

November 2021 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

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Hours: OPEN Tuesday and Wednesday, 10am-6pm
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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 Thanksgiving



Holiday Calendar: The shop will be CLOSED November 23-25.

It will re-open Friday, November 26 for Black Friday and
November 27 for Small Business Saturday.

John Birch Society Meeting Monday, Nov. 29, 6pm

Another year is quickly coming to a close. As I type this, the Festus High School students are turning the corner with their homecoming parade. Their spirited cheers are a pleasure to hear again this year! My 50th high school reunion was this year, but memories of our high school parades, pep rallies, and Saturday football games remain fresh. My freshman year, our Cleveland High School football team won first place in the public school games in St. Louis City and played against the Catholic champions at Washington University's Francis Field on Thanksgiving Day. Oh, the excitement! The marching band played, parents joined the spirit of the day while turkeys roasted in ovens at home, and some parents took MOVIES of the whole affair. Yep, I still have that 8mm movie my dad took that day—and a projector to watch it! High school memories are the best! It was also fun to know that several generations of families had attended that high school. While my parents hadn't attended that school, I had several cousins who had in the 1950s, and more cousins after I graduated. Not bad for a school of around 3000+ students!

I hope you share wonderful memories of special events and holidays with others. Maybe you, too, have old movies, scrap books, and photo albums to share this holiday season!



Holiday Gift Ideas Stocking stuffers; hostess gifts; gifts for teachers, ministers, and dear friends—Do your shopping at Natural Health and Home for fun,

healthier, educational, and practical gifts! If you're not sure what to get, a gift certificate is always a fine idea.

Check out some possibilities:

- ✓ Fine dark chocolates from Ocho, Alter Eco, and Pacific Resources (PRI)
 - ✓ Moringa chocolate drink mix by CocoRingo—individually wrapped. No dairy or refined sugar—just cacao, coconut and tapioca “creamer”, chicory, and moringa. I've also sprinkled these yummy granules on strawberries, on toast or pancakes, and added some to meringue for a chocolate mousse (topped with berries or ground nuts).
 - ✓ Essential oils paired with a booklet about using the oils or a diffuser—or both
 - ✓ Dr. David Stewart's *Healing Oils of the Bible*. Do you know Dr. Stewart was born and raised in Crystal City? He went on to become an earthquake specialist, minister, author, book publisher, and teacher! What a guy!
 - ✓ A cute gift bag filled with fun, natural body and hair care products—scented or unscented. This is terrific for college students or military family or friends in far away places.
 - ✓ A kitcheny gift basket filled with healthier seasoning blends, herbs teas, seeds and nuts, dried fruits, tea balls or muslin bags
 - ✓ A book by Dr. Christopher or Dr. Ingram—these are always popular!
- Be creative! Design a basket or bag for your BFFs, office mates, ministers, teachers, and family!
- ✓ A membership to the John Birch Society—Learn the Constitution; Uphold our liberty!



The Gift of Art and Artistry

Just two doors east of Natural Health and Home is Artsy Pants Art Studio. This opportunity may be another fine gift—to yourself or others! Meet Sonja LaDon Ecton, Owner/Art Director at Artsy Pants Makers Studio. Take a class, escape the bothers of the day to create something from your heart, or arrange a special group class or art party! Great for home schoolers, too! Sonja writes:

Art as Therapy: People have many ways to relieve the stresses of every day life.

Unfortunately many of those forms of relief end up coming through in unhealthy ways, like the use of alcohol and drugs, that can lead to uncontrollable addictive behavior. Being an art lover most of my life, I have learned there are many much healthier ways to heal the heart, mind, and soul. Therapy can come from many sources, like exercise, good eating and sleeping habits, reading, hobbies, music and art.

My go-to therapy has always been art. You don't have to consider yourself a great artist to be able to just enjoy creating in your own way. As art therapy, making things allows you to create and imagine anything you want just to please yourself and can never be judged or criticized because it is a piece of you and meant to please only you.

I have been blessed to be gifted with a natural talent and love for art, and I knew from a young age that was what I wanted to do with my life. I spent most of my adult life working as a commercial artist for a big corporation. Even though I loved my job, and computer art was a big part of my life, there was something missing. Not being able to have the time to do hands-on

paining and drawing as I had done in college before becoming a graphic artist was something I longed for. Working around a lot of other artists was a blessing, too, because I made a lot of lifetime friends who felt the same way I did. From this friendship came art parties and group workshops and classes that we were all able to enjoy and share and have so many fun memories, while learning new techniques and mediums.

After my retirement, I started a summer art camp, Artsy Pants, at Mastodon Park in 2014. I've always loved working with children and children's art, mostly because it is so pure and from the heart. They are not conscious of good or bad art, as adults may judge themselves and others. The six-week program offered different art camps each week. Kids who loved art really enjoyed it and usually came back the next year. They not only had a great time making art, but enjoyed the time with friends.

Fast forward to 2021, and I now have Artsy Pants Makers Studio located at 522 Bailey Rd., Crystal City, Missouri. I still have the art camps in the summer, but I also have an open all-year studio where you can come in and get some peace of mind "therapy" making art. Visit me on Artsy Pants Makers Studio facebook page or on my website artsypantsmakersstudio.com for more details about upcoming workshops, classes, and open studio times.

A Good, Ol' Fashioned Home Remedy



Wintery air, holiday gatherings, eating too much sugary treats and rich foods can compromise immunity. When you have felt chest congestion, have you ever tried a mustard plaster? This old fashioned way to use the healing moist warmth on the chest often helps relieve chest congestion, or at least helps in the healing process. To make a mustard plaster, you'll need dry mustard powder (like some folks add to potato salad), any sort of flour to dilute the mustard, and hot water. You'll also need a square of 100% thin, white cotton fabric—like an old tee shirt—twice the size of the person's chest, a piece of plastic wrap or a piece of plastic bag to cover the plaster so you can safely hold the plaster on the chest, and an old bath towel or small baby blanket.

For an adult, blend a level tablespoon mustard powder for an adult with about 1/3 cup flour (slightly more of each for a large person). Do NOT use too much mustard powder, as it's VERY HOT to the touch when wet! Too much mustard may burn and blister the skin!

Once this is evenly mixed, add enough hot water to make a paste. You can always add more hot water as needed if the mixture is too thick. Next, smear the paste onto half of the fabric. Fold the fabric to make a "mustard paste sandwich." When the plaster is still quite warm, but cool enough to apply to the chest, apply it with the folded edge of fabric down to prevent the plaster from falling or oozing out.

Next, put a piece of plastic wrap over the wet plaster, then cover the plastic with an old folded bath towel to keep the plaster warm. The person can hold this on his/her chest while soaking the feet in very warm water, or while sitting in a very warm bath. The process usually takes about 20 minutes. If the person sweats while in the tub, that is excellent! You may even add a drop or two of eucalyptus essential oil into the water to enhance the effects. A mug of warm mullein, chamomile, or yarrow tea, or Traditional Medicinals' Gypsy Cold Care tea blend will also enhance the "treatment."

For more instructions, go to <https://tipnut.com/mustard-plaster/>

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