's important to stay away from fats when you have a prostate problem. But a low-fat diet based on quality fats from food is not necessary. Studies on prostate problems reveal no association between total dietary fat in prostate problems. Also, quality Omega 3 fatty acids have been shown to be very helpful as they reduce inflammation and help to repair process.

I've been successful treating many prostates including my own with these methods, and we can certainly do other things which are much too extensive for a short article like this. For example, prostate massage in some cases can be very helpful as it can reduce the size of a prostate quickly, but it must be done properly in a superior to inferior and lateral to medial direction as that is the direction of the channels in the prostate. In summary there is help for prostate problems. I have seen many prostate problems improve and resolve. No matter what the treatment, whether medical or natural, you must get the proper nutrition to the prostate.

Sound Health, with Kandice Steitz, Sound Practitioner (see ad p. 4)

Sound is so much more than something we hear. Sound has the ability to support the nervous system, encourage deep rest, help the body release tension, and create space for stillness in a world that constantly asks us to move faster. During sound sessions, different tones and frequencies can help guide the body into states of relaxation where many people experience reduced stress, emotional release, mental clarity, better sleep, and a deeper connection to themselves. Every experience is unique, but one thing I hear over and over is this: "I finally felt safe enough to slow down."

I currently offer a variety of ways to experience sound healing and nervous system support:

- 1:1 Sound Sessions at 5th Element Studios in Fenton: Personalized sessions designed to support your body, mind, and spirit wherever you are in your journey.
- Couples Sound Sessions and Couples Massage at 5th Element Studios in Fenton: A beautiful way to reconnect, rest together, and share a grounding experience with someone you love.
- Private Group Sessions: Perfect for small groups, friends, retreats, celebrations, or intentional gatherings.
- Massage and Facials+ Sound at 5th Element Studios in Fenton: A deeply restorative experience where two practitioners work on you at the same time through massage and sound to support deep relaxation and nervous system reset.

I also host upcoming group sound sessions throughout the month for those looking to experience the power of sound in community. Be on the lookout for new and fun spaces I'll be bringing sound to around the Festus area. Next Group Session is Sunday June 7th at Nova Collective Wellness and Spa on the Hill in St. Louis.

And for those wanting continued encouragement and connection, Faith and Frequency is also a faith-led monthly subscription created to help us grow closer to Christ together as a community through encouragement, reflection, sound, nervous system support, and connection. You can learn more, explore upcoming sessions, or book directly through my website: www.VibrationalPatterns.com

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