

September 2020 edition

## Nan's Natural Health

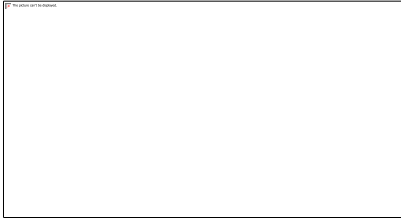
**Wake Up to Natural Health & A Better You!**

Compliments of Natural Health and Home, Inc.

526 Bailey Rd., Crystal City, MO 63019

[www.NansNaturalHealth.com](http://www.NansNaturalHealth.com)

636 937 0526 (no texting available)



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

Thursday, & Friday, 9am-5pm; Saturdays 9am-noon. **CLOSED** Sundays & Mondays

Visit us online: [www.NansNaturalHealth.com](http://www.NansNaturalHealth.com)

To join **Young Living** or to purchase online, go to [www.youngliving.org](http://www.youngliving.org). Code #985266, or phone  
1-800-371-3515

**Join Our Email Group for Updates!**

**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.

**Notice Regarding Facebook:** I am no longer posting events and updates on Facebook due to their clearly anti-American policies. If you'd like updates on product availability, activities, and general information, please join our no-reply email list at the front desk when you shop.

### Calendar

**September** is emergency preparedness month. Take time to review or make your family's emergency plan for fall and winter. Do you have emergency supplies in your vehicle in case of a snow storm—a change of warm clothing, blanket(s), pillow, snow boots, snow shovel, salt or cat litter in case your vehicle gets stuck in snow or ice, a flashlight, healthy emergency food and water? For more ideas, go to <http://health.mo.gov/emergencies/readyin3/>

**September 14:** Dr. Charmin Gans. Happiness Workshop. Check with her office for exact details and times. Class may be via facebook or Zoom due to covid concerns.



Dear Wellness Warriors,

We had two exciting events in August. I conducted a discussion and class on discovering edible and medicinal plants in our backyards (mine, anyway). My yard can provide a healthy feast all spring, summer, and fall, from wild herbs for teas and salads, to wild fruits and nuts. I am left wondering how many more are on my property that I don't recognize yet! If you'd like a copy of the handout, let me know. There is a \$5 printing fee.

The next day I hosted a meet 'n' greet with Claire Callanan who taught us about her specialty-- caring for our lymphatic system. I had a terrific experience with her. My right shoulder had been hurting for several months despite chiropractic, massage, acupuncture, cupping, and trigger point therapy. Thirty minutes with Claire, and my shoulder hasn't hurt since! Her contact number is 314-498-9162 (Text or phone. See article in July's newsletter.)



## **Proteolytic Enzymes: Cardiovascular Disease, Scar Tissue, and Inflammation**

The PhD presenter told us that for certain conditions, we might take “a handful” of these enzymes. Of course, hands went up to ask how many constituted “a handful.” She told us 10 or 20 capsules! She told us that to help get rid of excess mucous in a hurry (think sinusitis, allergies, and so forth), taking 10-20 capsules before bed on an empty stomach would work wonders overnight. The enzymes act like pac-men to “eat” excess mucous. I tried it, and it seemed to work well. Some customers have had similar success. However, since then, stronger products have become available, so we don’t need to take so many capsules at once. Taking these enzymes with a meal helps digest the proteins (meat, poultry, nuts, dairy) while taking them on an empty stomach may help eliminate parasites, scar tissue, and inflammation.

When I did additional reading on these enzymes, I read a report by a veterinarian who treated a cat that had heart worms. It’s rare for cats to get heart worms, so no medication was available at the time. With the pet owners’ approval, the vet decided to administer enzymes on an empty stomach. In six months, no heart worms were found in the cat, and the cat went on to live a healthy life.

Dr. Axe says proteolytic enzymes are a group of digestive enzymes that are needed to digest protein and break them into smaller units called amino acids. Proteolytic enzymes are also known as proteases.

- The three main proteases are pepsin, trypsin and chymotrypsin. The protease enzyme breaks down protein found in meats, poultry, fish, nuts, eggs and cheese and may be helpful for people with food allergies or those who have difficulty digesting protein.
- What are the benefits of proteolytic enzymes? They help control inflammation, prevent heart disease, support the immune system and protect the colon from oxidative stress.
- People who can benefit from proteolytic enzyme therapy (taking supplements) include those with inflammatory bowel disease, IBS, low stomach acid (hypochlorhydria), enzyme insufficiency, pancreatic insufficiency, autoimmune diseases, constipation, diarrhea, bloating, inflammation of the joints and high risk for colon cancer.
- Foods that can help to provide you with proteolytic enzymes include pineapple, papaya, kiwi, fermented dairy, miso, sauerkraut and kimchi. Other sources of natural digestive enzymes include raw fruits and veggies, avocado, bee pollen, apple cider vinegar, and raw honey.

<https://draxe.com/nutrition/proteolytic-enzymes/>

<https://www.drdebe.com/articles/overcoming-athletic-injuries> (See section 2)

<https://astenzymes.com/inflammation-systemicenzymes/what-is-heart-disease-heart-disease-and-systemic-enzymes/> (Includes information on serrapeptase and nattokinase for heart disease.)



## **Fall and Winter Wellness and Immunity Update**

Oregano and several other “hot oils” are the hits this fall, according to Dr. Cass Ingram (see [www.cassingram.com](http://www.cassingram.com)). In his newest book *COVID-19 Remedy: The Real Truth Revealed*, Dr. Ingram tells the history, politics, and science of Covid, and lists a number of “hot oils,” including his top pick oregano, which he says “kills” covid-19 in 20 minutes.

As I looked over his list of herbal products, I noted I already stock several products that seem to meet his recommendations. Young Living’s Inner Defense capsules and ImmuPower oil blend (for topical use and diffusion), as well as Thieves oral hygiene products. Dr. Christopher’s Super Garlic Immune

tincture (Anti-Plague formula) meets the criteria, too. North American Herb and Spice company's many oregano-based products, including oil, juice, mouthwash and toothpaste, Germ-a-Cleanse spray, nasal spray, Oreganol capsules, and Physician's Strength Oregacillin capsules are Dr. Ingram's "best" list.

If you'd like a copy of Dr. Ingram's book, add your name to the wait list. The first printing sold out very quickly. The second edition (third printing) will include case studies and is supposed to be available in September.



### **The Theory of Signatures**

Have you ever noticed the similarities between certain plants and various parts of our bodies? Herbalist Mathew Wood authored a fascinating thesis on **Signatures**, that is, using a plant's shape, color, smell, and texture as aids in determining the healing properties of the plant, whether herb or food. The concept is not new, but several hundred years old. Nonetheless, the ideas offer us another interesting way to learn about our bodies, food, and herbs.

For example, in an article about the theory of signatures on greenmedinfo.com we learn about walnuts. The shell reminds us of the skull, while the nut meat shape reminds us of our brain. Therefore, according to the Theory of Signatures, the walnut provides nourishment for our brains:

Walnuts are well known to have a disproportionately higher amount of the very fatty acids, specifically the EPA/DHA omega 3 fatty acid substrate alpha linolenic acid that the brain requires for optimal health. Moreover, walnuts contain well-known neuroprotective compounds, such as gallic acid, vitamin E isomers, melatonin, folate, and polyphenols. Coincidence, or mother nature providing a clue so obvious we would have to be nuts (or nut deficient) in order to overlook it?

To read Wood's fascinating thesis, go to <http://www.naturasophia.com/Signatures.html>

Additionally, browse the rest of his website to learn more about the wonderful healing power of Nature!



### **Hypoxia—Low Oxygen Levels**

Several of my customers who are nurses or work in the health care field have alerted me to some of the symptoms they are experiencing which they believe is from wearing masks for extended lengths of time. In addition to the list below, I've also heard from other health care workers that depression and bouts of sudden anger may occur. Some symptoms include the following:

- Headache
- Shortness of breath
- Fast heartbeat
- Coughing
- Confusion
- Bluish color in skin, fingernails, and lips (in severe cases)
- Wheezing

<https://my.clevelandclinic.org/health/diseases/17727-hypoxemia>

If you choose to wear a mask, be sure to wear it wisely. If you develop symptoms of hypoxia, check with your health care provider (chiropractor, naturopath, or other) for suggestions for your personal health care plan during flu season. According to the OSHA website, neither cloth nor surgical masks "... protect the wearer against airborne transmissible infectious agents due to loose fit and lack of seal or inadequate filtration." (<https://www.osha.gov/SLTC/covid-19/covid-19-faq.html#cloth-face-coverings>).

As U.S. citizens, we have the OBLIGATION to responsibly defend our God-given and Constitutional guaranteed rights against political tyrants. See [JBS.org](http://JBS.org); [GreenMedInfo.com](http://GreenMedInfo.com), and [RonPaulInstitute.org](http://RonPaulInstitute.org).

**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, Nutritional Blood Testing, and More!

*NEW! Lipomelt Red Light Slimming and Body Contouring Technology*

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

[drschopp3@gmail.com](mailto:drschopp3@gmail.com) [schoppnutritionclinic.com](http://schoppnutritionclinic.com)  
11422 Gravois Road, Suite 103, St. Louis, MO 63126

**Hillsboro Chiropractic**

Dr. Tammy M. Hansen

**636-789-2400**

10814-A Business 21 (near Imo's Pizza)

**\$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 September 30, 2020*

**HEALING HANDS CHIROPRACTIC**

**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 \$27**

Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor.  
Also certified in **children's** chiropractic care.

**Natural Fertility & Acupuncture Treatments!**

**Expires September 30, 2020**

**Functional Medicine and Hands-on Healing**

**You Can Afford!**

Functional medicine is cutting-edge medicine—  
and it's right here in Jefferson County.

chronic pain	detox	weight loss
chronic illness	allergies	sleep problems
fatigue	headache	gut problems
fibromyalgia	and many others	

**Sue Overkamp, DO**

osteopathic family medicine (medical doctor trained in adjusting), herbs, nutrition, acupuncture

524 Bailey Road, Crystal City, MO

**Call 914-357-5681** any time or **636-638-1808**  
Wed, Thur, Fri

**Healthy Mouth-Healthy Body-Healthy Life**

Discover the benefits of Biological Dentistry

**Michael G. Rehme, DDS, NMD**

Biological Dentistry and Nutritional Therapy

2821 North Ballas Rd., Suite 245

St. Louis, Missouri 63131

a healthy choice for dental care 314-997-2550

**[mgrehme@toothbody.com](mailto:mgrehme@toothbody.com)**

**WELLIFE, LLC**

Acupuncture & Herb Healing Center  
Traditional Chinese Medicine

**Dr. Alex Chen, PhD, DAOM, LAc**  
**314-858-6088** or **tcmchen@gmail.com**

www.wellifehealing.com  
410 Sovereign Ct., Ste 9  
Ballwin, MO 63011



**Ionic Detox Foot Soak**  
**Jackie Schneider**



To schedule, call or text: 314-568-1979  
or go to [www.schedulicity.com](http://www.schedulicity.com)

222 East Main, Festus, MO  
***Jump start your immune system!***