October 2026

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)

OPEN Tuesday, Wednesday, and Thursday 9am-5pm
Saturdays 9am-noon.
Private consultations and LSAs by appointment
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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.**



*Celebrating **20** Years!*
*Shop Tuesday, October **20***
for
***20%** off Everything in Stock!*
One Day Only—So Mark Your Calendars!

Natural Health and Home: A Calling from Heavenly Father

Opening a business was never my dream. All I ever wanted to do was teach—specifically, English. I loved reading , linguistics, and literature from the time I was a young child. I was blessed to live that dream for nearly 30 years until Heavenly Father had a different plan for my life. A little over 20 years ago, I had a Job (from the Bible) experience—my dad suddenly died, I divorced after over 20 years of marriage, I'd lost my favorite job due to downsizing---- and desperately needed one job instead of three or four part time jobs in St. Louis.

Out of desperation one day as I drove through Hillsboro, I called out in prayer: "God, *PLEASE* get me a job—ONE job—close to home. One that will pay enough to cover the bills! Amen." Just then, I promise you I saw His finger come from a cloud pointing to a location near the old Queen's Grocery (now Karsch's) on Business 21. I heard, "You will open a health food store here."

Uh—I didn't want to argue with Him, but I hinted that I had no idea how to start a store. While it was indeed true that I had worked in several such stores when I wasn't teaching since the mid 1970s, and I had studied at Bernadine Naturopathic University in the mid-1970s, owning and running my own store was not in my plan. He patiently and quietly advised, "I'll take care of that." Within a few days, I was offered a part time tutoring position at Sanford Brown BUSINESS college in Fenton making twice what I was making at my full time job. My office was in their BUSINESS library—with a high speed computer and the Internet. I'd never applied there; they came to me! As few students there wanted tutoring, I had plenty of time to research how to start a business. The librarian, Alan, also owned a small business on the side and was happy to assist me.

A few months later, with a typed business plan, an angel investor (my mom), and a list of suppliers, I had everything in place—except the location. A thriving business still occupied the location He had shown me so specifically. I asked Him in prayer, "Lord, did I make a mistake? I was so sure of the location you'd shown me." He let me have the experience of searching other locations—all very expensive or otherwise inappropriate.

The next day was Sunday. As I drove to church, I passed the location he'd shown me. Boy, was I surprised! In front of the shop was a large sign: Closing! Retiring! Every must go! I pulled into the parking lot, walked in, and asked for the name and phone of the person I needed to speak with to lease the place. When I phoned the number on Monday, it was cheaper than any of the other locations I'd explored, needed no rehab work, and met most of the health department requirements. I could move in as soon as the other business cleared out. I bought their shelving, counter, and other items which they were pleased to get rid of so easily. I started Natural Health and Home a few weeks later. It took off like a proverbial rocket!

It wasn't easy during those early years. I had to learn much about owning and running a business, Many wonderful people came to my aid. I am especially grateful to Werner Stichling of Stichling and Associates of Festus (then also DeSoto's mayor) for his encouragement and business savvy—and the business books he offered in those early years. New business owners experience many downs with their ups. The worst for me was two years later—2008--when the economy crashed. Many customers lost their jobs or businesses, some lost their houses, and money was very tight. That was a very scary time. But I relied on "my Boss" and the real owner of the shop—God—and my mom's generosity and encouragement.

Much has changed in the industry over 20 years, with company buyouts, distributor changes and closures, legal battles within the industry, and more. Heavenly Father and I successfully made it through the covid debacle. I don't know what He has in store going forward. I pray daily that He will show me His plan—that I am prepared intellectually, spiritually, emotionally, and physically to tackle whatever comes next. I pray for you, my customers, friends, and colleagues each day and throughout the day that He will bless each of you directly and through one another.

The Perfect Storm: Is Your Child's Nervous System Stuck in Stress Mode? By Dr. Charmin Gans
Perfect Storm Workshop, October 15, at 6:30pm, Healing Hands Chiropractic (See ad p. 4 for address and phone)
As parents, we spend a lot of time thinking about our children's health. We look at what they eat, the vitamins they take, how much sleep they're getting, how much time they spend on screens, and whether they're getting enough exercise and fresh air. All of those things matter., but there is one piece of the health conversation that I believe every parent should understand, and it's one we don't talk about nearly enough: the nervous system—the body's communication and control network.

It is important to start noticing patterns. Instead of only asking, "How do we stop this behavior/" sometimes ask, "What was happening before it/" Were they tired? Hungry? Overstimulated? Rushed? Had they been sitting all day? Was the environment loud or chaotic? Are evening consistently harder? Does your child have a difficult time winding down even when the are exhausted? Those patterns can tell us a lot.

Our goal is simple: To help you better understand what may be going on beneath the surface and give you practical information you can use to help your child.

Parents, if your child is struggling with anxiety, ADHD, sensory challenges, big emotions, sleep, or focus—and you feel like you've tried everything—this workshop is for you. There may be an important piece of your child's health you haven't been taught to look at yet: their nervous system. At our Perfect Storm Workshop, we'll help you understand how accumulated stress can affect a developing nervous system and why that may matter when your child is struggling. If you've been searching, wondering, and praying for answers, reserve your spot today. **636-479-6700.**

Art and Sound for Health, with Kandice
Arting & Sound, **Saturday, October 24th**, 6:00–8:00 PM, SC Bodyworks, Crystal City
Register here: https://VibrationalPatterns.as.me/Arting
There's something really special about creating with your hands while giving your mind a chance to slow down. This isn't your traditional sound session. You don't have to know anything about sound baths, meditation, or art. You don't have to be "good" at creating anything. And you definitely don't have to know what you're doing. We'll spend time creating a simple art project while weaving in moments of sound throughout the experience. ***Think of it as….Create. Pause. Listen. Breathe. Create some more.***

I'll bring the sound instruments and create little pockets of sound throughout our time together. You'll have space to focus on what you're creating, step away from the noise of everyday life, and simply enjoy being present. And because we're doing something with our hands, this can be a really fun way to experience sound for the first time if a traditional sound session feels a little intimidating.

Spots are limited, so if this sounds like your kind of evening, I'd love to have you join us! Come create, connect, laugh a little, listen a little, and give yourself permission to slow down. You don't need to come with a friend, either. Come as you are. There's no pressure to be artistic, spiritual, or anything else. Just come ready to make something and experience something a little different. I can't wait to see what you create!

Understanding Menopause: Dealing with the Transitional Years, Dr. Mark Schopp, DC
As a woman transitions through menopause, she will be moving through one of the most significant physiological transitions of her life. The feeling of normal can disappear in many women. She may say her body does not feel her own. She is used to the different systems in the body supporting her, but they will start to fail to do so. Going through menopause will magnify the systems that are weak creating problems that she never had before. Some of the symptoms she may experience can be hot flashes, weight gain, insomnia, brain fog, mood changes and vaginal dryness (normally easy to fix).

Bone loss can be down the road and needs to be addressed early on with proper nutritional support. Many practitioners just look at individual causes, but it is not just an estrogen deficiency problem due to declining ovarian capacity. Neither is it just a problem with the hypothalamus/pituitary. It is not simply an adrenal problem. All of those can be the case, but seldom is one system responsible. We must look at multiple systems and how they function together. In each phase-- Perimenopause, Menopause, and post Menopause-- different systems are priority which means different nutritional support.

Perimenopause occurs about 4-10 years before final menstruation period. Mood changes are common. Skipped periods as well as heavier or lighter cycles occur. Progesterone will start to decrease as the ovaries are not doing the job they used to. Estrogen drops also but is erratic, going up and down. Ovarian capacity will decrease, estradiol drops as well as AMH. When FSH peaks and AMH drops to zero, menopause is confirmed.

In the next number of issues, I will be discussing what is happening as well as what to do naturally to help these women without hormones which may cause other health problems.

Fun Stuff for Seasonal Health!
Changing seasons is demanding of of bodies.from Elson Hass's book *Staying Healthy with the Seasons.*
In Fall, Lung/Large Intestine beed support. In clude pears, colon cleanse, slippery elm, and cayenne. In winter, Kidneys/Bladder need support. Include goldenseal, parsley, cranberries and uva ursi.

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