

October 2023 edition

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Nan's Natural Health

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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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CLOSED Sundays, Mondays, & major holidays

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*Happy
Birthday*

October is a BIG MONTH this year! Natural Health and Home opened 17 years ago in October, and October is also my birthday month—Halloween, to be exact! I've reached the BIG SEVEN-O—yep. 70 years of life on Earth!



As I reflect on my "crazy quilt" life experiences, I see how our Lord has worked in it, even when I wasn't aware of His work or His will. I came to Earth with a passion to learn, serve, and teach, and I can honestly say my life has been filled with opportunities to do all that, and more! Yes, I've had my share of "Job experiences" (as in Job from the Bible), just as everyone does, and I've learned many earthly skills, honed many talents, and most importantly learned how the Savior has influenced my life. I am ever so grateful!

For years, unbeknownst to me, the Lord quietly prepared me to open this store. Opening a store and running a business was never one of my goals in life. All I wanted to do was teach English and research skills, which I had the pleasure of doing for about 30 years. He had other plans. He provided experience in first aid as a Girl Scout, then four years experience working at the old St. Anthony's Hospital on Grand in St. Louis City. I worked as a ward clerk on the floors for a year and a half and attended any in-service classes they offered for the nursing staff, remembering my dad's admonition to make the best of all educational opportunities. Plus, I was getting paid to attend!

When I transferred to the university, I needed a different work schedule—evenings and weekends. The nursing director told me they didn't have evening clerks, *except in the ER on weekends*. They already had a trained clerk there. That very week, the ER clerk quit unexpectedly! I had my “new” job! I could no longer attend in-service trainings, but I sure had a lot of “on the job” training in the ER. When we were short-handed, the nurses or even the doctor would call me from my desk to “scrub, glove, and assist.” The first time they called on me, I told them I was a *clerk*; I didn't scrub and assist. The nurse shouted for me to DO IT! What's a nearly 20 year old supposed to do when a nurse or doctor “orders” you to help? So, I helped. (Life was different back then, for sure!) The next year, the old hospital closed, and we moved to the current St. Anthony's, now Mercy South, still in the ER where we regularly saw many very traumatic accident victims and DOAs (dead on arrival).

My “health education” didn't stop there. While working in the ER, I had an occasion to use the services of a naturopathic doctor. The ER doctor had failed to properly diagnose and treat an itchy rash on top of my left foot and advised me to be admitted so he could “run tests.” I looked that poor fellow in the eyes and told him that I worked in that hospital, I knew what went on “behind the scenes,” and I was NOT going to be anyone's lab rat! I guess no one had ever talked to him that way, as he reminded me that he was a *doctor*, implying that I should be more respectful of his status. I told him I'd find another way. The naturopath took one look at my foot and said I was having a reaction to a spider bite. That was my introduction to naturopathy. His herbal poultice worked in a week. I became curious to learn about this “new” form of “medicine,” so after graduating from college, I began naturopathic classes to become a nutritional herbalist.

This education and training was helpful when I wasn't teaching during summers and sometimes worked in health food stores. Over the years, I trained in emergency search and rescue operations, leadership, and public affairs with the Air Force Auxiliary; taught various Red Cross classes; and trained and worked as a hospice volunteer.

Then in 2006, after my “Job experiences,” I asked Heavenly Father for a job. He showed the *exact location* in Hillsboro, got me a temporary job at the Fenton Sanford-Brown *Business College* in the *business library* where I used my down time to research how to start a business. I also had a job at Natural Way Health Food Store in Fenton, where I updated my knowledge of current products and had training opportunities as well. By October 2006, everything was in place to open Natural Health and Home!

I've learned so much—bookkeeping, licensing, taxes, advertising, and just the everyday running of any business. I pray daily, often throughout the day, for the Lord to bless me to know His will for me that day, that I may be a blessing to my family, my customers, and the community, and that He also directly bless my customer and all with whom I meet.

Coming Soon—Holiday Celebrations!

Fall and winter bring us a cluster of holidays—Halloween, Veterans Day, Thanksgiving, and Christmas. Plan now for *healthier* holiday options for your parties and hostess gifts.

- Consider making your own party snacks with raw or lightly salted NOW brand nuts and seeds, and adding whole wheat sesame sticks or organic, non-sulfured dry fruits.
- Instead of sugary sodas, make a fruit punch with fruit juice sweetened pineapple juice, unsweetened cranberry juice, orange juice, and a splash of either seltzer water, club soda, kombucha, or kefir water.

- Serve small platters or plates of fresh fruits and vegetables. Come on, folks! Don't just dump them on a plate! Cut them with a rippled blade or press them into fun shapes to add some real holiday pizzazz! Go ahead, add some colorful garnishes, too!
- Serve a colorful gelatin salad (no, not using Jello or Royal brands with their sugar and artificial...everything!). Get your unflavored beef gelatin at Natural Health and Home. For yummy recipe ideas, go to <https://thethingswellmake.com/make-healthy-gelatin-dessert-like-jell-o/> You'll have to scroll down a bit for the basic recipe. Once you have the basic recipe, feel free to add fresh veggies and/or fruits. One of my favorites includes a can of fruit juice sweetened pineapple tidbits, gelatin, finely grated organic carrots, and finely sliced organic celery. If I have radishes and/or green onions, I add them. I've also added crumbled cauliflower to the pineapple. I also like just a splash of apple cider vinegar and a dash of white or black pepper. Mmmm! Pretty, festive, yummy, and healthy!

To Quest or Not To Quest? By guest contributor Mr. Cedric Palacios

A friend of mine sent this recently, and I thought it was worth sharing. I appreciate Cedric's play on words--"questioner" and "quest-shunner." Are you on a quest to seek greater knowledge and truth? Or are you a "quest-shunner"?

Any quest begins with questions. Any question begins with Questioners. Any Questioner who begins a quest does so after their conquest of a Quest-shunner within themselves, and ignoring the Quest-shunner within others.

Some become sincere Questioners in search for further truth. Some become sincere Quest-shunners which keeps them from seeking further truth. Each person is either one or the other at different times in their lives.

Sincere Questioners are those who desire to know the unknown. They have an excitement to understand the truth of a matter—no matter where it leads. The conquest over ignorance and lies is more desirable to them than to forever live comfortably within the borders of their current understanding.

Quest-shunners are those who stifle or shun quests, questions, or Questioners. They safely stay within their unquestioned comfort zone. Leave the unknown unknown. Like Questioners, some Quest-shunners may feel something is missing, incorrect, or out of place with their current understanding, but asking too many questions is questionable behavior. The bequest of traditions by their ancestors definitely should not be questioned in their view. The risk may not be worth it in their eyes; therefore, questions and Questioners should probably be sequestered.

There are also some sincere Quest-shunners who feel they have already arrived where the quest will lead anyway—so why question? And why quest anywhere that might potentially lead away from where they are?

Where will quests for truth eventually lead? Is there a fountain of all truth that may be found? How can one find the fountain of all truth without a quest?

And any quest begins with questions. Any question begins with Questioners. Any Questioner who begins a quest does so after their conquest of a Quest-shunner within themselves, and ignoring the Quest-shunner within others.

To Quest or Not To Quest? That is the Question.

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