

May 2023 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.

May 14, Mother's Day: Remember Mom's gift certificate from Natural Health and Home! Or select something special for her special day!

May 29, Memorial Day: Remember our veterans and their families today.

June 12-19: VACATION! The shop will be closed this week, so shop before I leave.



In the News

During COV'd, we learned about mRNA (messenger RNA) in "the shots" Recently, several reports of mRNA in livestock vaccines, specifically in pork. According to Dr. Joseph Mercola, mRNA vaccines for swine have been used since 2018. However, Mercola notes that the first RNA "vaccine" for livestock was licensed in 2012.

In an online interview with host Naomi Wolf, Thomas Renz reported that the Missouri legislature is examining HB1169 which, if passed, would accomplish three things:

1. require labeling and disclosure on all mRNA/RNA affected foods
2. require the manufacturer of the shots to answer all questions regarding possible risks
3. require informed consent to customers

A public hearing was held on March 22, 2023 on this bill. For information, go to <https://house.mo.gov/billtracking/bills231/sumpdf/HB1169L.pdf>

Contact your state representative immediately to let him/her know your thoughts on this bill. If this bill passes, it will be a first in the nation and may affect the entire country for food labels.

Introducing Toney Dunaway, Naturopathic Doctor

Imagine knowing the hospital staff better than you know your own teachers. Imagine having your own ER room waiting for you. Imagine having the state tell your parents that if you continue spending so much time in the hospital, the state will step in and take custody of you.

These are all true.

Of me.

I battled chronic asthma, chronic allergy, chronic brain fog, chronic lethargy, chronic depression. The chronic asthma & allergy were treated with pharmaceuticals. Nothing else was. The pharmaceuticals actually made my asthma & allergies worse. I had to carry multiple medications with me just to 'manage' my chronic illnesses. The doctors wanted me to limit my physical exercising, as well.

As it turns out, EVERY instruction given to me by the well-meaning pharmaceuticals doctors.... was backwards. Every one of them further destroyed my health.

Today I use zero pharmaceuticals. I have an active life. I get more tasks accomplished than I ever have. And I'm half a century old!

We can help YOU accomplish this, also.

I have years of experience as a highly accomplished, 40 hour per week personal trainer. I have years of experience with a Master's in Nutrition. And now I can top all of those milestones: I am a Naturopathic Doctor, journeying further for my PhD.

Dr. Toney Dunaway, ND
6521 NW Office Center, House Springs, MO 63051
636-495-6045
www.justsimplyholistic.com

New Products

Indian Creek Hives pure honey from McNeely Beekeeping in Jackson, Missouri. \$11.99/pint jar and \$21.99/quart jar.

SalSuds by Dr. Bronner—A biodegradable multi-purpose cleaner; may also be used for laundry!

Magnesium L-Threonate

According to Dr. Jeremy Kaslow, this form of magnesium may be able to cross the blood-brain barrier more effectively than other forms of magnesium. "Increasing brain magnesium using magnesium-L-threonate leads to the enhancement of learning abilities, working memory, and short and long-term memory in rats (Neuron.2010;65 (2):165-7.

Dr. Jeremy Kaslow, *Laboratory Interpretation Desk Reference Manual* (San Diego, CA: IFNH, 2019, p. 70-71)

Is Topical Magnesium Beneficial?

Normon Shealy's, MD, studies on topical magnesium revealed a 10 point increase in intracellular magnesium levels when an individual sprayed a solution of magnesium chloride and soaked his/her feet in magnesium chloride 20 minutes per day for a month.

He also noted that DHEA levels increased when a person used topical magnesium chloride.

Epsom salts (magnesium sulfate) may be used instead of the chloride. Use 1-2 cups of the magnesium salts per bath. (Kaslow, p. 71)

Murder by Injection

Last month, I began reading Eustace Mullin's *Murder by Injection: The Story of the Medical Conspiracy Against America*, (Virginia: NCMR. 1993.) Below are a few quotes from his book which you may find ...shocking? --or not.

The chairman of the American Cancer Society, Clarence D. Little, had been named to that post in 1929 by the Rockefellers, longtime associates who had established a laboratory for him at their summer home n Mt. Desert Island. He seemed to have no interest in cancer, spending most of his time as president of the **American Birth Control League, the Euthanasia Society, and the Eugenics Society**, the latter being a pet project of the Harriman family. He admitted that in 1943, the American Cancer Society spent nothing on research.... Under his leadership, the cancer group had been nothing more than a small group of elitists who met occasionally in New York. (p. 89; bold letters added)

Pat McGrady, who served for twenty-five years as science editor of ACS [American Cancer Society], stated:

Medicine has become venal, second only to the law. The ACS slogan, control cancer with a checkup and a check...it's phony, because we are not controlling caner. That slogan is the extent of the ACS scientific, medical and clinical savvy. Nobody in the science and medical departments there is capable of doing real science" (p. 94)

Regarding real research by the ACS:

The National Bureau of Standards reports that half or more of the numerical data published by scientists in articles in the Journal is unusable because there is no evidence that the researcher accurately measured what they though they were measuring.

And another:

On television's *Sixty Minutes* (January 17, 1988), one interviewee stated , "I would think twice before I believe what I read in the medical journals...it is dishonest, fraudulent information" (p. 97).

Mullins argues:

The wholesale fakery in American research is almost entirely due to the pressures of the Rockefeller Medical Monopoly and the drug firms under their control, who routinely present elaborately faked "tests" to the Food and Drug Administration to obtain approval for new products, concealing harmful side effects, which often include liver and kidney damage, or death (p. 97).

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