

## September 2024 edition: Emergency Preparedness Month

*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  
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.

#### **Calendar**

**Sept. 6-8: World War II History and Reenactment**, Hillboro Civic Center, FREE

**Eagle Forum Constitution Conference**, [www.EagleForum.org](http://www.EagleForum.org). The store will be CLOSED Friday and Saturday, Sept. 27 and 28.

#### ***Prepare for November Elections—Be a Dutiful Citizen!***

*Three very credible and informative organizations that teach Constitutional principles are **JBS.org**, **TheNewAmerican.com**, and **EagleForum.org**. USE THEM TO PREPARE FOR NOVEMBER ELECTIONS!*

#### **News from Daily Flavors in Festus**

Daily Flavors storefront hours are changing starting September 1st. Our new hours will be only Wednesday and Friday 10am-4pm and 10am - 4pm the first Saturday of the month.

But don't worry, we will be offering direct to your door delivery! Get all of your fresh meals, wraps, nourish bowls, soups, salads, and baked goods delivered straight to your door each week with Market Wagon!

Follow this link for all the goodies:

<https://marketwagon.com/collections?vendor=13616&trk=pj95323j>

But if you are in need of a quick fix Nan will have some of your favorite Raw Juices and baked goods to keep you going!

We will also be continuing our large/small scale catering! Do you have an event that you are interested in having catered? Want us to cater a healthy nutrient dense lunch for your office or school? We would absolutely be blessed to do so!

Sincerely,

Ashlee Mattingly, Owner, Daily Flavors, LLC, 636-543-0223

## **Preparedness for Optimal Health**

Dr. Mark Schopp, Contributing Writer (see ad on p. 4)

Being prepared for an emergency certainly includes our health. There are things to do and not to do regarding our health. Prevention of disease is primary in our quest for good health our entire life. Our bodies will give up one day but taking care of our health can allow us to live a full life to the end. Below are things you should not do to maintain optimum health.

1. Eating processed food will ultimately take a huge toll on your health. God created whole food. It is simply not possible to process food with our technology and improve or even come close to what He created. There is a group of scientists at this moment whose only job is to study the tongue. They are trying to figure out what man-made chemical they can create that stimulates the tongue and addicts you to certain foods that are not healthy. It's always best to stick with whole foods, Fruit, vegetables, good quality proteins and fats.
2. Do not drink tap water. There are many chemicals in tap water. The fluoride causes a host of problems. I did a video on fluoride on my YouTube page (drmarkschopp) called "What's Really in your Drinking Water?" It's astonishing. For water you could get a reverse osmosis unit, but there is a downside. It takes out the chemicals but also the minerals. We have reverse osmosis but also drink spring water for the high mineral content. For spring water, we use Mountain Valley (in glass bottles).
3. Drinking from plastic bottles is never a good idea. Plastic is made of chemicals such as BPA. They leech into the water and then get into your body.
4. Get enough sleep. Get at least 7 hours of sleep. The body needs to rest. During that time through the night, your body goes into a healing mode. The amount it can heal through the night depends on the nutrition reserves that are left at the end of the day. If you eat well, there is nutrition left for healing. If your diet is primarily processed foods, there is no nutrition left for healing.
5. Staying inside all day is harmful to your health. Being outdoors can improve your health greatly. Activities outside are very beneficial. Get enough sun. Don't believe the lie that the sun is harmful to your health. Many studies show just the opposite.
6. Eating fast food. There is little or no nutrition in fast food. America's breakdown in health is in large part due to the consumption of fast food.
7. Being sedentary harms one's health. Our bodies are meant to move. Walking 30 minutes a day has shown to increase life span.
8. Work, but not too much. Too much work causes burn out. We need to work, but we also need to rest. It is important to enjoy life. Balance work with living.
9. Don't stare at a screen all day. We were not made to simply stare at cell phones, computers or television. Our kids are being turned into screen zombies. At this time in our history, we cannot completely escape looking at screens. Limit the time and find activities that can help you to fill in that time.
10. Heating food in plastic is another health buster. Chemicals in plastic can leech into the food. Avoid microwaves as they kill 99 percent of the enzymes in food.
11. Eating artificial sweeteners should be avoided. This of course includes sugar, high fructose corn syrup, sucralose, Splenda®, Truvia, anything with aspartame, Sweet 'n Low, etc. Unheated honey is a good sweetener.

12. Fostering negative relationships is destructive. When it gets so it is affecting your life, you must stay away. Lack of forgiveness harms only yourself, so forgive. Forgiveness does not mean forgetting or fellowship. It means forgiveness. When it comes to marriage though, don't bail. Get the help you need to make it work. Poorly managed stress can cause havoc to your health. Stress changes what's going on physiologically inside of you. Try to limit stress. This is sometimes close to impossible. There are many supplements that can naturally help with stress.

"The Doctor of the future will give no medicine but will interest his or her patient in the care of the human frame, in diet and in the cause of prevention of disease." That quote is from Thomas Edison. If your doctor never mentions more than what medication to take, it is time for a change. Most diseases can be prevented, but it takes effort on our behalf to minimize the risk. Doctors that base their practice on nutrition or health food store owners don't only do it for business. They are driven to do the things that make a patient feel better. You can ask any of them and they will tell stories of many getting better naturally and how exciting that is.

### **Health Preparedness Tips for People and Pets**

Now is the time to prepare for Fall and Winter storms as well as illnesses. Do your best to stay healthy by eating healthy, staying hydrated, exercising appropriately for your age and ability, getting good chiropractic, and supplementing appropriately. Despite our best efforts, illness and injuries happen, so BE PREPARED. Have basic herbs ( Dr. Christopher's VRL (viral) blend, lobelia, echinacea/goldenseal, chamomile or catnip/fennel, oregano are a few examples) and essential oils (such as lavender, Digize®, Immuplex®, Thieves®, peppermint, eucalyptus) on hand in case of illness or injuries and know how to use them.

Keep a couple of books on herbs on hand for reference. Some titles include Dr. Christopher's *Herbal Home Health*, Jethro Kloss's *Back to Eden*, Dr. Cass Ingram's *Natural Cures* series, Dr. Richard Pitcairn's *Holistic Dogs and Cats*, Sandra Ellis' *Dr. Mom's Healthy Living*, and one of several essential oil reference guides, including one for pets.

Go to Ready in 3 or the American Red Cross websites for detailed preparedness lists for home and vehicles.

### **Patriot's Corner**

I've been reading *Crimes of the Educators* by Samuel Blumenfeld and Alex Newman (2014). The book opens with the statement: "Progressive utopians are criminals! They are genocidal psychopaths who have killed more human beings in the last one hundred years than any other ideologues in history. They don't limit their murder just to individuals, but to entire nations..."(XI).

If you think you know the history of American public (government) education, you're in for a shock. Start with the Rockafellers (whose sons were basically illiterate due to Daddy R's "progressive education"), John Dewey, and a list of other "educated experts," and zip your way down the indoctrination roller coaster to the 20<sup>th</sup> Century where you'll learn that between 1941 and 2011, verbal scores on standardized tests had dropped at least 90 points. As early as 1825, Robert Owen introduced communist goals and methods of achieving them in our government schools targeting reading and thinking abilities.

The book includes teachers' testimonies of their teaching experiences, such as those of John Gatto and Paul Lukawski, and to which I'd like to add my own experiences over 30 years. The book is well researched with 17 pages of small print references. Available at Natural Health and Home. This is another MUST READ!

➔ For another excellent report on today's state of "indoctrination," go to <https://www.prageru.com/video/have-americas-classrooms-become-profit-centers-for-the-mental-health> where Abigail Shrier and Marissa Streit discuss the causes of mental health issues in our schools and society.

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**Expires Sept 30, 2024**

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R. Cook, OMD, the LSA has been used for several decades by healthcare professionals.

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**636 937 0526**



**Kandice Steitz**

Sound Practitioner

314-288-5723

[HairandHealingLLC@gmail.com](mailto:HairandHealingLLC@gmail.com)

*for more information and booking visit:*

*[www.vibrationalpatterns.com](http://www.vibrationalpatterns.com)*

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