

November 2022 edition

Serving Jefferson County Since 2006!



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 #985266, or phone
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gg70948660 www.gograph.com

Calendar

Nov., 5, Saturday: Ladies' Night Out on Festus Main Street, 5-10pm. Music, food, specials, discounts! Support our local small businesses!

Nov. 8, Tuesday: **MIDTERM ELECTIONS!** Be sure to VOTE PRAYERFULLY and RESPONSIBLY!

Nov. 23-25: Closed for Thanksgiving. Shop local businesses on Small Business Saturday!

OPEN Saturday, Nov 26, for Small Business Saturday!

Holiday Ideas

Yes, the holidays are now upon us—time to decorate and plan for parties and gift giving. Gift baskets or fancy gift bags often make the perfect gifts for teachers, ministers, friends, college students, hostesses/hosts, and military members. And with prices of everything going up, up, up, we're all leaning toward being more frugal. Our BFFs may truly appreciate a thoughtful gift collection of one of the following:

- natural body and hair care products, lip balm, hand lotion
- herbal teas paired with a tea mug and other tea accessories
- favorite nutritional supplements

- an essential oil collection and a copy of *Healing Oils of the Bible* available at Natural Health and Home
- an immunity collection
- yummy, healthy nuts, seeds, dry fruits, and
- (everyone's favorite) **CHOCOLATE!**

Skip the drive to St. Louis big box stores. Shop local! Festus' Main Street and Crystal's Bailey Road can provide just items to please nearly everyone. And you'll have fun meeting friends and making new friends as you make your shopping experience relaxed and easy.

We all also offer gift certificates, too, just in case you're not sure what your BFF likes or needs the most.

While strolling Main Street, check out the new business **Boxed In on Main Street**. I stopped by the other day to check it out. Sounds like a terrific place to have a PARTY! They provide brain-challenging "entertainment" with themed "escape rooms," like Search for Sasquatch, 90's Nostalgia, and Dinner Date Disaster. Great for teens and adults, as well as after prom activities.. Older children may also enjoy the challenges. Check out **Boxed In** at www.BoxedInEscapeRooms.com to book your next fun event!

Ahhhh—Stress Relief for the Holidays

Okay. Everyone knows between the lack of sunlight and holiday busy-ness, some folks get to feeling quite blue, stressed, or anxious. What to do? Below is a handy checklist to help us through:

★ **DRINK PLENTY OF PURE, HEALTHY WATER!**

★ Take time to sip a relaxing cup of herbal tea or hot cocoa. Try **CocoRinga's hot chocolate mix blended** with moringa. Just open the packet and add to hot milk (I use coconut milk and add a splash of vanilla extract or a dash of warming cinnamon). Available at Natural Health and Home. Great gift idea, and hits the spot after sledding or shoveling snow, too!

★ **Happy Camper**, by Natural Balance, has been a customer favorite for several years. It is strictly herbal—no pharmaceutical grade anything. If you're looking for a hemp-free product, try Happy Camper!

★ **R&R Medicinals** organic whole hemp gummies from Colorado. These all-natural, vegan gummies actually taste rather yummy—a bit like giant, soft LifeSaver. Try the R&R pet chews for your favorite dog or cat. Three of my furballs LOVE them!

★ **Dr. Christopher's Vegetarian Relax-Eze** or **Ridgecrest's Anxiety Free** are herbal blends to aid in relaxation during times of stress.

★ For a homeopathic-type product, **Bach's Rescue Remedy** is a winner! It comes in spray, drops, and lozenges. Safe for children and pets, too!

★ Plug in your essential oil diffuser, and add a few drops of **Young Living's Christmas Spirit** blend to put you and your guests in a peaceful holiday mood. **Young Living's Thieves or Stress Away blends** or **NOW's Peace and Harmony** blend are also available at Natural Health and Home. These are terrific gift ideas, too!

★ Keep up with chiropractic, and consider a massage. Ask Santa for a gift certificate to your favorite massage therapist.

- ★ Make time for yourself to go for a walk, take a nap, and do some deep breathing. If we don't take care of ourselves, we can't enjoy life.
- ★ Listen to some soothing, quiet music to change the atmosphere. Sing along to old fashioned Christmas songs to put a smile on your face while you work.
- ★ Plan ahead by making cookies, pies, cranberry sauce, and other family delights weeks ahead. Some may be frozen and thawed for later use, while others will keep nicely in the frig. Stress also takes a toll on immunity, so remember to keep up with vitamins B, C, and D, plus your favorite herbal immune boosters.



Patriots' Corner

First let me say that I am thankful to live in this country, and thankful for our Constitution and Declaration of independence. Having lived in or visited several countries, I testify that this is still the only nation in which I want to live. However, since we live in a republic (NOT a democracy), WE, THE PEOPLE, must be involved in making and keeping this nation the land of God-given liberties.

Edmund Burke warned, "**The only thing necessary for the triumph of evil is for good men to do nothing.**" J. Edgar Hoover observed, "**When morals decline and good men do nothing, evil flourishes. A society unwilling to learn from the past is doomed. We must never forget our history.**"

About 30 years ago, I read *Before the Blood Tribunal*, the true story of three teen boys in late 1930s Germany who decided that living God's word was more important than merely talking about it. They had listened to Hitler's speeches, had been drawn to the spirit of nationalism, and were active in the Hitler Youth Group.

As they observed and learned more, they began questioning. These young men watched the events of Kristallnacht (Night of Broken Glass) November 9-10, 1938, a night of terror for Jews and all Germany. The fearful boys wondered—What was happening to their Germany? One boy's mother simply said, "This is the way we live now." *The New Normal!*

The rest of their story is both chilling and inspiring. For nearly 30 years, the story haunted me. I tried to imagine living under such conditions. Would I have been as bold and brave to teach against Hitler's regime? Would I have the courage to fight against such a regime here in our nation, should, God forbid, it happen here?

In the last couple of years, I discovered a determination and passion for this country I hadn't felt since living at Clark Air Base, Philippines, in the 1980s. This passion for liberty welled up in my heart since the events of 2020, especially the constant harping from politicians and media that we would live in "the new normal." I had never been politically involved, but I began writing letters and making calls to the health department, county council members, various church leaders, and politicians. I have been on a mission to learn more and fight for liberty!

A documentary about the German boys' experiences was made a few years ago: ***Truth and Conviction***. I encourage—urge--you to watch this on You Tube. Watch it with your teenagers and college aged young men and women. As you watch and listen, think about what we've heard for the last two years. Share this movie with others—maybe your church leaders-- and discuss it. If you're a student, share it with your instructors and other students. Write a paper on it. Find your passion for liberty and act on it!

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