

March 2024 edition

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Nan's Natural Health

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Hours: OPEN Tuesday and Wednesday, 10am-6pm
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CLOSED Sundays, Mondays, & major holidays

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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.



Calendar

Sunday, March 10: Begin Daylight Savings. Move your clocks forward an hour—Spring forward in Spring!

Sunday, March 17: St Patrick's Day

Sunday, March 31: Easter

Monday, April 1: Kombucha class at Daily Flavors. Daily-Flavors.com to learn more.

Saturday, April 6: Desoto Home Show at the Desoto Senior High School, 9a.m.-3p.m. **The store will be closed for the day. I will be at the Home Show!**

Holiday Fun

This March brings us two holidays—St. Patrick's Day (Sunday, March 17) and Easter (Sunday, March 31). St. Patrick's Day is more than just a time to greet friends with a cheery *Erin Go Bragh* (Ireland for eternity), eating corned beef and cabbage, and wearing a shamrock.

In the fifth century, St. Patrick brought Christianity to Ireland and banished snakes (a symbol of idols and idol worship) from the island. However, Ireland has never been home to snakes. St. Patrick died on March 17, 460, and became Ireland's patron saint. So we honor his life on the day of his death.

The shamrock was a symbol of spring and the renewal of life among the Celts. Years later, when England attempted to subdue or even eradicate Irish culture, language, and Catholicism, the Irish wore the shamrock as a symbol of Irish nationalism.

Finally, while cabbage was popular in Ireland, the Irish ate bacon, not corned beef. The New York Irish substituted corned beef in the early 20th century when bacon was expensive. Corned beef has Jewish origins.

<https://www.history.com/topics/st-patricks-day/who-was-saint-patrick>

<https://www.history.com/topics/st-patricks-day/st-patricks-day-symbols-and-traditions>

March Winds and April Showers Mean Spring Allergy Season!

We seem to live in America's allergy capitol with pollen, mold, dust, and fungi tickling our noses, making our eyes itch, and bringing all sorts of reactions. Make sure you stock up on all the natural remedies before allergy season begins!

Homeopathic products often work very quickly, if you know what allergen is pestering you. I stock BioAllers and Newton brand products, such as Mold, Yeast, Dust; Poison Ivy; Pet Dander; Tree pollen ; and Pollen/Hay fever formulas. Sometimes I can get their Cedar tree formula, but it's hard to get. With the FDA trying again to take homeopathic products off the shelves, these items may be hard to get when we need them the most, so get them while I can stock them. The poison ivy formula is very popular in spring and summer. Some people begin taking this formula BEFORE the season starts to build a resistance to poison ivy/oak.

St. George Nano Silver is another popular product for seasonal allergies as well as infections. Be aware that when cedar trees pollinate heavily, it may cause itchy eyes and noses. But a spritz of nano silver once or twice a day fixes that problem. You see, cedar pollen carries a fungus which can cause itching. Silver kills fungus! It can be sprayed in the eyes, nose, or anywhere you have an itchy reaction.

Dr. Christopher's ImmuCalm or Bell's Histamine Balance capsules may be helpful to calm allergic reactions. One customer whose young grandchildren struggle with seasonal allergies breaks open a capsule of the Bell product and adds half a capsule to apple sauce or a bit of juice. She has reported excellent results.

Remember to keep a bottle of **lavender oil** or a blend of **lavender and peppermint oils** handy to either sniff, diffuse, or dab behind the ears. Customers who've done this say they often feel relief from nasal discomfort.

If you like to drink herbal teas, consider nettle or fenugreek tea, or blends such as Traditional Herbs' **Breathe Easy**. Pick up your box at Natural Health and Home!

How to Know if You are in Menopause

Dr. Mark Schopp, Contributing Author

One of the most common questions we get in the office is, "How I know when I am in menopause? Am I just hot? Why am I sweating at night? Why is my Libido flat?"

The ovaries will secrete many hormones throughout a female's life. When getting closer to menopause, they stop being as efficient, and hormone production decreases. When this happens it is the Adrenal Glands that start to increase hormone production through the Adrenal Cortical Pathway. Having a considerable amount of stress makes it more difficult and hormones become more out of balance.

Perimenopause begins on average 4 years before the final menstrual period. When a woman reaches menopause, her menstrual periods have completely stopped. Here is a list of some symptoms a woman will experience during menopause:

1. Why can't I lose weight? The hypothalamus of the brain needs to be satisfied every day. The four things that satisfy it are sleep, exercise, sex, and food. At the time of menopause, many females start not sleeping as well due to hot flashes and night sweats. At that point they don't

want to exercise anymore so only two other things can satisfy the hypothalamus. Those are sex and food. Because of lack of sleep and exercise, the sex drive goes down and the only thing that satisfies the health is food. So, whether a woman realizes it or not, she consumes more food to satisfy the Hypothalamus. A good weight loss program must address the hypothalamus and reset it. Then the weight can start coming off.

2. Hot flashes and night sweats as mentioned above are common. These are usually because of the pituitary and ovary relationship. Sometimes just a little iodine can help ,but many women must just get hormones balanced. Thankfully there are many natural alternatives. DUTCH testing is very helpful to make determinations and reduce the need for a lot of supplements.

3. Libido will many times decrease in a menopausal female. A lot of times the female develops vaginal dryness also. Vaginal dryness is an easy fix. Giving more estrogen doesn't really help a lot. Giving the proper nutrition in fixing the estrogen receptors in the vaginal tract will improve the situation.

4. Many women have an increase in urinary tract infections and urination. This again can be easy to control. Urinary tract infections are helped if a woman takes a tablespoon of Braggs Organic Apple Cider vinegar in water once a day for maintenance. This makes the urinary tract slicker, and the bacteria can't cling on to it. If this does not work, other natural methods are available. If a woman develops urinary incontinence this is usually a tone problem which can be helped nutritionally.

5. Menopause can also cause hair to be thinner and there can be development of hair on the face. Balancing the hormones out helps this problem. This can be achieved as mentioned above by DUTCH testing.

6. Sleep issues are very common. According to the National Sleep Foundation, about 60% of post-menopausal women will report symptoms of insomnia. How to address this depends what time someone is waking up and can't get back to sleep. This also can be helped by simple nutritional methods. When you mix the inability to sleep with the hot flashes and night sweats this can cause a woman to be struggling day after day.

Natural treatment is always best. Most cases can be helped simple natural hormonal protocols. Taking hormonal replacement should always be cautioned as there could be problems down the road from doing so.

Patriots' Corner

In mid-February, Glenn Beck interviewed Sheriff Richard Jones (Ohio) about the on-going terrorism on American soil. FBI director Christopher Wray warned the sheriffs, ..."there are a number of terror threats leveled against the United States, even more so than were issued in the weeks leading up to the 9/11 terror attacks. Those threats increased significantly, they were told, after the October 7, 2023."

The sheriff further stated, "I was told today China tries to hack our computer system five times a day. Three times a day from Iran and Russia. It's constant."

Jones has taken action to better train his officers in case of attacks in his county and has also developed a class for concerned citizens to be better prepared if or when such an attack may happen. "The agency's Citizens on Patrol program ... enable(s) citizens to help respond to natural disasters and attacks." Jones plans to offer this program online in the future.

<https://lawenforcementtoday.com/butler-county-oh-sheriff-warns-fbi-advised-terror-attack-imminent-ramps-up-training-security-in-his-agency>

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