November 2026

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Nan's Natural Health

Wake Up to Natural Health & A Better You!

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526 Bailey Rd., Crystal City, MO 63019
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OPEN Tuesday, Wednesday, and Thursday 9am-5pm
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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.**



Calendar

Tuesday, Nov. 3 VOTE!
Thursday, Nov. 26 THANKSGIVING DAY. CLOSED
Saturday, Nov. 28—OPEN 9am-noon

News!

NOW Foods is in the process of changing their labels and lids. Look for the transition in 2027 as older style labels are fazed out.
NOW Foods also has NEW PRODUCTS, and they're IN STOCK at Natural Health and Home:

- **GLP-1:** (NOT gila monster venom!) supports healthy post-meal glucose response and helps moderate appetite.* Metabolaid® and Reducose® promote normal GLP-1 levels, reduce hunger, and aid muscle maintenance.
- **Vitamin C and vitamin D gummies**-fine for kids and grown-ups

New from Positive Power—the Cell Power people!

- **Pepsin** (vegan sourced Aspergillipepsin)—an enzyme which aids in digesting proteins, such as meats, eggs, seeds, nuts, or dairy. Great for that big Thanksgiving dinner this month or anytime you eat a high protein meal or diet.
- **Immune Power Complex** capsules, with elderberry, astragalus, beta glucan, echinacea, and six mushrooms

Stock up now before the holidays arrive. Boost immunity and help your digestion and overall health with natural products from American companies.

Know Your Brands to Get Quality Products

1. NOW Foods collaborated with Alkemist Labs to check potency and quality of vitamin C gummies from 30 companies purchased from Amazon. Only five brands checked out well; the rest failed or would have failed before the stated expiration date. NOW has notified Amazon and the FDA. Go to nowfoods.com.
2. A few years ago, **Clorox** bought five supplement brands that had been sold in health food stores. Early this year, **Nestle** took over seven more supplement companies, and **Proctor & Gamble** just announced they have acquired the Thorne supplement company. For more information, go to vitaminretailer.com
3. According to recent research in the U.S. and Canada, only 30% of calcium supplements are bioavailable. Go to balchem.com/hnh or ilsiuscanada.org for details.

A Thanksgiving Poem (stanzas 5-8), by Paul Laurence Dunbar, 1872 –1906
https://poets.org/poem/thanksgiving-poem

1. Thy mighty hand o'er all the land
Hath still been open to bestow
Those blessings which our wants demand
From heaven, whence all blessings flow.

2. Thou hast, with ever watchful eye,
Looked down on us with holy care,
And from thy storehouse in the sky
Hast scattered plenty everywhere.

3. Then lift we up our songs of praise
To thee, O Father, good and kind;
To thee we consecrate our days;
Be thine the temple of each mind.

4. With incense sweet our thanks ascend;
Before thy works our powers pall;
Though we should strive years without end,
We could not thank thee for them all.

The Transitional Years from Peri- to Post Menopause: How Everything is Interconnected, by Dr. Mark Schopp (see ad p. 4)

Last month I wrote a short article on Understanding Menopause. It dealt with the transitional years and was an introduction to what we're doing now. This issue I want to start with the three systems we look at when treating a woman in one of the three phases that they go through that transitional period. Those phases are peri-menopause, menopause and post-menopause. All are looked at differently. Understanding the physiological differences between peri-menopause, menopause, and post-menopause allows us to give proper recommendations to match the stage the patients is at in her life.

The first system we look at is the **endocrine system**. That's composed of three different categories. The first is blood sugar which drives cortisol and feeds inflammation. This can cause insulin resistance. It happens to be the first thing we look at the peri-menopausal patient. The second part of the endocrine system is the adrenal glands which are the primary hormone backup. As the ovaries shrink and are less effective, the Adrenal Cortical Pathway takes over to produce the hormones necessary. The third system is ovaries. Ovaries are only active in peri-menopause and lose most of their use in menopause and post menopause.

The second system is **hormone detoxification**. This starts with the liver with phase one and phase two detoxification. The bile from the liver is also looked at as the primary path of estrogen elimination. If a patient has sluggish bile ,hormones are just going to recirculate in the body. The gut is also primary. The Estrobolome is very important, especially in the post-menopausal phase. The Estrobolum is a collection of **gut bacteria** and their genes that regulate estrogen metabolism. This influences how much estrogen is resorbed or excreted in the body. So once again we see the importance of a good microbiome in the gut.

Then we must look at the accessory systems. The brain must be considered because of hypothalamus/pituitary dysregulation which can cause problems with sleep and disrupt cortisol. The **thyroid** is intertwined with estrogen signaling. If the adrenals are not functioning well, this impairs the conversion of thyroid hormone T4 to T3.

So, you can see that we can't just take a patient and say take some hormones. To properly treat naturally, we must look at all the systems and even more. I've seen some women get HRT (hormone replacement therapy) and

start to feel better. I've seen other women get it and start to crash and feel awful. But the bottom line is what's happening inside the body and what will happen down the road.

I wrote an article a few issues ago about HRT. There's been some new so-called evidence coming out saying it doesn't cause the possible problems such as cancer that they thought. But we must ask the question, "If giving estrogen will not cause an increase in estrogen sensitive cancers, why then ,when a woman gets an estrogen sensitive cancer such as breast cancer, do they give estrogen blockers to drive their estrogen down as low as they can?" The question to answer for yourself, "Is it worth the risk when there is a natural alternative?"

Whether it is perimenopause, menopause or post menopause, all these systems must be looked at. But each system has a different priority depending in what phase the woman is at. For example, if it's perimenopause blood sugar and adrenal are primary, but the other systems also need to be evaluated in whatever phase the patient's in. All three phases are just revealing which systems are weak and causing her to have symptoms.

To summarize: Everything is connected. Adrenal dysfunction or chronic stress causes blood sugar instability. Blood sugar instability can also cause adrenal dysfunction. If there's weak liver detoxification and the bile flow is impaired that will decrease the hormone clearance out of the body. The gut microbiome allows hormones to get back into circulation if it's not healthy.

Then, of course, there's thyroid dysfunction which suppresses adrenal recovery by elevating cortisol. If a woman is in chronic stress the cortisol will the decrease the formation of T3 and create more RT3 which is like putting on the brake causing the patient to feel horrible. Blood sugar instability triggers cortisol and competes with sex hormone production which after menopause is primarily done through the adrenal cortical pathway. All the other systems must be looked at also because once again everything's all connected.

It's impossible in one short article to discuss how all the body systems work together when going through these transitional years into post menopause. But this gives us a good start in looking at should a woman decide to go through natural type of treatments or just take hormones which are often synthetic.

Gratitude & Release with Kandice with Vibrational Patterns

Saturday, November 21st, 6–8 PM at SC Bodywork, 406 Bailey Rd, Crystal City, MO

As we move toward the end of the year, there is something beautiful about taking a little time to slow down and look at what we've been carrying. The good, the hard, the unexpected, the things we never saw coming and the things we thought we'd have figured out by now. Somewhere in all of that, there may also be things we're ready to put down.

On Saturday, November 21st from 6–8 PM, we'll gather for Gratitude & Release, an evening centered around reflecting on what we're grateful for while gently letting go of what no longer serves us. We'll begin with a 75-minute sound session, creating space to slow down, settle in and simply be present with whatever this season of life has brought you.

After the sound session, we won't rush right back into the world. We'll continue the evening with tea, snacks, integration and community. There will be time to talk, time to reflect, time to connect with others or maybe simply time to sit quietly and enjoy being around people without needing to be anywhere else.

Feel free to bring your favorite tea cup and a journal for your post-sound reflections. Maybe you'll leave feeling lighter. Maybe you'll leave with something to think about. Maybe you'll simply enjoy two hours where nobody needs anything from you. There is no right way to experience the evening and no expectation that you need to figure anything out.

You don't need meditation experience. You don't need to know what you're "supposed" to feel. You don't need to have a big intention or a perfectly worded reason for being there. Just come as you are.

Let's take a little time to recognize what we're grateful for, honor what this season has brought us and make some room for what we're ready to release. I would love to share this evening with you. Sign up at
- www.vibrationalpatterns.com under "Groups"

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