

October 2021 edition

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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

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Hours: OPEN Tuesday and Wednesday, 10am-6pm
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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.**



Greetings to All!

I never dreamed of owning and running a business—ever! But Heavenly Father had other plans for me. I find it most interesting that He provided many opportunities through my life to prepare me in unique ways for this. My introduction to “health” was as a Girl Scout where we learned Red Cross first aid and CPR. Years later, my first job as a college undergrad was at the old St. Anthony’s Hospital in St. Louis City. I spent a year and a half working “the floors” and another two years working in the emergency room. By then, the hospital had moved to its current location in South County. I sure learned from my training and experiences about injuries. My dad always taught me to take advantage of any learning opportunity in life, so I attended any in service training I could, whether it was bed making, patient care, or anything else they offered to the staff.

While working in the ER, I developed an itchy, red rash on the top of my left foot. The ER doctor looked at it and prescribed a strong antibiotic, followed by a steroid cream, neither of which helped. In fact, the rash worsened. Next he wanted to admit me “for testing.” I looked that fellow in the eyes and told him that I knew what “went on behind the scenes” at that hospital, and I wanted nothing to do with being a patient there or anywhere else.

I knew of a high school teacher who had a naturopathic office after school and on weekends, so with some hesitation, I walked into his office. He didn’t just look at my rashy foot, he seemed to study it, looking carefully. He then announced I had a spider bite. How did he conclude that, I asked. He pointed to two tiny red dots and declared that was where the spider bit me. I wanted to know why the ER doctor hadn’t seen that. Ol’ Doc Paul informed me that REAL doctors observe closely; they don’t simply see a symptom, label it, then play with chemical drugs. With his treatment of an herbal poultice and light therapy, my foot was healed in a week.

This was an entirely new way of thinking—**close observation, ask questions, get to the root cause of the problem**, then treat it without drugs and chemicals. I was curious about this new way of thinking about health and healing. Surely I’d learned in science classes to be a close observer and to ask questions.

My language and literature studies and research also taught me thinking skills, analysis, inquiry, and research skills. I wanted to learn more about health and healing, so I began attending classes on herbs, nutrition, and natural healing at a naturopathic college.

The next step in my education outside of my actual field of English was with the Air Force Auxiliary and the Air Force where I trained and was part of emergency search and rescue teams (both land and aerial), emergency radio communications, and much more. At various times, I also taught for the Red Cross: first aid, CPR, and HIV/AIDS prevention. During the 1990s when HIV and AIDS were in the news, I also trained with several other volunteer organizations to do HIV/AIDS care giving and hospice; start an HIV/AIDS support group; and to organize a training team to train teen peer educators in safe dating.

All those experiences have prepared me to **apply the principles of close observation, asking questions, and seeking the root causes of health concerns**. I also learned to network, which is why I may suggest chiropractic or other types of natural care to aid in holistic healing for body-mind-and spirit. My passion for research and learning continues, as does my passion for educating others.

One day Heavenly Father pointed to specific store front in Hillsboro 15 years ago and told me quite clearly that I would have a health food store there. I (like so many Old Testament individuals such as Jonah) doubted. "Me? But I have NO business training!" He said He'd fix that. Within a week, a woman from Sanford-Brown BUSINESS college offered me a tutoring position. My office was in their BUSINESS LIBRARY, with a high speed computer and internet access—and very few students who wanted tutoring. So I did what my parents taught me to do when business was slow—find something to do. I used the resources to learn how to start a business, how to fund it, and how to write a business plan. In a few months, I was ready... but that store front still was doing a booming video rental business. I looked at other locations, but none suited my needs. I took it back to Heavenly Father. Had I not understood Him?

The next day was Sunday. On my way to church, I saw a large sign in front of the store front: "CLOSING! RETIRING! Everything must go!" I pulled over, dashed in, and got a phone number and name of the person I needed to talk to about renting the store front. It was less expensive than any of the others I'd checked out, and it met the health department's requirements. A few weeks later, Natural Health and Home opened—October of 2006!

Life is truly amazing! I think of mine as a crazy patchwork quilt full of color and unique designs! Be sure to share your life story when you visit. Our experiences are better than Hollywood's shows, and we can learn so much from one another.

Thanks to all of you who made—and make—Natural Health and Home a success! You're terrific, and I'm grateful to each of you for becoming like family! Blessings to each of you!

Nan and The "A" Team (Annie, Autumn, Ari, and Angel Kitties)

Holidays are Coming!

I'm already hearing that there may be a shortage of **holiday turkeys** this year. I've already ordered mine—local and fresh from Bryan Harr of Harr Family Farms in Illinois. To order yours and pick it up at Soulard Market, phone 618-798-1131. I ordered an extra so I'll have turkey for the year in my freezer. Harr Farms also offers local (Illinois) beef, pork, chickens, and other meat items. Put your order in on Monday to pick up on Saturday.

New Products and Information

For vegetarians, check out Frontier's new **Plant Boss vegetarian protein** crumble options made with yellow peas—now in stock at Natural Health and Home! The crumbles come in several seasonings (taco,

all-purpose, unseasoned, pico de Gallo, and Southwest taco). These may also be added to meat dishes to cut back on the amount of meat you eat.

Dr. Cass Ingram has a **new book** out: *The Covid-19 Vaccine: The Real Truth Revealed*. As I write this, I am reading my copy. Gosh! I thought I was rather well-read on this topic, but Dr. Ingram has additional information. Order your copy soon.

Dr. Ingram also has a couple of up-to-date protocols if you've gotten the shot or been around people who have shared their spike proteins with you. I have the information at the shop if you are interested. I have in stock the products he suggests to help detox and boost natural immunity. Remember that detoxing from these shots is a multi-layered process. The shots contain graphene oxide which is highly toxic, thus requiring a metal detox. Next we must consider detoxing or managing the spike proteins. Finally, for women experiencing inappropriate bleeding, Dr. Ingram offers suggestions to help re-balance the body. The shots may cause (whether immediately or over a longer period of time) inflammation of the kidneys and urethra, ovaries, brain, and heart. A lengthy list of possible symptoms and conditions may be found in Dr. Ingram's book as well as ChildrensHealthDefense.org

N-Acetyl Cysteine (NAC) is Back in the News

First, I stock NAC at Natural Health and Home! Second, the FDA is busy again doing their best to limit availability of herbs, homeopathic, and other "natural" products in order to promote big pharma products—it's all about the money!

What is NAC? NAC is an amino acid that aids in many aspects of our health. It occurs naturally in skirt steak beef, lean chicken breast, tuna, lentils, oatmeal, eggs, low-fat yogurt, sunflower seeds, and Swiss cheese. <https://www.livestrong.com/article/531520-food-sources-of-n-acetyl-cysteine/>

Attorney and author Scott C. Tips in his article "NAC—The Latest Health-Success Story to Become an FDA Target," quotes National Health Federation Board member Michael LeVesque as follows:

(T)he practical side is that painters, smokers, and anyone exposed to toxins will want to use (NAC) for its protective benefits. Anyone who wants lustrous, strong, healthy hair growth, and nail growth, will want to use it. Anyone who suffers from a multitude of ailments will want to use it. Anyone on radiation or chemotherapy will want to use it. Anyone suffering from immune function loss, lung and breathing problems, or HIV or other diseases will want to use it. (*WholeFoods* Aug. 2021, p. 46)

Those who know the benefits of NAC have been searching for it since the onset of covid. Amazon no longer supplies it, but many health food/supplement shops still stock it. Yet "(i)n July 2020, the FDA sent warning letters to seven supplement companies selling ...products containing NAC, claiming in its letter, among other things, that NAC was not lawful for sale as an ingredient in a dietary supplement because NAC had already been approved as a drug prior to such supplement sales."

However, supplement and nutrition organizations such as the Council for Responsible Nutrition, are fighting back, saying the FDA's actions are "legally invalid" for a number of reasons. The bottom line is that health food/supplement shops like **Natural Health and Home have NAC in stock**. See also https://www.healthline.com/nutrition/nac-benefits#TOC_TITLE_HDR_4

RBTI Nutritional Testing Available

Brady Crum will be available to do RBTI nutritional testing for mineral deficiencies. He will be here the last Friday of each month. Testing is by appointment. Phone 636 232 7869 to make an appointment.

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