



March 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

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

Thursday, & Friday, 9am-5pm; Saturdays 9am-noon. **CLOSED** Sundays & Mondays

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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.**

**Mark your calendar!**



**Join us at the annual DeSoto Home Show, Saturday, April 4, from 9am-3pm, in the DeSoto High School gym.**

Happy St. Patty's Day! Erin go brogh!

First, an update on Annie Kitty. As I write this, she is still doing quite well on herbs for her kidneys, liver, and intestines. Dr. Oden and I ran an LSA scan on Annie to determine more exactly what her body needs to heal. She plays like a kitten with her adopted sister Autumn Kitty.

Remember that I can arrange for customers to have the LSA (limbic stress assessment) scan by appointment. You'll have results about five minutes after the scan is complete. The LSA scans the body for up to 1400 imbalances, bacteria, viruses, toxins, and more. Talk to Nan to set up your appointment. Spring is a fine time to do an LSA, as it may help identify toxins left from winter. Start spring fresh by doing an LSA! For more information about the LSA scan, go to <https://www.zyto.com/learning/zyto-bioscan>

Next, I'm excited that SPRING is nearly here! I adore the green leaves, my lilac bush in bloom, and my irises showing their big yellow, blue, rust, and purple flowers. Their scents are lovely on my walks in the mornings. We may be in for one more big, wet snow day before SPRING ARRIVES.

However, Spring also brings with it pollen, mold, and fungi—sneezy, itchy, stuffy noses and eyes. (Do you know that cedar pollen carries a fungus that can make your eyes and nose itch like crazy?) It's like yin and yang—gotta take the beauty of Spring with the not so good--allergies. Wholistic measures may help to prevent or moderate Spring-time troubles, so in this issue, I will offer tips to begin NOW before trouble starts, as well as some tips on how you may use natural products to help deal with the ickies of Spring.



## Prepare for Spring

✓ Continue taking **probiotics or eating fermented foods** and drinks like kefir (water or milk), kombucha, sauerkraut, and kimchi. Our digestive system plays a huge role in our immunity, so building a large store of healthy bacteria will help keep your immunity strong. If you prefer, I carry a variety of probiotics in capsules or powder. Brenda Watson's Vital Flora products have become our best selling probiotics! When investing in a good quality probiotic, look for a high dose and wide variety of flora. Vital Flora also offers products specifically for men and women. And don't forget your pets! Vital Planet offers probiotics for pets (available at Natural Health and Home).

If you are a DIYer, making your own fermented veggies is simple and inexpensive. Use organic veggies if possible, Celtic or Himalayan salt, and a quart glass jar. Directions are available online, and *Delicious Living Magazine*—January 2020 (available at Natural Health and Home) offers recipes both in print and online. I have starter kits at Natural Health and Home.

✓ Another important point in preparing for Spring “cleaning” of your body is WATER. Drink **distilled water** whenever possible as it is the purest water available. Distilled water is a neutral pH, and because it doesn't have any minerals, it hydrates more perfectly than purified or well water. Bathe your insides every day with plenty of water!

Why distilled water? Distilled water is not filtered; it is made from steam, so it has no chemicals or toxins (unless you consistently buy gallons in plastic). Invest in an American made water distiller (available online) or via monthly home or business delivery by Absopure distilled water. Their older bottles are NOT BPA free, but their new bottles are BPA free. Their products are available at some stores, as well.

<https://www.absopure.com/product/absopure-steam-distilled-water/> They deliver to homes and businesses.

✓ Greens foods and their juices are very cleansing and nourishing, so include plenty of dark green veggies in your daily nutrition plan. Chlorophyll has a long list of benefits. Chlorophyll is what makes green food green. Chlorophyll is sometimes called the **internal deodorant** because of its cleansing action. It is also known as the **oral blood transfusion** because its cells are a near perfect match for our red blood cells. It also helps regulate blood sugar levels. (Be aware that some prescription medications prevent ingesting greens. Check with your pharmacist if you are taking medications before increasing chlorophyll intake.)

Dr. Bernard Jensen, DC, reminds us that chlorophyll is the life force of the plant, adding “When you are green inside, you are CLEAN inside.” Dr. Christopher says chlorophyll is the “life blood” of the plant. It is what our bodies need to cleanse and be nourished each day. Dr. Jensen lists over 30 benefits of ingesting chlorophyll from foods or from a chlorophyll supplement (105). (Jensen, *The Healing Power of Chlorophyll from Plant Life*, 1973)

At Natural Health and Home, you may invest in a variety of greens products in capsule, tablet, liquid, or powder forms. (I even give a few drops of the liquid to Annie Kitty!)

## Cleansing and Fasting

✓ Dr. Christopher recommends a monthly three-day juice fast year round using specific juices and herbs to cleanse and support the various organs of the body. Freshly juiced vegetables and fruits are best, but if they are not available due to your lifestyle, organic bottled juices will do. His booklet *The Three Day Cleansing Fast* gives specific details to successfully cleanse each month. (available at Natural Health and Home). Some other holistic practitioners recommend a two week cleanse with the change of each season.

✓ In classes through Bernadine Naturopathic University, we learned to do a weekly one-day juice fast using one juice for the day: concord grape, pineapple, apple, or lemonade sweetened with pure maple syrup and some cayenne pepper. The lemonade cleanse is also called The Master Cleanse. Some people stay on this cleanse for up to two weeks and say they feel terrific! Fresh squeezed lemon juice cleanses every part of the body when used correctly. Each juice provides its own benefits: grape helps cleanse the blood and liver, pineapple or anything yellow aids the colon and digestive system, apple helps the gall bladder, and lemons help cleanse the entire body.

- ✓ Herbal cleansing kits are available at health food stores. Most last for two to three weeks, depending on the product. In addition to using the herbs, a person must drink an appropriate amount of distilled water, avoid toxic foods (pork, bottom feeding fish, anything artificial or processed, caffeine) and focus on fresh raw or lightly steamed vegetables and some fruits. Herb teas may also be added to the plan.
- ✓ Include plant fiber in your cleansing plan and in every day nutrition. Oat bran has been used for years to help lower cholesterol, and wheat bran, oat bran, rice bran, psyllium, flax and other seeds are all helpful in keeping the bowels clean. Dr. Paul Patchem, N.D., likened wheat bran to a scrub brush scrubbing the colon of accumulated mucous and dirt. Add fiber to your smoothies, yogurt, breakfast cereals, baked goods, and even meat loaf or burgers. (See The Bran Plan Diet, by Oliver Alabster, MD, and Janis Jibrin, RD, 1993)
- ✓ In addition to herbs and foods, dry brushing the skin at least a couple of times a week, jumping on a mini-trampoline (if you are able to do so), massage, or using a sauna helps the body to cleanse itself. Always drink enough water to flush out toxins after exercising, massage, and sauna.

Stop by Natural Health and Home to check out the variety of greens products and information to start Spring clean!

**Did you Know?** (from *Cancer: Step Outside the Box*. See The Truth about Cancer website)

Did you know that according to a 2004 report authored by multiple medical doctors (entitled “Death by Medicine”), the total number of deaths caused by conventional medicine is an astounding **783,936** per year?

In other words, more people in the USA die **EACH YEAR** from “iatrogenic” (i.e. doctor induced) causes than died the **ENTIRE** Civil War!

Even the mainstream media outlets are reporting that “medical mistakes” are one of the top 3 causes of death in the USA.

Sadly, back in 1996, when Dad was diagnosed with cancer, the initial prognosis was that he would have 2 years to live without chemo. They removed 75% of his stomach, and after 19 blood transfusions, they just couldn’t stop the bleeding, and he died in 25 days.

While his death certificate indicated “*adenocarcinoma*” as the cause of death, the **actual** cause of death was clearly a botched surgery. Dad’s death was iatrogenic.

A recent study of chemotherapy indicated that it actually induces cancer stem cells. In other words, it can cause cancer to proliferate faster! The truth is that if you have cancer, you **do** have viable treatment options other than chemo, radiation, and surgery! And despite the fact that Big Tech giants are attempting to silence and censor “natural health” information, we still have freedom of speech as enumerated in the 1st amendment.

In the words our 1st President, George Washington: “*If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter.*”

(In the book, the authors tell the following information:)

- (An) alternative doctor with the 93% cure rate, based on his 32,507 cancer patients! Beats conventional medicine’s cancer cure rate of 2 percent.
- Treasured in Indian cuisine for thousands of years, (tumeric) is shown to reverse growth in human breast cancer cells by 98%.
- JFK’s personal physician cured his own cancer with a natural cure that you can easily make on your stove.
- Letting the fox into the henhouse: How conventional cancer doctors almost guarantee their stage-four patients will die.

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