



November 2020 edition

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 available)

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

Thursday, & Friday, 9am-5pm; Saturdays 9am-noon. **CLOSED** Sundays & Mondays

Visit us online: www.NansNaturalHealth.com

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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

The shop will be closed Wednesday, Nov. 25 and 26 for Thanksgiving. Happy Turkey Day to all! The shop will reopen Friday and Saturday, Nov. 27-28.



Hello Wellness Warriors!

It certainly has been an interesting year, yet we have much for which to be thankful. Certain products (not just toilet paper—which is now a humorous memory) were in short supply, but most of us had plenty of food, water, country air to breathe, and more. Those who truly suffered from job and income loss hopefully were supported by family, friends, churches, and other community groups during their time of need.

We've all been learning much about our history, politics, laws, psychology, and more. At the time of this writing, more and more people in the regional area are out and about, and even daring to LIVE LIFE and HAVE FUN with rallies supporting local police, our flag, and liberty. The ol' American spirit of rebellion against would-be kings and dictators seems to be boiling up to save our liberty, our history, our livelihoods, and our ways and rights to worship. Some of you have shared what your church leaders are doing to honor our liberty. It's terrific to see red blooded Americans on the move!

In the spirit of liberty, I hope each of you has a fantastic Thanksgiving celebration! Once again, I am thankful to each of you for your continued interest in natural health!

Raindrop Therapy and Immunity

We've all been proactive about our immunity this year. Besides elderberry and various vitamins, minerals, and other herbs, many of you include fine quality essential oils in your regimen. In addition to diffusing oils, some are diluting them to apply topically, and (depending on the quality of oil) taking a drop or two internally of very specific oils. (Always use an essential oils reference guide or essential oils physicians' desk reference to learn how to use specific oils properly and safely.)

Another way to apply essential oils is through Dr. Gary Young's Raindrop Technique. Gary developed this technique after studying oil and herb use in other cultures. It requires using specific oils in a specific order along the spine, foot reflex points, or auricular (ear) points. The oils soak through the skin and sink quickly and deeply into the tissues.

I was thinking about Raindrop Therapy the other day, and I remembered that viruses like to "hang out" in the spine, then at times convenient for them, surface in the form of rashes, shingles, or other conditions. Periodic Raindrop Therapy on the spine may help to keep those viruses in check. Only once did I have a rash from such therapy. I knew it wasn't an adverse reaction but the oils helping my body eliminate something in my spine.

For information about Raindrop Therapy, use a Young Living essential oils reference guide or go to the Young Living website. To become certified in Raindrop, go to careclasses@raindropttraining.com. Raindrop kits are for sale from Young Living. Talk to Nan.

Chiropractic and Immunity

The nerves in our bodies go from the brain, down the spine, and out to every organ and tissue in our bodies. Any misalignment—even if you don't feel back, neck, or head pain—may impede the message-sending ability of the nerves resulting in compromised health, including immunity.

Chiropractors not only work on the spine to help improve health. They can work on your entire body—including the feet, legs, hands, arms-- depending on the type of training they have. In this issue, I'd like to highlight some of the unique techniques some of our local chiropractors use. Some chiropractors can also evaluate your feet and have special shoe inserts made to help maintain healthy spinal alignment. Your feet are the foundation of your body—if their bones are out of place or there are tight tissues, it will affect your ankles, knees, hips, and eventually your spine.

Do you suffer from digestive problems? Ask your chiropractor to check the various valves in your intestines and even to work to help relieve hiatal hernia discomfort. I want to tell you a true story about the seriousness of chiropractic and digestive issues. About 25 years ago, we met a family who had a young teenage son. He had been diagnosed with Crohn's Disease, an agonizing, debilitating condition. The poor young fellow had endured all the traditional medical scans and probes. In the Fall, the medical specialists told the parents to celebrate Christmas early; their son was dying.

A friend encouraged them to go to a specific chiropractic intern at Logan College. "Just look outside the box and get another opinion," the friend suggested. They did, and to make a rather long story short, the boy did not have Crohn's. His ileo cecal valve was stuck so that all his food was running right through. He was literally starving to death because of a stuck valve! The chiropractor massaged the valve into place and worked with the boy for a time.

The boy was able to return to school, graduate, work, marry, and have a family. That chiropractic intern saved the boy's life!

I have so many more stories about the value of chiropractors to improve and achieve optimal health! Always partner with your chiropractor to help you with ANY health concern or question! Ask questions to learn how they may be able to assist you beyond the usual spinal concerns. Ask them to adjust your feet, ankles, hands, wrists, and any other movable part of your body—and more! Even if you've had spinal surgery, ask your chiropractor how he/she may be able to assist with your overall health.

The following chiropractors advertise in this newsletter. For more information about their practices, see page 4.

♥ **Drs. Charmin and Ryan Gans** work on adults and children, but they have had additional training to work on infants and children, including answering questions about nutrition and vaccine safety. Dr. Charmin also does an absolutely wonderful **cranial technique** that always helps me relax and feel great. If you feel stressed or anxious, or if you've had **head injuries**, ask Dr. Charmin how this technique may benefit you.

I have benefited greatly from Dr. Charmin's **Emotional Release technique**. Face it—we all have some rough experiences in life. So did every Biblical prophet, from Adam (one son murdered his brother) to Abraham (whose faith was challenged by taking his only son to be sacrificed on an altar) to –well, name a prophet or apostle, and you can think of their hardships. When you've tried your best to manage your stress, worry, anxiety, anger, or even some physical afflictions, ask Dr. Charmin if an emotional release or a series of them may help overcome those challenges. It's worked for me—I saw results in 30 minutes! I'm so grateful for Dr. Charmin's offer to try this technique on me—it changed my life!

♥ **Dr. Tammy Hansen's** office is in Hillsboro. Her practice is unique in several ways. In addition learning the standard Diversified and Logan Basic techniques of adjusting the spine, she specializes in the Nimmo technique. She works on the soft tissues of the body to loosen them, allowing natural balancing to occur. It may be uncomfortable at first, but the results are excellent. I also enjoy lying on the vibration-roller-traction machine before my adjustments—I could stay there for 20 minutes if they had the time to let me! It's so relaxing.

Dr. Tammy also does a sinus protocol that has helped many people with chronic sinus problems and/or allergies. Ask her to explain these techniques to see how you might benefit from them. This doesn't mean you can stop your probiotics, but you may not need to live on allergy or sinus medication all year.

♥ I consider **Dr. Mark Schopp** my "primary care" doc. He does so much more than chiropractic. In fact, he also has a degree in **naturopathy**! I like to pay him a visit at least once a year to check my heart with his nutritional heart test, live cell nutritional blood analysis, and maybe even have some regular lab work done, if he thinks I might benefit from it. His ad on page 4 of this newsletter lists many of his talents and offerings. He has assisted so many of my customers in their healing journeys. He's a wealth of knowledge, very professional, and very personable in his approach to health and healing.



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Expires November 30, 2020



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