

May 2026

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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

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.

Calender

May 8: Closing at 1:45 pm. Will reopen on Saturday, 9 a.m.

May 8: Massage and Sound Sessions at 5th Element Studios. Call 636-575-0075 to join the session!

May 10: Mother's Day

SUMMER HOURS & VACATION DAYS

Natural Health and Home will have NEW HOURS for summer starting June 9. The shop will be open **Tuesday, Wednesday, and Thursday from 9am to 3pm and Saturday from 9am to noon (or later, depending on shoppers).** The shop will be CLOSED Sundays, Mondays, and Fridays.



Also, I will take my annual vacation week from **June 1-8**. Please plan ahead to stock your home before I leave! Make your list and check it twice!

Do You Need a Quick Break for Some Self Care?

Pop in to see Sarah Timper, licensed massage therapist at Studio 7 Salon, 5208 Bailey Road, Crystal City (the building behind Capt. Z's tobacco/liquor store).

Phone 314 686 1943 or email SCBODYWORK.SARAH@gmail.com. Sarah offer 10 minute chair massage (perfect for busy days) and full massages by appointment. This will make a great gift for Mother's Day!

Mother's Day Gift Ideas

- ◆ The all time favorite are **gift certificates!** Mom's and the other ladies in your life (grandmas, sisters, aunts, moms to be) love to come to Natural Health and Home to enjoy their favorite products, so delight her with a gift certificate and watch her smile and give you a mom hug!
- ◆ Put together your own special gift package for Mom: essential oils and their accessories, creamy dark, white, or milk chocolates, herb teas, personal care items, books, and more!

Did You Know...?

The more acid your body is, the more likely you are to sunburn. This is another reason to KNOW YOUR pH! Check your saliva and urine—the ideal pH is 6.4. If the number is lower, you're too acid. Get your pH test strips at Natural Health and Home as well as instructions if you need them. You can find lists of alkalizing foods online, or go to <https://www.verywellhealth.com/alkaline-foods-11697915>.

If you are looking for more natural sun screens, stop by Natural Health and Home before that boating event. You still must be sensible about being in the sun for long periods or if you are enjoy water sports. Wear light weight, white, natural fabrics (cotton or linen) to protect your skin, and wear a wide brimmed sun hat (fishing hats work well) to shield your face and the back of your neck. Ladies—dress it up with a colorful fake flower or ribbon!

Want to extend that beautiful, golden tan? Add carrot seed oil to a carrier. Try this recipe:

Mix **15ml of sweet almond oil** or other carrier oil with **5-10 drops of carrot seed oil** and other optional essential oils like lavender, frankincense, or chamomile for added benefits. Apply this blend to your skin before sun exposure for nourishment and protection.

Did You Know...? “VIRUS” means poisonous venom.

Arthritis Care and Healing, by Dr. Mark Schopp (See ad p. 4)

Arthritis is the world's “Primary Crippler.” A estimated one in three families in western industrialized societies will be touched by this condition. About 40 million Americans suffer from it. Osteoarthritis is basically a wear and tear process. It causes degeneration of the articular cartilage and there's also secondary changes in underlying bone and the surrounding tissues. As cartilage is destroyed, bone spurs can occur. This is a compensation mechanism. As things get worse, pain, restricted motion, and deformity can also develop. For these reasons, it's important to take osteoarthritis very seriously.

Osteoarthritis primarily affects the weight bearing joints such as the knees, ankles, hips, and spine. It can also affect the hands. It's called degenerative disk disease in the spine since the cartilage breaks down in between the vertebrae. We can also see osteoarthritis from trauma that develops over time. Inflammation commonly occurs with all types of arthritis including osteoarthritis. This is simply a natural complex the body uses to attempt to remove dead and damaged tissues to lay down the matrix for new cells and replace those that are being eliminated. What's the secret to the body doing this? It is nutrition!

The proper nutrients must be available for the body to do what it needs to do. Many people take NSAIDS such as aspirin or ibuprofen for osteoarthritis. Others do injections of Cortisone or Prednisone. Other drugs may also be prescribed. The problem is the symptoms may temporarily abate but all of these interfere with the various stages of inflammation and healing. So just like other cases in which medication is prescribed we are not addressing the root cause of the problem but just basically putting a band aid over it. The joint degeneration will proceed because the brain is being fooled by the drugs.

It seems logical to examine possible causes and solutions. Connective tissues are made up of three major molecular components: collagen, elastin, and proteoglycans. **Collagen** is the most abundant protein in the body and helps produce great strength. But this doesn't have the capacity to stretch. **Elastin**, an elastic type of mucoprotein, stretches easily and is in elastic structures. **Proteoglycans** is a gel substance holds the protein components of the connective tissue together. The joint cartilage is up to 50% collagen. Our disks between the vertebrae of the spine are also made of collagen. With inner vertebral disc problems, walking is essential because it helps rebuild that collagen. If you are to rest and take it easy when you have a disc ,that's not proper advice. Walking within your pain tolerance would be beneficial.

Vitamin C in its whole food form helps to rebuild connective tissue. Deficiency of vitamin C results in degeneration and the periosteal membrane in the joints can separate. The connective tissues will then lose a great part of their strength adding to osteoarthritis. People with a high dietary intake of vitamin C complex from food or food supplements have a threefold reduction in the risk of osteoarthritis progression.

The enzyme **phosphatase** is in raw foods but destroyed by cooking and pasteurization. In any osteoarthritis, stenosis or disk herniation patients, we always give calcium phosphatase to help that condition. It is calcium phosphatase that can rebuild bone and help arthritic bone. That is the calcium that the bones need.

Glucosamine is also fantastic for osteoarthritis. Glucosamine needs sulfate to work, so I prefer that over Chondroitin. Many products have chondroitin which are just not as absorbable. The product we use also adds **manganese** to build the ligaments and **Boswellia** to help with the joint pain and inflammation. This is one step in getting relief from osteoarthritis.

For many generations, allopathic doctors and even my own colleagues claim that osteoarthritis cannot be handled nutritionally. Chiropractic is recommended as well as other modalities. But we know now that we can use nutrition to affect this condition dramatically. In the past three or four years ago, we did not think we could remodel bone. Now we know if we increase circulation with certain nutrients, we can get down to the subchondral bone and remodel the bone. It takes time to do this, but the results long term can be fantastic. Of course, Western medicine will tell you that's not possible. It's just because of their inability to understand or look at nutrition and the power that it has. If someone's spine is degenerating, nutrition is the best thing to do. Also exercise, chiropractic care, and getting your diet right can make a big difference. With some patients, we do detoxification/purification and this also can help quite a bit.

In other words, just because you have arthritis, you don't have to consider it an old person's disease and give up. Things can be done to help. In my own case, I developed a severe case of spinal stenosis--frustrating because I try to do everything right. But by getting the proper nutrition and driving microcirculation to that bone, I have had a 90% or better decrease in pain. I now seldom have any pain whereas when I started my treatment, it was taking me 10 minutes just to get out of my truck and start walking. It is impossible to review everything with osteoarthritis in a short article but this is certainly a start to help those who suffer from this disease.

Don't give up on your health. There are always things that be done nutritionally and those things are not going to come from Western medicine. It's from natural health care practitioners and from those who understand nutrition where we'll see the fantastic results that we see.

Can't Sleep? Fatigue? Headaches? Queezy stomach? It Could Be EMFs

EMF's, or electromagnetic frequencies, surround us daily via cell phones, computers, cell towers, televisions, and even electrical wiring in buildings. Some people are more sensitive to EMFs while others are not, but that doesn't mean EMFs aren't affecting their bodies at the cellular level which may surface in any number of ways, from poor sleep to headaches to seizures (including grand mal) to cancers, especially brain tumors due to the EMFs emitted from cell phones near our heads, hormone imbalances, and more.

Researcher **Lloyd Burrell** has authored *EMF Practical Guide* in which he explains in detail the science of EMFs and their effects on us. He shares his personal experiences as well as those of others he's met. He also offers ways to mitigate the effects of EMFs in our homes, vehicles, and places of work.

<https://www.electricsense.com/>

Also see **Nick Pineault's** work at **emfguy.com** to see webinars and more. His book is titled *Non-tinfoil Guide to EMFs*. He interviewed a new dad about how he handled EMFs when his new baby was in a hospital for two weeks: <https://www.youtube.com/watch?v=MXs32Zy74c4> Naturopathic doctor **Wendy Myers** also offers excellent information to help us deal with EMFs. One key is heavy metal detoxes, as EMFs are attracted to the metals. Anti-oxidants also help protect cells from EMF damage. <https://myersdetox.com/?s=EMF> Note that **Liddell Homeopathics** has an EMF detox spray which is available at Natural Health and Home.

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