

November 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.



*It is not happy people who are grateful,
It is grateful people who are happy!*

Calender: The shop will be **CLOSED** for Thanksgiving, Nov. 22 at 1pm, Nov.23 and 24.. I will reopen Saturday, Nov. 25 from 9-noon (or later if it's really busy!).



Get your FRESH TURKEYS from Harr Family Farms this year! Call Bryan at 618- 798-1131 to order you turkeys by Monday, Nov 6. Pickup turkeys, beef, and chicken on Nov. 17, 18, or 22 at Soulard Market.

Holiday season is here again! It's time to be grateful for so much in our lives. However, the holiday season can be stressful with all the events, plans, traveling, guests, and shopping. Below are a few tips to help lessen holiday stress.

- ◆ **Begin preparations early.** Make a "things to do" list and prioritize all activities based on your schedule and sometimes the weather. Who wants to travel for gifts and supplies in the snow and ice? If you are a DIYer, make gifts early and stash them.
- ◆ Apply the KISS principle (**Keep it Simple!**). Unless you have a party planner and a chef, keep your party plans simple. Stock up on individually wrapped chocolates and other snacks, too, and present them in a holiday themed bowl or platter.
- ◆ Prepare some foods early, and freeze or refrigerate them. Keep foods simple, tasty, and **HEALTHY!** Forgo the chips, sodas, artificially colored and flavored drinks, and rich sweets. Opt for a healthy platter of fresh fruits and veggies and a few nuts or trail mixes. Make cookies and other treats out of coconut or almond flour and sweeten with a healthier sweetener, such as coconut sugar, maple powder or syrup, or other nutrient dense sweetener.

- ◆ Make a **healthier punch** using REAL fruit juices mixed with club soda or Perrier water. Add a festive ice ring to keep it chilled. Instead of hot coffee, opt for a delicious and healthy herb tea after dinner: Ginger, peppermint, dandelion, hibiscus, green tea, or a warming blend, such as Mate Chai, Tulsi Chai, or tumeric-ginger. Better yet, just offer a “coffee pot” of hot water to guests and let them choose from a variety of herbal tea bags.
- ◆ And for your health—**DO NOT OVEREAT!** The risk of a heart attack increases during the winter holiday season—Thanksgiving through New Year. People are already stressed, then they overeat rich foods and drink alcohol. The combination can be deadly. I saw this happen each winter when I worked in an emergency room. Sometimes the doctor or nurses could not intubate a patient because the food was so packed into the patient’s digestive system. Many patients arrived in cardiac arrest but died from suffocation due to overeating.



Take the STRESS out of Gift Giving! Shop Local—Shop Natural Health and Home!

As I write this (it’s October), we’ve learned about the attack on Israel. Currently, we have no idea how this might affect our already rotten economy or our nation overall. So this year especially, we might consider shopping local and providing gifts that are both fun and useful.

- ✓ Gift Certificates or Pre-paid gift cards! Boy! Does THIS ever make life easy! No fussing about trying to figure out what someone wants or needs. My customers LOVE LOVE LOVE to receive gift certificates from Natural Health and Home! Massage therapists and other natural health practitioners may also offer such gift items.
- ✓ Take a photo of the product(s) you want most, and show it to your BFF to get you your most desired special gift—a new essential oil diffuser? Dr. David Stewart’s *Healing Oils of the Bible* book? If you’re the giver, ask your BFF to provide a photo of what they want most. It’s rather like a bridal registry, but for Christmas!
- ✓ Gather a variety of fancy chocolates (Milk Boy’s Swiss chocolates, Trophy Farms trail mixes in individual serving sizes, for example), herb teas, or other munchables—great for kids and adults! Good for stocking stuffers, too.
- ✓ For the budding “healthy chef,” a bundle of Simply Organic seasoning packets (chili, taco, dips, and salad dressings), bottles of organic herbs and spices, French gray sea salt (commonly referred to as Celtic salt), elderberry infused honey, or other culinary delights. Add a couple of wooden spoons, an apron, and a holiday kitchen towel to “do it up fancy.”
- ✓ How about a gift basket of home or body care products: essential oils, skin lotions fancy soaps, bath salts, and other personal care products plus a book about using essential oils around the home?
- ✓ For the newcomer to natural health, a gift bag of books and products by Dr. Christopher or Dr. Cass Ingram might be just the encouragement the newcomer needs to continue his or her journey to better health naturally.



Feeling Stressed? Explore these Options!

- ➔ **R&R’s** full spectrum hemp gummies seem to work very quickly for many of my customers. They don’t make you feel sleepy, just relaxed. **HEADS UP!** R&R’s newest hemp gummy for stress should be available before the holidays! Check with me for their arrival at Natural Health and Home! I’ve pre-ordered a case.
- ➔ Keep up with your chiropractic care. Take it a step further and talk with Dr. Charmin Gans (see ad on p. 4) about doing an emotional release session and a cranial adjustment. Ten minutes may help you totally chill!

- Ask Santa for a **gift certificate** for a relaxing massage, and schedule yours before the post holiday rush. You might even get a massage during the holiday season to help manage stress.
- Stock up on your favorite de-stressing **essential oils** to diffuse through the season: Thieves, Stress Away, Peace and Calming by Young Living, or Peace and Harmony, Sugar Plum, or Cheer Up Buttercup by NOW may be just what you need to help relax day and night.
- A warm mug of your favorite **herbal tea** (catnip, chamomile, lemongrass, Cup of Calm) or a mug of hot chocolate (check out my supply at Natural Health and Home) may provide you with a breather from holiday craziness.
- **Happy Camper** herbal capsules are still a favorite for some of my customers.
- Remember to keep up with **B vitamins and magnesium**, as they help support the nervous system.
- Go for a walk, treat yourself to a nap, do some deep breathing, listen to your favorite calming music, pet your sweet cat or dog, watch your fish lazily swimming in their tank—Ah! Relax!
- To learn more about managing stress and emotional issues, talk to your chiropractor or other natural health practitioner. Keep a copy of **Dr. Bradley Nelson's *The Emotion Code*** handy (and a magnet!), as the emotional release techniques are often helpful for yourself, your BFF, and your family. Another fine book is **Louise Hay's *Heal Your Body***—a book linking emotions to physical illness, with affirmations to help overcome discomfort. Another technique using tapping to release blocked emotions is **Dr. Peter Lambou's *Instant Emotional Healing*** which shows which point to tap to help release stuck emotions. These books also make great gifts!

For the Patriot!



If you're looking for gifts for your resident patriot, I carry some books from the John Birch Society (JBS). Better yet, invest in a subscription to *The New American*, the JBS twice-a-month magazine, full of up-to-date information with a Constitutional leaning. Go to thenewamerican.com to subscribe.

Another idea is a subscription to *The Flame* monthly newspaper (either paper or online copies). Visit TheFlameUSA.com to subscribe. All writers are volunteer, but I've noticed many hold PhDs in their fields of expertise. Mr. Alex Bond is a local author who contributes monthly to *The Flame*. For a sample copy, drop by Natural Health and Home, as I usually have a few copies. Recent articles covered such topics as "Smart Clothing" to conduct biometric surveillance (Oct. 2023, p. 3), Direct Energy Weapons (DEWs), Smart Cities, and Wildfires (Oct. 2023, p. 1), and attacks on free speech (Aug. 2023, p.1). One of my favorite articles was about "imprecatory prayer" (August 2023, p.4)

With the current world events, your patriot reader may enjoy a copy of **Sun Tzu's book *The Art of War***. Translated from ancient Han Dynasty Chinese manuscripts (about 200BC- 220AD), this book probably covers just about anything you'd ever want to learn about military strategy and psychology—the principles of which have been adapted for business leadership, golf and other sports, and organizational leadership.

Another classic book on warfare is ***Unrestricted Warfare: China's Master Plan to Destroy America***, by Quio Liang and Wang Xiangsui. I haven't yet read this book, but it comes highly recommended and is very accurate as to what China and the CCP (Chinese Communist Party) is engaged in today. My copy is on order.

There are those who seek knowledge for the sake of knowledge; that is Curiosity. There are those who seek knowledge to be known by others; that is Vanity. There are those who seek knowledge in order to serve; that is Love. St. Bernard Clarvoux. (1090-1153 AD, France)

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