

October 2024

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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.

Natural Health and Home is 18 years old this month! God had a plan in my life. I wonder what's next!

Patriots' Corner

As we near November voting, be sure to check several websites for information on candidates and issues. Stay informed! Your vote counts!

- ✓ The Constitution Coalition, based in Clayton, MO, has information on Missouri issues (ConstitutionCoalition.org).
- ✓ JBS.org and TheNewAmerican.com supply articles and information on national issues.
- ✓ Jeff Co Patriots has information on local and state issues.
- ✓ Eagle Forum also deals with national issues (EagleForum.org)

Remember Helen Keller's quote:

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do."

Naturopathic Appointments Available Now in Festus

Naturopath Dana Christisen from Grace Wellness will begin seeing clients in Festus on October 7, by appointment. Scans are available for food and environmental sensitivities, hormones, nutritional needs, parasites, heavy metals, and more. Call 573 605 1030. danachristisen.com

Revelations about Covid Vaccination

By Alex Bond (Staff writer for *The FLAME*)

Naomi Wolf and co-author Amy Kelly released *The Pfizer Report* in September. Ever since we were told about Covid, people got mixed messages about its dangers. One thing was clear; Pfizer and a host of pharmaceutical giants saw this as a great opportunity to cash in.

However, releasing results from their testing of this experimental gene therapy, its contents and

dangers were not available to the public. A lawsuit was needed to wrench hundreds of thousands of Pfizer documents that revealed the answers to what the risks truly were. Naomi Wolf worked to acquire the documents and after an appearance on the Steve Bannon Show. Around 3,000 volunteers with medical backgrounds stepped up to look at the avalanche of evidence.

With the U.S. government and Anthony Fauci protecting the jab from legal actions and only a few congressional voices like Rand Paul questioning “gain of function,” the Pfizer band played on. The Peoples Vaccine Alliance said that the companies behind the three most successful vaccines--Pfizer, BioNTech and Moderna were making profits of \$65,000 every minute in 2021. Agents of big Pharma can’t quell this as right wing conspiracy theories. This is Pfizer’s own research and it reveals they knew of the many deadly side effects. In fact, fertility in both men and women, along with death, can happen within two years of the jab. Boosters only increase unhealthy side effects.

Check out the website dailyclout.io for more info and how to get the book. See why Pfizer fought hard to keep this information suppressed. Also, The Children’s Health Defense is offering screenings of *VAXXED III: Authorized to Kill*. Advertising for showings has been confusing, as theaters are not using the movie title or subtitle at the few theaters in the U.S. that have shown the movie. Ronnie’s 20-screen theater showed it on Sept. 18. It will be shown FREE ONLINE in October. Go to ChildrensHealthDefense.org for details.

Note: **Dr. Bryan Ardis’ book *Moving Beyond the Covid 19 Lies*** is now available on his website. It’s currently the most up to date book on covid and prevention, treatments, long haul issues, and MORE!

Breast Cancer Awareness

Mark Schopp, DC, contributing writer

One in eight women in the US will develop invasive breast cancer in her lifetime. We hear cries to find a cure for cancer but hear little about prevention. Close to 4 million women have either had breast cancer or are currently being treated for breast cancer. Among women, breast cancer statistics increased from 1980 through 2000. Then in 2000, they started decreasing. From 2002 to 2003, they decreased by 7 percent. One theory which is probably accurate is that was the result of the decrease on Hormone Replacement Therapy (HRT). This was determined after a study called Women’s Health Initiative. These results suggested a connection between HRT and increased breast cancer risk. In recent years, incidence rates have increased slightly by 0.5% per year.

A woman’s risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. About 5% to 10% of breast cancers can be linked to known gene mutations inherited from one’s mother or father. Mutations in the BRCA1 and BRCA2 genes are the most common. On average, women with a BRCA1 mutation have up to a 72% lifetime risk of developing breast cancer. Women with a BRCA2 mutation have up to a 69% risk. Younger women are more likely on detection to be positive for the BRCA1 or BRCA2.

Breast feeding can reduce the risk of breast cancer. A pooled analysis of data from 47 studies found that compared to mothers who did not breast feed there was a lower risk of breast cancer especially before menopause. Breast feeding for one year lifetime total (total of breast-feeding time for all children) received a small benefit. If a women breast feed for two years lifetime total the risk of breast cancer was reduced twice as much. A lifetime to total of over two years got the most benefit.

Fibrocystic Breast Disease are clumps of benign abnormal cell growth. They can be hard, inflamed, painful to touch and precancerous. The body has to have enough circulating iodine for proper apoptosis (cell death) for abnormal cells that normally develop in the breast after each menstrual cycle. This is due to the effects of hormonal changes. Without that iodine, the abnormal cells can accumulate and develop fibrocystic breast disease. Increasing iodine can with time dissolve these clumps. Check with your health care provider that does nutrition on your particular dosage. The breast is second only to the thyroid for the amount of iodine that it stores. A great book to read is ***Iodine, Why You Need It.*** by **David Brownstein M.D.**

Many conditions may need iodine. Diminished secretions--saliva, nasal or sweat glands or tears; nervous tension; hyperirritability (tremors and tachycardia); personality aberrations (irritability of the aged, instability); thyroid disorders; weight gain or accumulation of unwanted fat; increased metabolism (excessive appetite, weight loss); heavy metal exposure; dry nose, mouth and eyes; infections; fibrotic lesions, lack of energy or endurance; inability to think clearly; reduced immunity; pregnancy and lactation.

It is simple to test our own iodine levels. Go to the pharmacy or go online to purchase a solution called 'IODINE TINCTURE, Mild 2%'. (In Jefferson County, Depend-a-Care Medical Supply on Festus Main Street carries this.) It must have the red coloring. First thing in the morning, paint a 1 by 2-inch square or circle on your inner arm, filled in with the tincture. Allow the iodine to dry before you pull down your sleeve. Then check the patch every couple of hours throughout the day and note when the patch disappears. The more your body needs iodine, the more quickly it will absorb the iodine tincture, and the patch will disappear. If the patch is there 24 hours later, you have sufficient iodine. If iodine disappears in less than 8 hours, you are in great need of iodine. If iodine disappears in less than 24 hours, you are still in need of iodine. I have seen patches disappear in less than an hour. (For a handout on iodine testing and information on iodine requirements, stop by Natural Health and Home.)

Prevention is key to breast cancer. We hear a lot about working to find a cure but little about prevention. The current thinking is that mammograms which will be covered in part 2 is prevention. It is not, it is detection. Mammograms prevent nothing. In part two we will cover them as well as alternatives to screen for breast cancer as well as more prevention.

***The One Gift*, by Dr. D. Gary Young, founder of Young Living**

While searching for some essential oil reference books for customers, I found a book I didn't know about—Dr. Gary Young's *The One Gift* (2010). The story is a real adventure- thriller! Dr. Young, ever the explorer, researcher, and adventurer, wrote this story set in the time of King Solomon based on his research about the ancient caravans and the frankincense trail. Dr. Young dreams he is an ancient caravan captain in charge of several hundred camels and men as they transport frankincense, myrrh, and balsam through deserts in Israel and Egypt.

The One Gift is part romance, part big adventure, part essential oil use, and part wisdom. When asked what Captain Shutran wants most in life, he responds, "I want to be remembered as someone who gave more than he took, to be an example, to help make a better tomorrow for our children. Most of all I want my family to love me and say good things about me when I am gone."

You'll meet the captain's family, King Solomon, and the Queen of Sheba. You'll engage all your senses. This story is about manly men doing manly jobs while loving their families and the team of men who work with one another. I think the character of Capt. Shutran is really Dr. Young's story in many ways. Apparently, his wife Mary agrees.

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