

September 2023 edition

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## **Nan's Natural Health**

**Emergency Preparedness Month**

***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  
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.**



### **NEW PRODUCTS**

Doctors' Blend (an American company) products are in stock! If you're looking for cardio care and nitric oxide products, **Doctor's Blend Cardio 911 powder** is a fine blend of beets, tart cherry, hawthorn berry, EDTA, trace minerals, grape seed extract, astragalus, and grape skin to make a delicious cherry flavored mix. Just add to smoothies or water, and drink cold or warm.

Also from Doctor's Blend is **Liposomal Vitamin C** capsules, Lean Green Superfood powder, and **Vydrate** (a vitamin enhanced hydration and electrolyte mix).

Selina Naturally **Celtic Salt soaps**, with natural essential oils. These are fragrant bar soaps that exfoliate, soothe, and cleanse your skin.

Back to school healthy snacks: flavorful freeze dried and dehydrated fruits by **Crispy Fruit**; individually packaged nut and dried fruit **trail mixes**; and **protein bars**. Stash these in your children's lunchbox or backpack for real food snacks! Your kiddos will need the extra energy for after school football practice, cheer leading, and marching band.

**Emergency Preparedness Month** September is emergency preparedness month—time to prepare for fall and winter weather at home, at school, and in your vehicle. How prepared are you for power outages, weather related business closures, or other emergencies?

When I worked evening shift in a St. Louis hospital years ago, a snow storm hit, dumping about a foot of wet snow in a matter of a few hours. By the time our shift was over (about 11pm), the streets were impassable, and the heavy, wet snow was still coming down. No one could get out or come in for the next shift. Staff stayed overnight (I was lucky to have a private room in the old convent on the third floor with a terrific view of the snow-blanketed city).

Most of the day shift was unable to come to work the next morning, so those of us who stayed overnight were asked to work wherever in the hospital we were needed. We had free meals and were issued scrubs to sleep in and to wear when we were off duty. We lived at the hospital for three days.

I learned from this experience to keep a winter emergency kit in my car: a change of clothes, a blanket, food, water, and a few other basic necessities for first aid, plus a shovel, ice melt, and cat litter.. Now, I have my “ham” (amateur) radio license and keep a ham radio in the car in the winter. (If you are interested in learning ham radio, contact the Jefferson County Amateur Radio Club for instruction and testing for your license. No Morse Code is required for a basic license. Also, check QRZ.com for information on ham radio use, testing, and related information.)

At home, make sure you have a safe alternative heat and water source in case of power outages. Keep at least three days of food and water on hand, although in rural areas, it’s wise to keep at least two weeks of food, water, and other necessities (like medication or herbs), as FEMA will NOT provide adequate supplies—we’re on our own! However, some church groups may have programs in place to offer some aid in emergencies—if you are able to travel to the distribution location.

Another important concern is communication with your family members. During the Katrina crisis a few years ago, cell phones didn’t work, but texting did. Some people had to text to out of state friends or relatives to have them text or call back to Louisiana to local family members with messages. Again, “when all else fails—ham radio works!”

An excellent source of information for you and your family is the Ready in 3 online video series. The videos are only a few minutes long and packed with good information for families, kids, nursing home residents, businesses, and day care facilities. You’ll know what to look for and what questions to ask. <https://health.mo.gov/emergencies/readyin3/>

Other organizations, such as the Red Cross, your local fire department, and the University of Missouri Extension Office in Hillsboro, offer free handouts of information on preparedness. I stock a few copies of the Extension office handout at Natural Health and Home, for your convenience.

Finally, keep a “health kit” well stocked with the herbs, tinctures, and other products you might want if someone is feeling ill at home. Since we all feel frazzle-brained in a crisis, it’s wise to keep a reference book in or near the kit to remind you of which herbs and essential oils to use for basic injuries and illnesses, as well as emergency numbers to call.

We may not all be Boy Scouts, but their motto is excellent: BE PREPARED!

### **Music and Health**

I was introduced to music therapy in the 1990s. I learned that certain types of music could help regulate blood pressure and heart rate, moderate pain, help calm hyperactivity for people on the autism spectrum, and much more. When my mother was in hospice at home, I learned that some hospice companies include music therapy for their clients.

But music can also be used for ill. When my stepson came to live with his dad and me, he was used to listening to heavy metal bands and the like, saying he “only listened to the music, not the lyrics.” That did not fly with me! I knew the truth. That type of “music” was banned from our house. The lyrics were dreadful, as was the effect of the “music.” Parents and other adults must be aware of the effects of such “music” and lyrics to protect children and help them learn to make wise decisions.

Recently, I ran across two presentations about music and lyrics and how they affect our physical, mental, spiritual, and emotional health. The first presentation was an interview by John Henry Westin and Zachary King, a former Satanist who is now a practicing Catholic and runs a pro-life ministry dedicated to stopping abortion. In the interview, King states that Lady Gaga, Katie Perry, Bob Dillon and other top level performers ALL state they have “sold (their) soul(s) to the devil.” Gaga stated she sold her soul to “the Illuminati” to become a star. (See Gaga 5’2 video)

<https://www.lifesitenews.com/blogs/former-satanist-shares-mystical-experience-behind-his-sudden-conversion-to-catholicism/>

In the second presentation, interviewer Gene Cook spoke with Rolling Stones’ lead singer Mick Jagger who stated:

Our music is calculated to drive the kids to sex. Well, it's not my fault what they do. That's up to them. I'm just making a lot of money. (Rick's College, 1989; qtd on TreeofLibertySociety.com, Aug. 7, 2023)

Again, parents must be aware of the effects of music on all of us. Help your children and grandchildren to make wise choices in music by teaching them the truth. For more detailed information about music therapy and the effects music has on our brains and bodies, go to <https://www.incadence.org/post/the-mozart-effect-explaining-a-musical-theory>

## In the News

International attorney Scott C. Tips’ article “When Did the *Scientific American* Stop Being Scientific?” reveals some of the deep corruption in Big Pharma and their related comrades the FDA, CDC, and others. Apparently, a recent *Scientific American* article promoted MORE regulations on supplements in the U.S. claiming the need for product safety. Current statistics, however, show that 106,00 Americans die annually from taking “properly prescribed and taken” medications, or “over 2,000 deaths each week.” Further, he argues that “The number of serious adverse drug events reported to the FDA between 1998 and 2005 more than doubled to 467,809....the number of fatal adverse drug events increased from 5,519 to 15,107 in the same time frame.” And this does not include Covid shot injuries and deaths for the last 3 years yielding an estimated 26.6 million injuries, 1.36 million disabilities, and 300,000 deaths costing \$147.8 billion.

“Safety,” Tips argues, “is simply the FDA’s tool to force the public to accept a drug-happy world of medicine.” Sen. Dick Durban’s 2022 supplement bill was all about THE MONEY for Big Pharma.

In contrast, Tips says one is “more likely to die from a bee sting or a lightning strike” than from taking a supplement. American Associations of Poison Control Centers “shows **zero deaths from vitamins**” and *Clinical Toxicology* states “there were no fatalities from mineral supplements.” Yet Americans take “well over 80 billion doses annually” of supplements! (wholefoodsmagazine.com August 2023 pp. 30-31) Clearly, supplements are the “safer” choice when compared to Big Pharma products.

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