



## September 2021 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 or email available)

**Hours:** OPEN Tuesday and Wednesday, 10am-6pm  
Thursday, & Friday, 9am-5pm; Saturdays 9am-noon.  
**CLOSED** Sundays, Mondays, & major holidays

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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.**



### **September is EMERGENCY PREPAREDNESS MONTH!**

When I worked at the OLD St. Anthony's Hospital (in the City) in the early 1970s, a winter storm blew in. It was the evening shift, and I was working in the emergency room (ER). Snow fell fast, hard, and big during the shift, blocking city streets. The night shift couldn't make it to work, and we couldn't leave. I lived in the old convent for three days, working days and evenings whenever and where ever I was needed. The problem was, I wasn't winter prepared! I had no change of clothes—just my uniform. I learned to have emergency supplies in my car from that time on.

Fall storms and wintry weather aren't far away on the calendar. For those of you on my store email list, I am sending a two-page preparedness survey for you and your family and friends to evaluate your emergency preparedness. If you aren't on the store email list, please tell me your email address to I can add you to the list. If you do not have email, stop by the store for a copy. Some of my customers have made detailed plans to cover a number of emergencies.

Recently, an interviewer on LifeSiteNews.com (a Catholic news and information program) interviewed Mike Adams (scientist and researcher, also known as Health Ranger) who suggested listeners gather with up to twelve families to form a community in case of emergency. They should gather, evaluate one another's skills and assets, then make and write a specific plan to help one another. You might consider doing this with church groups or trusted friends and neighbors. Remember to include products for you pets, too.

The Church of Jesus Christ of Latter-day Saints has always taught preparedness—it's Biblical! Noah prepared for the rain and flood. Joseph advised Pharaoh to prepare during times of plenty for the drought and resulting food shortages that would come. Christians learn to prepare spiritually, emotionally, financially, and physically for times of emergency. Below are a few great websites for information on preparedness.

Other churches also are involved in various emergency services. The Baptists have an emergency food truck from which they serve meals (including hot meals). Other churches focus on emotional responses to emergencies. Learn what your church or other organization offers for training and response to emergencies. Encourage schools and home school organizations to teach preparedness annually.

- <https://health.mo.gov/emergencies/readyin3/> This site has printed materials and some terrific family videos—short and just right for children as well as adults. Some videos address needs for child care and elder care facilities.
- <https://providentliving.churchofjesuschrist.org/?lang=eng> This site includes information on food and water storage, gardening, and general preparedness.
- <http://www.rockfire-rescue.org/cert/> CERT training is available at no charge through local fire departments for teens and adults. CERT stands for Citizens Emergency Response Team.
- <https://sema.dps.mo.gov/programs/thepartnership.php> The Faith Based Initiative (FBI) trains church leaders and their representatives to organize congregations for emergencies. It introduces participants to a variety of emergency resources in our community. This two day program is free.
- <http://www.jcarcmo.org/> The Jefferson County Amateur Radio Club (ham radio) meets monthly to discuss and train for communications during emergencies. Licensing no longer records learning Morse Code. For additional information, also see QRZ.com.
- [https://www.redcross.org/content/dam/redcross/local/NCCR/148816preparednessguide\\_web.pdf](https://www.redcross.org/content/dam/redcross/local/NCCR/148816preparednessguide_web.pdf) This pdf is from the American Red Cross—free to download and print.
- <https://www.jeffcomo.org/221/Emergency-Management> Learn about Jefferson County emergency management office on this site.

I encourage each of you to include herbs, essential oils, and reference guides for their use in emergencies. Don't wait until you need these products to learn about them for emergency use. Check with Dr. Christopher's School of Natural Healing for their September price specials for herb and nutrition classes. Go to [snh.cc](http://snh.cc) or <https://www.schoolofnaturalhealing.com/> to register. Natural Health and Home is an affiliate for the school, so be sure to mention the store name or type in the following information online:  
<http://www.snh.cc/jamaffiliates/jrox/php?id=1116>

### **Curious about Homeopathy?**

As some of you know, I've had some tooth challenges in the last few years, despite all the usual oral health care I do and good nutrition. The tooth enamel is good, and I haven't had cavities, but the roots are going bad. While talking with my cats' homeopathic vet, Dr. Huesler (Rolla, MO), I learned about a homeopathic school which offers low-cost homeopathic consultations. I met Molly via Zoom, and I'm having my first classical homeopathy experience. I invited Molly to tell her story and share her contact information. I think you'll find her story uplifting! So many of us begin our holistic journeys after allopathic medicine fails us. Here is another opportunity to learn about holistic healing.

### **Molly's Journey to Homeopathy**

Many people throughout the world search for years and years to find answers for their medical problems; the lucky ones find homeopathy.

As it often happens, I started researching natural home remedies after having children. My third child had RSV at five weeks old and, thereafter, continued to struggle with respiratory issues. After two years of trying many different treatments - craniosacral therapy, chiropractor, allergy elimination technique, salt rooms, etc. - a friend recommended I look into homeopathy to get to the root cause.

I am a naturally curious person and was immediately fascinated with homeopathy and the possibility of being able to heal a person's inner "dis-ease" on the physical, mental, and emotional levels. The individualized care my son and I received during our initial homeopathic intake was, in and of itself, a breath of fresh air. It was reminiscent of the days when the health care practitioners took their time to listen to you and get to the root of

the problem. You will not be rushed in and out of the consultation; no stone will be left unturned. Within a few months on the correct remedy, my son had a complete alleviation of his respiratory symptoms.

After seeing the astonishing reversal of his chronic symptoms, I knew that I had found my passion in life. I wanted to become a homeopath and devoted myself to sharing homeopathy with as many people as I could. Quickly thereafter, I enrolled full-time at the Academy of Homeopathy Education. Along with the 2 years of academic training (500 didactic hours), I completed 2 years of clinical training (500 clinical hours) and currently receive ongoing supervision, as needed, from veteran certified homeopaths at AHE. I will sit for the CHC certification exam in October of 2021 to become credentialed as a Certified Classical Homeopath.

I am currently accepting new clients for chronic constitutional care as well as acute illness care. I have a special interest in helping people with ongoing autoimmune or neurological symptoms that have struggled to find relief. All consultations are taken face-to-face online via Zoom technology.

I am thrilled and honored to spread the JOY of homeopathy with the world!

If you are interested in a consultation or finding out more about homeopathy, you can email me at [joyfulhomeopathy@gmail.com](mailto:joyfulhomeopathy@gmail.com) or reach out to me on my website [www.joyfulhomeopathy.com](http://www.joyfulhomeopathy.com).

Molly Erlinger  
Classical Homeopath, Joyful Homeopathy, LLC

### **Sign Up for Your Limbic Stress Assessment!**

Dr. Paul and Linda Oden from Healthy Concepts and I have been running LSA scans for my customers for nearly fifteen years. This scientific marvel is based on frequency and scans the body for up to 1400 “stressors”, which may include the frequencies of specific toxins, bacteria, fungi, the spine, and more. Some of you know this scan as “the hand thing” because the sensor looks like a space-aged hand print. When I can’t figure out what I should do for some symptom I or my cats show, I have a scan run. Not only do I have information, but Dr. Oden or Linda offer ways and products to support the body to heal.

Scans are done by appointment, so call or stop by Natural Health and Home to make your appointment soon. This is one more way we can help ourselves reach our optimal health goals.

### **Join the Patriots!**

I am now hosting John Birch Society meetings each month at the Natural Health and Home. Join us on the last Monday each month at 6:00pm to learn about our Constitutional rights and how to be better patriots. When a woman asked Ben Franklin, “What sort of government did you give us?” he replied, “A REPUBLIC—if you can keep it.” Learn how to “keep” our republic at JBS at [JBS.org](http://JBS.org) and [TheNewAmerican.com](http://TheNewAmerican.com).

I am impressed by the Society’s sixty years of in-depth knowledge and patriotic activities. Articles they published and videos they produced from their early years seem like prophecy of what we are now witnessing in society, government, education, the medical field, churches, and politics today. I also enjoy their current news commentary, literature, twice-monthly print publications, and videos. I make use of their “Take Action” feature where I find information on current legislative issues at both the state and federal levels, then with a couple of clicks on the computer, I send off professionally composed letters and make phone calls to our representatives, the governor, and the White House.

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**Expires September 30, 2021**



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