

May 2024 edition

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## 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](http://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](http://www.NansNaturalHealth.com)

To join **Young Living** or to purchase online, go to [www.youngliving.org](http://www.youngliving.org). Code #985266, 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.



### Calendar

**May 6:** Water Keifer Class at Daily Flavors, 34 East Main Street, Festus. 636 543 0223

**May 13:** Sourdough Class at Daily Flavors. Register at [Daily-Flavors.com](http://Daily-Flavors.com) or call 636 543 0223.

**May 19:** Nourishment! 1:30-4:30pm at The Common Grounds, Festus. It's time to nourish your soul and unleash your creativity in a supportive space crafted exclusively for women. Join us for a transformative journey towards holistic wellness and self-love and let the gentle hum of sound bowl healing and the expressive art therapy guide you towards inner harmony. For more information go to: [www.vibrationalpatterns.com](http://www.vibrationalpatterns.com)

### Mother's Day Gift Ideas

**Mothre's Day** is Sunday, May 12. Moms, grandmas, and aunts have blessed our lives in many ways, teaching, chauffeuring, and caring for us. What is your mom's favorite way to be remembered?

- ◆ A gift certificate or gift card from her favorite local shop may be a fine place to start.
- ◆ Her favorite essential oils or a new diffuser.
- ◆ Spray or dropper bottles for her tinctures.
- ◆ A gift basket of her favorite body and hair care products paired with a gift card for a massage.
- ◆ A gift basket of her favorite healthy snacks, herbals teas, or positively divine CHOCOLATES!
- ◆ A combination of her favorite teas and chocolates and a gift certificate to **Daily Flavors Cafe** in Festus. (See ad page 4).
- ◆ A gift basket of her favorite spices and herbs, paired with some flour, honey, coconut amino marinades, French (Celtic) salt, and quinoa or whole wheat pastas.

Whatever you chose, make Mother's Day special for you and your mom!

## **Prostate Health and Holistic Care**

*by Dr. Mark Schopp, Guest Contributor (see ad on p.4)*

One of the biggest problems we see in men is prostate issues. The prostate is the gland that surrounds the urethra that drains the bladder, and prostate disorders can affect urination and contribute to urinary tract infections. Symptoms related to the prostate can be burning, aching, pain, dribbling on urination, swelling, and problems with ejaculation. Many men have a lot of difficulty urinating and will urinate more at night when the urge wakes them up.

Prostate hypertrophy, prostatitis (inflammation) and prostate cancer are the three main prostate problems. The blood test for prostate is PSA. A high PSA does not necessarily mean a prostate cancer diagnosis but can indicate that. Other factors may be involved. Proper nutrition care can lower the PSA in many cases.

The primary nutrient for the prostate is zinc. A whole food zinc product is great for prostate health. However, zinc cannot be taken long term without adding copper. These are usually available in the same supplement. Creating a balance in the zinc/copper ratio can cause other problems. The zinc copper balance should be 8:1.

When looking at prostate problems it is well to note the main mineral for the testes is selenium. The prostate hardens from the inside out. Because of this, another valuable mineral is calcium. This does not mean that one needs calcium but needs the nutrients that drive calcium to the soft tissues which includes the prostate.

In some cases, we use graminex pollen. This has been shown on ultrasound to decrease fibrosis of the prostate in six months. Also, recent studies at the Institute of Cellular and Molecular Medicine have shown that boron inhibited the proliferation of prostate cancer and breast cancer cells. Boron induces apoptosis in both prostate and breast cancer cells. Apoptosis is normal cell dying. Apoptosis plays a role in cancer prevention.

Bacterial or viral infections, parasites, pesticides, heavy metal, and dental toxicities can contribute to inflammation of the prostate. There's also much evidence that milk could be bad for the prostate. Countries that have more milk consumption have a higher incidence of prostate cancer. It seems that the dairy suppresses the synthesis of vitamin D 3 that helps to inhibit prostate cancer.

In addition, many other supplements including herbs can be used for prostate relief. Some will prevent some of the testosterone from converting to DHT. Research indicates the enlargement of the prostate can be due to an imbalance of DHT. DHT can stimulate abnormal cell growth in the prostate and is a stronger and more potent testosterone.

Men who have difficulty urinating or pain and discomfort can benefit from prostate massage. The prostate channels run from superior to inferior and lateral to medial. Prostate massage helps to drain the prostate if done with the direction of these channels in mind. We have seen some men overnight increase urination when they were struggling.

When it comes to prostate care, it is a mixed bag of tricks. It depends on the patient and what the problem is in determining how to proceed when it comes to nutritional care.

## Tips for Natural Ticks and Flea Repellants

Argh! My Norweigan Forest Cat, Ari (who has extremely long fur), has already been plagued with ticks. He loves prowling the woods in back of my house. It's time to implement some repellent tactics for our pets.

*\*WARNING! Cats are very sensitive to essential oils, so we must take special care when using essential oils on or around cats. I refer to the **Essential Oils Animal Desk Reference** from Life Science Publishers before using oils on my cats. I would do the same for any animal.*

- Keep a bottle of St. George Nano Silver on hand to spritz or dab on the animal before and after removing a tick. (Do this for people, too!)
- Dogs and some cats like a sprinkle of Brewer's Yeast on their food or in tablet form as a treat. Brewer's Yeast helps prevent fleas. Brewer's Yeast can also be used as flea powder on the animal's skin.
- Diatomaceous earth powder sprinkled onto the pet's skin and on bedding, carpets, etc.
- Bathe dogs or larger animals with pine tar soap to help repel bugs. I wouldn't use this on cats. Lavaggio pet shampoo or Young Living's Animal Scents shampoo is also recommended for pets.
- Young Living's Purification essential oil blend—DILUTE!
- NOW's Flea and Tick Spray for pets (#4307)

These products are available at Natural Health and Hone, Inc.

Also check out Dr. Melissa Sheldon's website [oilyvet.com](http://oilyvet.com) or [animaleo.info](http://animaleo.info). and **Dr. Pitcairn's *Natural Health Dogs and Cats*** or his website.

### Patriot's Corner

George Santayana said, "Those who ignore the lesson of the past, will be doomed to repeat it" (1905). Learning history from autobiographies and biographies, from personal letters or journals, from literature of the particular time in which they are written—these show us the real history, as opposed to the academic textbooks which usually present a limited, crafted narrative to suit a particular social and political end.

I offer you now a quote from Benjamin Franklin, a brilliant, self-educated scientist, scholar, inventor, businessman, author, and ambassador:

There is scarce a king in a hundred who would not, if he could, follow the example of Pharaoh—get first all the people's money, then all their lands, and then make them and their children servants forever....there is a natural inclination in mankind to kingly government. (Skousen 69)

In W. Cleon Skousen's *The 5000 Year Leap*, the author discusses the 28 basic principles the Founding Fathers used to write the Constitution as well as its origins in Anglo-Saxon Common Law (12-16). The book includes many quotes from historic writings, including those of Marcus Tullius Cicero (political philosopher), the Founding Fathers, Christian leaders of the era, and the Bible.

Dr. Skousen studied Constitutional law and worked with the FBI, was Chief of Police in Salt Lake City, was editorial director of a national police magazine, authored 23 books, and taught as a university professor. His most well known book is *The Naked Communist*.

*The 5000 Year Leap: A Miracle that Changed the World*, by W. Cleon Skousen, National Center for Constitutional Studies, 2006 ed.

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Sound Practitioner

**314-288-5723**

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*for more information and booking visit:*

*[www.vibrationalpatterns.com](http://www.vibrationalpatterns.com)*

Fresh-made

**Gluten and Dairy Free Menu**

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