



March 2021 edition Nan's Natural Health

Wake Up to Natural Health & A Better You!
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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.**



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Hello Wellness Warriors!

It's time for a little fun! March 17 is St. Patty's Day—and we all celebrate our Irish immigrants to the U.S. Certainly, the Irish were instrumental in building this nation. In fact, South St. Louis City had a large Irish community in the 1800s. Historian David March called St. Louis “the chief Irish community in the United States.” According to Fr. William Barnaby Faherty in his book *The St. Louis Irish: An Unmatched Celtic Community*:

By 1850 the city had a population of 77,860, but by 1860 that number had more than doubled to 160,773—with Irish immigrants accounting for nearly 20 percent. Though most of them were unaccustomed to city living and had few urban skills, they brought energy, resourcefulness, a willingness to learn, and—unique among immigrants of the time—they spoke English. Many established themselves in manufacturing and merchandising, as well as working at sawmills, railroads, and refineries. Some even prospered financially, such as John Mullanphy, who built his fortune through merchandising and real estate—and shared his wealth with local churches and the poor.
mohistory.org/blog/how-the-irish-found-gold-in-st-louis/

Here's another bit of Irish fun: *Erin go Bragh* is an Anglicization of *Éire go Brách*, among other forms, literally meaning “Ireland till the end of time” in the Irish language. The phrase was apparently first recorded during the Irish Rebellion of 1798. It was on a flag brandished by the

United Irishmen to voice a rallying cry for Irish independence from Britain.
(dictionary.com/e/slang/Erin-go-bragh)

So kiss your favorite Irish lad or lass, wear green, eat some corned beef, cabbage, and potatoes, and join the Irish in celebrating their special day!



NEW! Dr. Cass Ingram's newest booklet *How to Survive Forced Vaccinations* is now available at Natural Health and Home. Reserve your copy while they are in stock.

Also, TTAV has a list of supplements which may help neutralize the damage from the mRNA injections. Go to <https://thetruthaboutvaccines.com/stop-damage-mrna-vaccines/>

Covid-19 Injections and Your Health

One of my long-time customers told me an experience of one of her friends who is a surgeon. He refused the covid-19 injection twice at the hospital where he worked. The third time he was approached about getting it, his contract was threatened—no injection, no job. So he took the shot. Just as we've been hearing, the second jab caused an adverse reaction—numbness in his hands and arms as well as apparent mental effects; he couldn't tell if he had numbness or dry skin. At the time I am writing this, we don't know if the "damage" to his neurological system is temporary, permanent, or might go away, then recur at a later time.

In order to make the best decisions in life, we must refer to the best information available. We must make informed decisions. Politicians, the media "news" hounds, and others who have a financial interest in making a profit (that includes medical doctors) off the uninformed are NOT the ones to listen to for accurate information. The media representatives will never say anything to upset their advertisers who ultimately pay the media salaries.

I've been doing a lot of research on what is being called a "covid vaccine." I completed an 18 hour webinar on current science, medicine, and law around covid and the vaccine. Some doctors and scientists say what is being given is not truly a "vaccine" but an "mRNA transfection". The first injection apparently "sets up" the body for a possible cytokine storm when you get the second injection, causing a number of potential adverse reactions, including death. I have listed below several helpful sources of information for your consideration.

✓ VAERS (vaccine adverse event reporting system: vaers.hhs.gov. This CDC website shows thirty pages of potential adverse reactions to the injection material.
www.cdc.gov/vaccinesafety/pdf/VAERS-COVID19-SOP-4-Dec-2020-508.pdf)

✓ Two other sites for excellent information about vaccines, vaccine safety, and more is NVIC.org, the National Vaccine Information Center and Vaccine Information Coalition (vacinfo.org)

✓ <https://medalerts.org/vaersdb/findfield.php?TABLE=ON&GROUP1=AGE&EVENTS=ON&VAX=COVID19&VAXTYPES=COVID-19>.

- ✓ Robert F. Kennedy, Jr.'s, www.childrenshealthdefense.org. Sign up for email updates via "The Defender" on his website.
- ✓ Also check with your chiropractor, as most stay well informed about vaccines, medications, and possible adverse effects to watch for. Don't have a chiro yet? See page 4 of this newsletter!

Have you Tried Black Seed Oil?

I've been reading another booklet by Dr. Cass Ingram—this one on black seed and its oil. Black seed, or *Nigella sativa*, is in the buttercup family of plants and has been used medicinally for generations, especially in countries that maintain high temperatures, such as Egypt, Ehtiopia, Saudi Arabia, India, and others. Ancient religious and medical texts indicate it was widely used for health and beauty. The Prophet Muhammed (7th century) stated, "Make use of black seed (because) it is a cure for every disease except death."

Ancient documents show that the Egyptian queens Nefertiti and Cleopatra used black seed oil on their skin, hair, and nails to maintain their beauty and health.

Not only herbalists, but now scientists, researchers, and natural health proponents tell us about the value of black seeds and their oils for a number of health conditions and simply to help maintain optimal health. Studies indicate it may help in the following ways:


- lower blood pressure
- reduce asthma symptoms
- blood sugar lowering agent
- reduce blood fat levels and modulate themselves to improve symptoms of chemical warfare
- reduce viral load in hepatitis infections
- reduce seizure frequency in epilepsy patients
- improve brain wave function
- reduce rheumatoid arthritis pain
- protects cells from aging
- regenerates human cells, including nerve, cardiac, pancreatic, and skin.
- And many more

As with any herb, black seed may be mixed with other herbs for their synergistic effects. For example, when blended with fennel, the blend stimulates liver function. When blended with rosemary, the blend may aid brain function, helping to prevent age-related degeneration, according to Dr. Ingram.

The seeds taste bitter, but adding them to smoothies, honey, yacon syrup, or prepared foods helps disguise the flavor. Of course, the seeds and oil may be purchased in capsules form either plain or blended with other herbs or herbal oils.

Dr. Ingram's booklet includes case studies as well as a reference guide of twenty-four conditions and a list of forty-eight total conditions which may benefit from taking or using the seeds and/or oil. The booklet includes references.

Black seed oil and Dr. Ingram's books are available at Natural Health and Home. He has authored a number of books and booklets on natural health, so if I don't have one you are looking for in stock, I can order it for you. He does not sell his products on Amazon.

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<p>HEALING HANDS CHIROPRACTIC Drs. Charmin and Ryan Gans 1185 Scenic Dr. Suite 141, Herculaneum, MO (located behind Cracker Barrel in Herculaneum) (636) 479-6700</p> <p>New Patient Exam Only \$27</p> <p>Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with the Doctor. Also certified in children's chiropractic care. Natural Fertility & Acupuncture Treatments!</p> <p><i>Expires March 31, 2021</i></p>	<p>Functional Medicine and Hands-on Healing You Can Afford!</p> <p>Functional medicine is cutting-edge medicine—and it's right here in Jefferson County.</p> <table border="0"> <tr> <td>chronic pain</td> <td>detox</td> <td>weight loss</td> </tr> <tr> <td>chronic illness</td> <td>allergies</td> <td>sleep problems</td> </tr> <tr> <td>fatigue</td> <td>headache</td> <td>gut problems</td> </tr> <tr> <td>fibromyalgia</td> <td colspan="2">and many others</td> </tr> </table> <p>Sue Overkamp, DO osteopathic family medicine (medical doctor trained in adjusting), herbs, nutrition, acupuncture</p> <p>524 Bailey Road, Crystal City, MO Call 914-357-5681 any time or 636-638-1808 Wed, Thur, Fri</p>	chronic pain	detox	weight loss	chronic illness	allergies	sleep problems	fatigue	headache	gut problems	fibromyalgia	and many others	
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	<p>Healthy Mouth-Healthy Body-Healthy Life Discover the benefits of Biological Dentistry</p> <p>Michael G. Rehme, DDS, NMD Biological Dentistry and Nutritional Therapy 2821 North Ballas Rd., Suite 245 St. Louis, Missouri 63131 a healthy choice for dental care 314-997-2550 mgrehme@toothbody.com</p>												

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