

May 2022 edition

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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.



Happy Mother's Day!

Calendar

May 7: Patriot Event at Rockin' J Ranch! Food, music, speakers, fun! 6722 Bridle Trail Ln, High Ridge, MO 63049-2061. Check their facebook page for details.

May 8: Mother's Day. Invest in Mom's health with a gift certificate to Natural Health and Home! Mom's love these thoughtful gift certificates. And add a special package of her favorite chocolate or herb tea from Natural Health and Home for a special treat!

In the News

Of all places to limit supplements, California's Assembly passed legislation this past January to place age restrictions on who can purchase supplements. The big news is that MISSOURI is also considering such legislation, as well as New York, New Jersey, and Massachusetts. Once again, we must put on our patriot pants and tell our Missouri legislators NO!

If you are working with Jeff Co Patriots, We the People of Jefferson County, or the John Birch Society, please pass the word to members. This sounds like another step to take away our freedoms and rights! Pharmaceutical companies and politicians have tried for years (sometimes succeeding) to limit or eliminate supplement availability. **TAKE ACTION NOW!**

Cov!d, Remdesivir, and SNAKE VENOM?

If you haven't yet seen the interview Stew Peters did with Dr. Bryon Ardis titled *Watch the Water*, please go online and watch it. Dr. Ardis, a retired chiropractor, began doing research into covid, Remdesivir, and cobra snake venom. He revealed some very interesting apparent links.

<https://rumble.com/v10mnew-live-world-premiere-watch-the-water.html>

The interview may also be found on NaturalNews.com.

Summer First Aid

Are you ready for bug bites, poison ivy, sunburns, scrapes, scratches, and other boo boos? Check your first aid kit now and stock up on some summer essentials! (For severe wounds or conditions of any sort, see a medical specialist, urgent care facility, or emergency room.)

- ✓ For minor burns and sunburns, keep **aloe gel** handy. If you're "an oiler," have lavender and peppermint oils handy. Be sure to dilute them before use. Some "old timers" suggest putting **apple cider vinegar** into a cool bath and soaking in it to help relieve the sunburn.
- ✓ To help prevent sunburn, check you **saliva pH**. People who are more acid tend to burn more easily than people who maintain a more alkaline pH. Remember that sugars create acid, so avoid sugars and carbohydrates, as they acidify the body. Get pH test stripes at Natural Health and Home.
- ✓ **Dr. Christopher's homemade burn salve** is good to have on hand, as well. Add raw honey to Complete Tissue and Bone ointment. Dress the area with fresh dandelion or plantain leaves. For more complete details, go to https://herballegacy.com/Treating_Burns.html
- ✓ To help prevent some bug bites, **citronella or catnip oils** are often helpful. Remember to dilute it with a carrier oil before applying to skin, or mix it with water and a bit of vodka in a spray bottle to spritz on socks, slacks, and shirts. You might want to apply a small amount on an inconspicuous place on the clothing in case it fades the colors. Try diffusing the oils to discourage insects in your home or on your patio.
- ✓ NOW brand essential oils and Dr. Christopher's each has essential oil blends to help prevent bug bites. They are available at Natural Health and Home.
- ✓ Some local field workers have advised me that **Dr. Bronner's lavender bar soap works** for them to help repel bugs as they tromp through weeds. They have tried other brands, but Bronner's seems to work the best for them. It's in stock at Natural Health and Home!
- ✓ Herbalists and homesteaders will love-love-love knowing that **dandelion and plantain** leaves are terrific to use as bandages or poultices for scrapes, scratches, most bug bites (not sweat bees—try undiluted peppermint oil instead), and poisonous plants. I crunch up the fresh leaves (or give them a quick chew), then apply to wasp stings for quick relief. The juice from the leaves is said to neutralize poisons from poison ivy and oak.
- ✓ Historically, herbalists have used **basil** poultices to neutralize poisons from most poisonous spiders and snakes. Today, we may use a good quality basil essential oil on the wound.
- ✓ Poison Ivy and Oak: I carry homeopathic products which some people begin using early in the season to help prevent reactions to these plants. Otherwise, taking the oral products often helps relieve the itch. **Jewelweed** soap or spray is another helpful herb to help control the itching.
- ✓ Keep a bottle of **charcoal capsules** or powder handy for digestive troubles or to help when afflicted by mold and other toxins. This website offers some interesting uses for charcoal:
<https://www.survivalsullivan.com/activated-charcoal-uses/>

Make sure to have a first aid kit with you when you travel. Gear it to your personal needs. Campers and outdoorsy folks will put together one set of items, while other travelers will need their own unique kit.

Summer and Pet Health

Do your pets suffer from fleas in warm weather? Be careful about using the chemical sprays, powders, collars, and injections! Read carefully any warnings about liver damage or other adverse reactions.

First, make sure your pet(s) eats a natural, raw diet. I make my cats' food based on Dr. Richard Pitcairn's recipes (slightly modified for my kitties' tastes), but not everyone is in a position to do that. Several companies now sell frozen or freeze dried pet foods that are cleaner than dry or canned foods which lack enzymes.

Next, consider adding a small amount of Brewer's Yeast to your pets' food. Be aware that not all cats tolerate Brewer's Yeast. I've had some cats who have eaten a bowl of it if I'd have let them, while one of my current kitties throws up when she eats it. Most dogs tend to be more tolerant of it.

Brewer's Yeast powder can be used as a topical flea powder, as well. When Annabelle Kitty arrived at my house as a tiny kitten, she was loaded with fleas. After three warm baths with Dr. Bronner's unscented bar soap, and after she was thoroughly dry, I sprinkled a small amount of Brewer's Yeast powder onto her skin around her neck, on her belly, under her arms and legs, and at the base of her tail. Well, Annie is now nine years old, and she hasn't had a flea since! And she does go outside!

If you plan to use any essential oils on or around pets, it's wise to first check the *Essential Oil Animal Desk Reference* (published by Life Science). Some pets (like cats) are more sensitive to the smells and the potency of essential oils. The oils must be highly diluted and used near the animal's tail instead of near their heads and faces. Young Living offers oils specifically blended for pets. If you are not a member of Young Living, I can order the products you'd like, or you may join Young Living!

Patriots' Corner

I've been researching what has happened and continues to happen in many "mainstream" churches. What I've discovered is shocking-- many such churches are now part of the United Nations (UN) and their affiliated organizations (WHO, UNICEF, and others). They are openly pushing the communist/Marxist UN Agenda 2030, sustainable development, and the 17 points of ethics (which seem like a replacement for the Ten Commandments). I found some information on the UN's website; other information came from various church organization public affairs/news offices.

The John Birch Society conducted an interview with Trevor Loudon recently revealing how Marxism has been and is "poisoning" many churches. Last October, I'd heard Lt Col Matt Lohmeier (US Space Force commander) speak, and I read his book about Marxism destroying our military. I wasn't completely surprised to learn that Marxism is also infecting our churches. Yet I did feel greatly let down. The very core of our national heritage is God and freedom. These are the two things that have made this country what it is. The bottom line is we must as a nation return to those core principles in order to defeat the evil among us now. We've been silent far too long!

<https://thenewamerican.com/marxism-is-poisoning-americas-evangelical-churches/>

The interview led me to a movie Mr. Loudon took part in: *The Enemies within the Church*. The movie runs about 2 hours and is available to watch online (\$12, which includes about 20 additional interviews with experts in related fields), or on DVD (\$15, as I recall). Some of the information nearly took my breath away, as it covers the money trail, terrorist connections, and much more. As of this writing, I still haven't finished watching all the additional interviews—that will keep me busy for months! It's quite an education. I highly recommend watching the Loudon interview and movie trailer at the very least. The full movie is worth the price!

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