

September 2022 edition  
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](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

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  
10, 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.



## Emergency Preparedness Month How prepared are you?

### Calendar

**The shop will be CLOSED Saturday, Sept. 10, to participate in an event at West City Park from 10-4. Come join us for a day of education and FUN!**

### Prepare Now!

September is emergency preparedness month, a time to review with our families and friends the importance of being prepared in a variety of ways for whatever life throws at us. First of all, we need to prepare for the autumn and winter storms—wind, tornadoes, snow, ice, potential power outages, and more.

FEMA advises that each individual should have at least a three day supply of food and water on hand, as well as emergency first aid supplies (I include herbal products instead of aspirin and antibiotics). In addition, make and review your plan for alternative communications in case electronic devices don't work. Ham radio, anyone? Have you considered what you'd do if your furnace went out during the winter? What about having foods on hand that you don't have to cook, or if you want to cook, do you have the means to do so without a stove? What alternatives do you have to stay warm and dry?

A good place to start is the Missouri Department of Health and Senior Services *Ready in 3* program. They offer videos and printouts for free (as in your taxes already paid for it so you might as well use it!). Some of the videos are kid friendly and are, frankly, the best for even

adults! Watch the videos online. Print the forms for children to carry in their backpacks or lockers at school. Fill out information for adults in senior living facilities. They even offer one for pets!

<https://health.mo.gov/emergencies/readyin3/>

Other sources include the following:

- <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.

### **Delicious Recipe for Kale Chips**

A sweet customer brought in some kale chips she and a friend made. She shared their recipe. Delicious!

¾ c sesame tahini (Schnucks carries it near the olives)

¼ c soy sauce or nama shoyu

½ c apple cider vinegar

1/2-3/4 c water

2 scallions

1 or more cloves of garlic, crushed

¼ tsp sea salt

¼ c parsley

1 head kale

\* Blend together all ingredients (except kale) one at a time in a blender

\*Pour mixture into a large bowl

\*Tear apart kale leaves into palm sized pieces and add to the bowl. Mix everything together.

\*Put in dehydrator for 6+ hours at 110 degrees, turning leaves every 2 hours until crunchy. Store in a sealed container to prevent humidity from making the leaves soft. If the leaves lose their crunch, put them on a cookie sheet in a low oven for a few minutes until they are crunchy again.

### **Curcumin for Brain Function and Health**

Recent research shows that curcumin plays a role in “improving memory, easing depression, and helping new brain cells grow,” according to an article in *Whole Foods Magazine*. “Curcumin protects the brain from oxidative stress and inflammation, and ...(clears) the brain’s amyloid-beta,” the article continues.

Another study indicates that “combining iron (ferrous sulfate) and bioavailable curcumin ..significantly increases Brain Derived Neurotrophic Factor (BDNF)....(which) is like a fertilizer for your brain. BDNF helps the brain develop new connections, repair failing brain cells, and protect healthy brain cells from becoming damaged.” High BDNF helps us learn new things more easily, increases memory, and may help moderate mood.

NOW Foods offers CurcuBrain capsules and Cera-Q (with a silk protein derivative, but without curcumin) which may help overall brain function.

North American Herb and Spice’s Canacurmin, a blend of hemp, curcumin, ginger, and other herbs, or Hempanol CF (hemp with rosemary) are also options to consider.

Maggie Jaqua, “Nutritional Keys to (sic be) Mentally Sharper and Stress Free,” *Whole Foods Magazine*, Aug. 2022. p. 28.

### **The Wonder of LIFE!**

In July, *The New American* magazine focused on the meaning of pro-life and anti-abortion issues (July 25, 2022, p. 27+). Some of the articles told the life stories of babies who survived their birth mother’s attempts to abort them. Many lived to be amazing people! They treasure life. They love people. They forgive those who speak or do harm. Each interviewee acknowledged that God kept them alive, despite the attempted abortions. Some told of meeting their birth mothers for the first time, their mothers having put the infants up for adoption.

Their stories gave me reason to consider the value of each of our lives. It reminded me of the movie *It’s a Wonderful Life* starring Jimmy Stewart. The main character thinks his life is meaningless, until his angel shows him otherwise. Perhaps we should each take time to consider the value of our lives. Parents might see their children’s successes and remember that their parenting, even though imperfect, blessed their children with goodness and knowledge of truth. Their children will in turn hopefully bless their children, and on and on for generations. We might consider even the small acts or words of kindness and concern we’ve shown to others, and know that we have made a difference for good in someone’s life.

I heard an old hymn that reminds me of doing good:

1. Have I done any good in the world today? Have I helped anyone in need? Have I cheered up the sad, and made someone feel glad? If not, I have failed indeed.  
Has any one’s burden been lighter today, Because I was willing to share? Have the sick and the weary been helped on their way? When they needed my help was I there? (chorus)

2. There are chances for work all around just now, Opportunities right in our way .Do not let them pass by, saying, “Sometime I’ll try,” But go and do something today. ’Tis noble of man to work and to give, Love’s labor has merit alone; Only he who does something is worthy to live, The world has no use for the drone.

*Chorus: Then wake up, and do something more Than dream of your mansion above: Doing good is a pleasure, a joy beyond measure, A blessing of duty and love.*

Each of you probably has a story or poem or song that inspires you to do and be your best—that gives meaning and value to your life. I hope you will think of what inspires you to live life to the fullest, be grateful for life, and share it with others—to make life wonderful for all you meet!

**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, Brain function evaluation, 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)  
11144 Tesson Ferry, Suite 201, St. Louis, MO 63123

**Hillsboro Chiropractic**

Dr. Tammy M. Hansen

**636-789-2400**

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 September 30, 2022**

**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 September 30, 2022**

**Limbic Stress Assessment (LSA)**

This computerized scan works with frequency, scanning the body for up to 1400 imbalances, toxins, and more. When you leave, you'll have a copy of your LSA report and a protocol to follow for about two months.

By appointment only. Schedule with Nan.

**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](mailto:tcmchen@gmail.com)



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

410 Sovereign Ct., Ste 9

Ballwin, MO 63011

**Advanced Foot and Wound Care**

**Revitalize & Restore Skin, Feet, & Nails**

1217 N. Truman, Blvd. Crystal City

Phone (636) 748-0042 to schedule

Professional Nursing Care to Ensure Your Safety & Comfort  
**Ionic Foot Detox, Diabetic Foot Care, Medical Pedicures, Acute & Chronic Wound Care**

Services guaranteed to be safe, hygienic, medical-grade interventions

Provided in a private clinical setting

**Peggy Earl, CWS, BSN, RN**

