

October 2025

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 #925266, or phone 1-800-371-3515

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.



***Happy 19th Anniversary to
Natural Health and Home!***

Gut Health: Glutamine

Most folks now know the importance of probiotics, prebiotics, and postbiotics, as well as enzymes to promote good digestive health. Yet, due to poor quality food (even organic is sprayed with chemicals and subject to chemtrails), poor dietary choices, medication, stress, and environmental factors, digestion may still be problematic causing bloating, gas, and even leaky gut syndrome. We can moderate the effects with herbs, but those herbs may not help the gut to heal.

Bring on the amino acid L-glutamine! This particular amino acid works in five ways to help the gut lining heal, as long as we are still avoiding the S.A.D. (standard American diet of junk and fast foods). According to scientists, holistic health providers, and nutritionists, glutamine provides the following:

1. It helps maintain gut mucosa, preventing food particles from entering the blood stream inappropriately (leaky gut).
2. It promotes the proliferation of the cells that absorb nutrients and sends them throughout the body.
3. It supports normal anti-inflammatory response, thus reducing oxidative stress on cells.
4. It supports a healthy gut-brain connection.
5. It supports "good" bacterial growth. <https://zonia.com/restore-gut-special>

Additionally, aloe vera, licorice root (DGL, or deglycerized licorice), and zinc L-carnosine are excellent options to help soothe and heal the gut. **Barlean's offers a blend of these ingredients in its Intestinal Repair powder.** (Barlean's also offers Stomach Repair powder.)

Daily brand now offers a probiotic specifically to help heal the intestines: Akkermansia Muciniphila.

Both the Barlean's products and the Daily probiotic are available at Natural Health and Home.

Auto-Immune Conditions: Solutions are Possible!

Auto-immune conditions include Psoriasis, Crohn's, Celiac, leaky gut, rheumatoid arthritis, Lupus, Lyme, and even type I diabetes. These conditions (sometimes labeled diseases) may be caused by a number of things, including stress, poor nutrition and lifestyle, tick bites, EMFs (electro magnetic frequencies from Smart meters, electronic devices, and cell towers), environmental factors such as chemicals or mold, unresolved emotional issues (some scientists say 80% of autoimmune issues are from childhood trauma), out of balance hormones, and more. These conditions can cause painful, sometime crippling, inflammation, adding more stress.

Auto-immune conditions signal toxicity, and while the detoxification process may be long, requiring months or a few years to complete, it's worth it! Detoxing may include ionic cleansing, saunas, colonics, ozone therapy, dietary changes, exercise, massage, Raindrop therapy, rest and sleep, and a variety of other methods. Herbs and homeopathic products also help to both detox and rebuild. Talk to a natural, holistic practitioner to get specific testing and to guide you through your healing journey!

The Truth About Cholesterol, Dr. Mark Schopp, DC (see ad on p. 4)

There is a lot of misinformation about cholesterol. Cholesterol is needed by the body for a number of reasons, but it has become "the bad guy" in many cases due to the perception of cholesterol. Your body produces about 80-90% of cholesterol. The rest of your cholesterol comes from food. If you get more cholesterol in your diet, your body makes less. If you eat less, your body makes more. Excess cholesterol is excreted. Winter causes it to increase. Summer has the opposite effect.

Cholesterol will fluctuate depending on time, weather, exposure to toxins, and whatever is going on in your life. If you are dealing with any injury, inflammation process, or stress (physical or mental) then cholesterol will increase. After a heart attack or any other traumatic event, cholesterol will increase. A woman's cholesterol levels can vary as much as 20% depending on what phase of her menstrual cycle she is in. Average levels are highest in women during their peri- and early-menopausal years.

High cholesterol levels may be seen with if a patient is hypothyroid. Obesity, insulin resistance, or diabetes will also produce high cholesterol (and triglycerides). Though cholesterol is primarily manufactured in the body according to your need, the food we eat provides 90% of our triglycerides. If your cholesterol level is too low, it will increase risk for depression, sleep problems, aggression, violent behavior, loss of memory, poor cognition, various types of cancer, Parkinson's disease, poor immune function, increased mortality, and more.

Cholesterol levels will increase when there is an insult of injury or any need for healing. When an area is damaged or stressed in any way, the liver will send LDL to the site to help to make a patch for repair and help to replace damaged cells. When they have completed their job, they are transported to the liver by HDL where they are broken down and excreted by the body. Proper treatment is to find out why the body needed the extra cholesterol (what is the cause?).

Of course we can just force down the level of cholesterol with drugs but that does not fix the problem. So, with nutritional care we want to reduce the need for cholesterol instead of suppressing it. Remember, it is high because the body needs it somewhere, so just lowering it does not fix the problem. If we suppress it, the body's ability to heal is affected.

Since the body manufactures 80-90% of its own cholesterol, many times changing your diet won't always have the effect that you desire. Food supplements which help the body to heal can help reduce the body's need for cholesterol. They boost cellular function, aid in repair, and help to get rid of damaging agents. Proper nutritional **liver support** will in almost all cases reduce cholesterol. Less cholesterol is then needed as we heal and the levels go down.

Patients who have diseases that have acute inflammation such as Rheumatoid Arthritis and Lupus will do better with higher cholesterol levels. Of course, these diseases also do great in most circumstances with nutritional

care. Andrew Clark, MD, says: “In contrast to what you might imagine, having a high level of cholesterol might be good for you.” If your immune system is working to fight against something, your cholesterol levels may increase at that time to heal. Cholesterol-lowering drugs suppress inflammation, interfering with the body’s efforts to resolve damage. Ronald Kraus is a member of the committee that writes the dietary guidelines for this country. His research indicates that total cholesterol and LDL are not linked with heart attacks. Several studies found no connection between saturated fat intake and cardiovascular disease.

Cholesterol lowering drugs are called “statins.” There are more prescriptions for statins than any other type of drug. Many studies show the “safety” of statin drugs. Yet all of those studies are done by pharmaceutical companies or written by scientists with financial ties to the pharmaceutical companies that produce the drugs. In reality, several side effects with Statin drugs include the following:

- Liver damage (statins inhibit production of cholesterol by the liver)
- Muscle weakness, aches and damage; severe with higher statin doses.
- Tendonitis and tendon tears.
- Increased fatigue after exertion; decline in overall energy.
- Memory and cognition impairment; transient global amnesia.
- Potential for depression, irritability, aggressiveness.
- Damage to peripheral nerves, causing peripheral neuropathy if statins are taken longer than 2 years.
- Lowered immune system function.
- Potential increase in autoimmune diseases and cancer risk (impaired antitumor immune responses).
- Increased risk for hemorrhagic stroke.
- Increase in prevalence and extent of coronary artery and aortic artery calcification.
- Abdominal pain and diarrhea.
- Increased risk for type 2 diabetes; deterioration of blood sugar control in existing diabetics.
- Worsened progression and symptoms of knee osteoarthritis.
- Increased risk of developing cataracts.
- Sexual dysfunction.
- Reduced fat metabolism including that of essential fatty acids. May suppress omega-3 benefits.
- Reduction in levels of CoQ10, vitamins A, D, E and K and carotenes.
- May deplete mineral-protein complexes including zinc, copper, selenium, and chromium.
- Lactic acidosis
- Anemia.

If someone has high cholesterol, the nutritional approach is best as the goal to heal the body so it will require less cholesterol and the number will come in range. Certain supplements depending on what is really going on with the patient can help to lower the Cholesterol to this ranges. If you have any questions about cholesterol or any other health matters, please give me a call at 314-843-9355.

JAMA, 17 Oct 2012, 308(15):1545-54; M Mitka, *JAMA*, 22/29 Aug 2012, 308(8):750-1. UC
Berkeley Wellness Ltr, Sept 2012, 28(13):1-2; M Gillman, S Daniels, B Psatu, et al,
JAMA, 18 Jan 2012, 307(3):257-60; M Fernandez, D Webb, J
Am Coll Nutr, Feb 2008, 27(1):1-5; P
Duke Med Hlth News, Aug 2012, 18(8):1-2; J Despres,
Lancet, 4 Apr 2009, 373(9670):1147-8; M Mitka,
JAMA, 4 Jan 2012, 307(1):21-2
Presentation, Am Coll of Cardiology, 61st Annual Scientific Session, Chicago, IL, 24-27 Mar 2012; A Onat,
Clin Endocrinol Metab, Sept 2010, doi: 10.1210/jc.2010-0109, 95:E80-5; J Couzin-Frankel,
J Am Coll Cardiol, 2007, 50:409-18; P Coogan, L Rosenberg, et al,
Epidemiology, 2007, 18:213-9; J Swartzberg,

Schopp Nutrition and Chiropractic Clinic
"Changing Health With Clinical Nutrition"

Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, Fibromyalgia, Chronic Fatigue, **Male & Female Hormone Imbalances**, Adrenal, Digestive Disorders, **Thyroid**, Personal Injury, **Live Blood Cell Testing**, Brain function evaluation, **Heart Sound Recording**, and More!

NEW! Lipomelt Red Light Slimming and Body Contouring Technology

Dr. Mark Schopp, Chiropractic Physician
Phone: 314-843-WELL (9355)

drschopp3@gmail.com schoppnutritionclinic.com
11144 Tesson Ferry, Suite 201, St. Louis, MO 63123

Hillsboro Chiropractic

Dr. Tammy M. Hansen

B636-789-2400

10814-A Business 21



\$35 Student Physical

\$25 New Patient Consult & Evaluation

\$15 Foot Scan & Report of Findings

Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm & Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics & Sports Injuries.

Expires October 31, 2025

HEALING HANDS CHIROPRACTIC

Pediatric and Family Chiropractors

Drs. Charmin and Ryan Gans

1185 Scenic Dr. Suite 141, Herculaneum, MO
(located behind Cracker Barrel in Herculaneum)

(636) 479-6700

New Patient Exam Only \$47

Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor.

Emotional Release,

Natural Fertility, & Acupuncture Treatments!

Expires October 31, 2025

Got Stem Cells?

Try LifeWave X39 Age Reversing Patch! This is a game changer. A patch that is patented and clinically proven to activate your own stem cells. It is noninvasive and works with Photosynthesis. No drugs or chemicals and is a medical breakthrough. For more information or to purchase the patches visit: [www.lifewave.com /](http://www.lifewave.com/) 2513783.

Tammy Newkirk @ 314-221-0968, Email:
info@trusttammy.com, www.trusttammy.com



Kandice Steitz

Sound Practitioner

314-288-5723

HairandHealingLLC@gmail.com

for more information and booking visit:

www.vibrationalpatterns.com

My Pure Water Distillers

1-800-875-5915

or

<https://mypurewater.com/?sld=911>

coupon code NANS

*Don't drink contaminated water from your tap
or well--*

Distilled is the purest water available!



Grace Wellness Studio

Dana Christisen, Naturopath

Ozone Therapies, RBTi testing, HeartQuest EKG,
Red light laser therapy,
Ion foot bath, and more.

24 S. Jackson Street, Perryville, MO
573-605-1030

--	--