

March 2026

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

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.

Getting to the Root Cause of Health Concerns

A top priority in natural health is to identify the **ROOT CAUSE** of discomfort or disease, not merely give it a Latin name and take pharmaceutical products (some of which are made of reptile venom and/or contain heavy metals and other poisons) or have one or more surgeries. We don't want to merely treat symptoms. We want to determine the root cause. For example, headaches may be caused by stress, a neck bone slightly out of place, low blood sugar, dehydration, hormone imbalances, allergies, sinusitis, low electrolytes, eye strain, excess vitamin D, constipation—well, you get the point. If you only take pain meds to try to eliminate the pain, you never find out what **CAUSED** the pain!

Natural health practitioners may use a variety of tests—lab tests and various types of scans or other testing—to help determine imbalances or causes of health conditions and concerns. Ask Dr. Mark Schopp about live blood cell testing to see what's floating in your blood—parasites, fungus, and up to 20 little critters! You can see them on the screen! Naturopath Dana in Perryville uses various scans to help get to the root cause.

Remember, too, that all physical health conditions have an emotional component, so addressing blocked emotions may help speed healing. Emotional blockages may be part of the root cause of health concerns. To learn more about emotional release technique, read Dr. Bradley Nelson's book *The Emotion Code*. Talk with Dr. Charmin Gans about emotional release work. It is a real life changer!

Did you Know?

"...the starting material for the chemical synthesis of aspirin is benzene, derived from **petroleum**. This is then converted to phenol which in turn is converted to salicylic **acid** which is then converted to **acetylsalicylic acid** or ASA, which we know as **aspirin**." <https://www.mcgill.ca/oss/article/health/chemistry-lesson-food-babe-and-everyone-else-8-aspirin>

Sunscreen—Safe or Effective? By Dr. Mark Schopp (see ad on p. 4)

Vitamin D is often called the sunshine vitamin. It is actually not a vitamin but a steroid hormone that is obtained from either exposure to the sun, food, or supplementation. When levels are low it is usually easy to get them back up.

Almost every cell in the body has Vitamin D receptors, meaning that almost every cell needs Vitamin D. These include your brain as well as your bones. Unfortunately the so called “experts” fail to realize that Vitamin D deficiency raises your chance of skin cancer and increases your chance of heart disease, osteoporosis, diabetes, prostate and breast cancer.

Over 32000 scientific studies show the benefits of Vitamin D and the benefits of sun exposure. The risk for skin cancer is not from normal exposure of the sun to the skin, but over exposure. It is always important to not sunburn but get sun slowly and build up your time in the sun.

The problem with sun screen is coming more to the forefront. Chemical sunscreen has been shown to increase the risk of cancer. Oxybenzone is present in approximately 70 percent of skin care products. Some manufacturers have changed from Oxybenzone to Azobenzene, but this does not appear to be a safer choice. Some other chemicals that can get into your bloodstream through the skin are listed below. These chemicals can be found in other things that are put on the skin: Octyl methoxycinnamate (OMC), Octyl salicylate, Octisalate, Octocrylene, Homosalate, Parabens, Cinoxate, Octinoxate, Dioxybenzone, Phenylbenzimidazole, Menthyl anthranilate as well as many others. Parabens have been shown in a study in the UK to be present in 95 percent of malignant tissue.

Spray on sunscreens can also cause problems. The FDA has expressed concerns over inhaling those products, especially for children. They issued a warning to parents to avoid spray on products. Titanium dioxide and Zinc Oxide are considered to be the safest in sunscreen if applied to the skin, but not if inhaled they this is a different story. They can irritate the lung tissue, and the finer particles create worse effects. Titanium Dioxide is classified as a carcinogen.

It is always good to measure your Vitamin D levels. I like to see levels to be at least 40. Vitamin D that is too high in the blood stem can cause headaches which are most often not diagnosed properly. If you get in the sun and get a headache excess Vitamin D is quite possibly the problem. Nutritional support to drive the Vitamin D to the skin can be the answer to these headaches.

If you are taking Vitamin D supplements and getting sufficient sun and the levels are not rising, then there is usually a problem converting the Vitamin D in the liver. Proper liver support usually allows the Vitamin D levels to increase in those cases as the liver converts the D and moves it to the kidneys. It ends up going to the gut and to where the body needs it.

Avoiding the sun can be as risky as smoking according to a Swedish study. If you use sunscreen, be aware, Watch the chemicals that cause problems .Among the worst chemicals are oxybenzone, Retinyl palmitate and fragrances. Fragrances are normally very bad for your health and are in many products applied to the skin. They are rated 8 out of 10 as being dangerous on the Environmental Working Group website.

Before you apply the sunscreen get some sun. Screens with zinc oxide that are lotions or creams are the safest. The next best bet is those with titanium oxide. But make sure the product does not contain nanoparticles. This does not include sprays with the same ingredients. Follow these tips:

- ✓ Always consume a lot of fruits and vegetables.
- ✓ When in the sun extended periods, try to get in the shade. You only need so much sun.
- ✓ Also shield your face from the sun.

Always remember the skin is no different than the rest of the body. True healing always comes from within. Diet and exercise are essential. Proper supplementation is a big help. Last year I went to a dermatologist. I had a lesion on my arm. I was pretty sure it was nothing, but decided to check it out any way. She quickly told me it was nothing but she wanted to check all of my skin. She looked over my entire skin and said “what sunscreen do you use.” I said, “I have never put sunscreen on in my life.” She then said, “You are 57 and have absolutely no sun damage at all,” expressing her surprise. Remember, I trained for years in the sun. I have done approximately 200 triathlons, worked when I was young in the sun, and spend time in the sun constantly. But the reason my skin had no damage is diet and whole food supplements on the inside effecting my skin on the outside.

It always pays to take care of yourself. This is why for years my slogan has been: “Reclaim your health, Reclaim your Life.” It is never too late to get on the right road to health.

Supporting The Body Through Light & Gentle Signals, By Tammy Newkirk, LifeWave Brand Partner (see ad p. 4)

For years, I have been passionate about natural wellness — supporting the body in ways that feel simple, gentle, and aligned with how we were designed to function. What drew me to the X39 patch was not hype or bold promises, but the idea of supporting the body without putting anything into it. Ignite what’s already in you!

What Is The X39 Patch? The LifeWave X39 patch is a small, non-transdermal, patch worn on the skin. It contains no drugs, hormones, supplements, or chemicals. Instead, it works through light — reflecting specific wavelengths back into the skin to communicate with the nervous system and support the body’s natural regenerative processes.

Stem Cell, Peptide & Youthful Support: As we age, stem cell activity naturally declines. Supporting the body’s natural stem cell activation pathways plays a role in cellular renewal, tissue repair, and overall vitality. This process also supports the body’s own peptide signaling, including copper peptides associated with skin health, energy, and recovery, allowing these systems to work together in a coordinated way.

Why This Made Sense To Me: The body communicates in more ways than we often realize — not just through chemistry, but through light, energy, and signals. Supporting that cellular communication felt like a more natural holistic and organic place to begin.

My Personal Experience: After beginning X39, I noticed subtle meaningful changes over time. I have more energy, better sleep, a greater sense of balance and my vision improved. I have less inflammation in my body and normal aches and pains with aging decreased.

A Personal Note From My Heart: My husband has lived with spinal stenosis for years. We tried everything, from chiropractic treatments, physical therapy, cortisone shots and leaning towards surgery before we decided to try the patches. Although these treatments helped, they did not take the pain away totally. After using the X39 patch, every day for 12 hours we noticed drastic changes in his comfort, mobility, and overall quality of life. Watching someone you love feel more comfortable and out of pain is powerful, and his testimonial changed my skepticism. This was the turning point for me to share this technology, so that I can help others with their wellness support.

Your Personal Invitation: If you are curious to learn more about this simple, non-invasive patch, I invite you to reach out and see if it feels right for you. We can discuss samples, package options, and if interested business opportunities. Sometimes the smallest daily choices support the biggest long-term goals. Let’s Connect!

Hormones: A Tricky Balancing Act

I spoke with a woman recently who said she seemed to be having symptoms of perimenopause. Her ob/gyn thought she was too young to be starting perimenopause and suggested she use a progesterone supplement to *force* her monthly cycle, but she began feeling some discomfort. Hormones must be properly balanced; imbalances may cause a host of other health problems. She was not the first person to tell me such a story.

We have many hormones in our bodies, and their levels change due to a variety of reasons (stress, medications, and others) of which aging is a major reason. For example, excess progesterone in perimenopausal or post menopausal women relaxes muscles starting in the pelvic area, then moving upwards. I spoke with Elizabeth Vliet, MD, several months ago, and she explained that for women of childbearing age, the body needs more progesterone to prepare a woman to give birth. In older women, the excess relaxes the pelvic area, the intestines (leading to intestinal difficulties) and may even work its way up to the esophagus, causing swallowing difficulties. Don’t play with hormone imbalances! Arrange to have the DUTCH hormone test done before using herbal products which may affect your hormone balance.

Schopp Nutrition and Chiropractic Clinic

"Changing Health With Clinical Nutrition"

Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, Fibromyalgia, Chronic Fatigue, **Male & Female Hormone Imbalances**, Adrenal, Digestive Disorders, **Thyroid**, Personal Injury, **Live Blood Cell Testing**, Brain function evaluation, **Heart Sound Recording**, and More!

NEW! Lipomelt Red Light Slimming and Body Contouring Technology

Dr. Mark Schopp, Chiropractic Physician
Phone: 314-843-WELL (9355)

drschopp3@gmail.com schoppnutritionclinic.com
11144 Tesson Ferry, Suite 201, St. Louis, MO 63123

Hillsboro Chiropractic

Dr. Tammy M. Hansen

B636-789-2400

10814-A Business 21



\$35 Student Physical

\$25 New Patient Consult & Evaluation

\$15 Foot Scan & Report of Findings

Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm & Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics & Sports Injuries.

Expires March 31, 2026

HEALING HANDS CHIROPRACTIC

Pediatric and Family Chiropractors

Drs. Charmin and Ryan Gans

1185 Scenic Dr. Suite 141, Herculaneum, MO
(located behind Cracker Barrel in Herculaneum)

(636) 479-6700

New Patient Exam Only \$47

Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor.

Emotional Release,

Natural Fertility, & Acupuncture Treatments!

Expires March 31, 2026

GOT PAIN??? Try LifeWave X39® Stem Cell Activation Patch

NO DRUGS • NO INJECTIONS • NON-INVASIVE

LifeWave X39 is a patented wellness patch clinically shown to increase the body's production of GHK-Cu, a copper peptide associated with cellular repair and youthful function. Benefits may include •

Activation of healthy stem cells, • Cellular repair and regeneration • Relief from inflammatory discomfort • Wound healing support • Skin, nail, and hair growth • Hormone balance • Improved sleep quality • Brain balance to support mood and emotional well-being

www.lifewave.com / 2513783.

Tammy Newkirk @ 314-221-0968 talk2tammy@gmail.com,
www.trusttammy.com



Kandice Steitz

Sound Practitioner

314-288-5723

HairandHealingLLC@gmail.com

for more information and booking visit:

www.vibrationalpatterns.com

My Pure Water Distillers

1-800-875-5915

or

<https://mypurewater.com/?sld=911>

coupon code NANS

Don't drink contaminated water from your tap or well--

Distilled is the purest water available!



Grace Wellness Studio

Dana Christisen, Naturopath

Ozone Therapies, RBTI testing, HeartQuest EKG, Red light laser therapy, Ion foot bath, and more.

**24 S. Jackson Street, Perryville, MO
573-605-1030**

--	--