

September 2025

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 #925266, 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.

*Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics. (Albert Einstein)*

**Foods for Health** quoted from <https://www.lightembody.com/light-body-fast.html>

"The brain and nervous centers of the body contain the highest energetic or electrical tissues we have. We find that fruits have the highest electrical energy of all the foods. Volt-ohm meters and electromagnetic meters can measure this energy. My own clinical studies have shown that **fruits will regenerate brain and nerve tissue**, whereas vegetables will not. I have found that, as a rule, fruits are brain and nerve foods as well as the cleaners of tissue. **Vegetables are the builders**, which are suited for muscle and skeletal tissue. **Nuts and seeds are structural** foods and are strengthening to the body as a whole.... When you eat foods picked fresh from nature, and eat them without cooking or processing them, the high electromagnetic energy of that food is transferred to your body and its cells. (The website above gives a chart of foods and their ohm levels.)

**What is Iridology?** Emily Anderson, CAHP , Windows To Your Health Naturopathy & Iridology Consulting

Iridology is a method of assessing health by analyzing pigments, textures, and specific patterns in the **iris**. These features can reflect a person's inherent strengths, weaknesses, and overall well-being, thanks to the fractal nature of the body—where the whole is often mirrored in its parts. I've found iridology to be a fascinating tool for uncovering an individual's genetic predispositions and emotional tendencies. By observing external expressions (the phenotype), we gain practical insights that can guide personalized lifestyle and wellness strategies.

For example, someone with green or hazel eyes (classified as *mixed biliay* in iridology) and **central heterochromia** may have a heightened need for digestive support. Of course, I always look for additional signs to confirm this before making recommendations. While iridology offers valuable physical insights, my greatest passion lies in its emotional and behavioral connections. Modern science increasingly recognizes how emotions and beliefs influence health, often manifesting in specific organ systems. Iridology helps bridge these physical and emotional realms, offering a deeper understanding of underlying imbalances.

The true power of iridology lies in its holistic approach. By evaluating clients within the broader context of their unique complexities—both physical and emotional—we uncover root causes rather than just symptoms.

Addressing these interconnected factors leads to more effective, lasting changes in health and well-being. To learn more about the history of iridology and the father of iridology, Dr. Bernard Jensen, go to <https://www.lightembody.com/bernard-jensen.html> To learn more about my consulting services or upcoming iridology classes, visit: [windowstoyourhealth.com](http://windowstoyourhealth.com)

### **Back to School, Back to Alignment!** *By Dr. Charmin Gans, Healing Hands Chiropractic (See ad on p. 4)*

As your kids head back to school, it's the perfect time to check in on their health—from the inside out. At Healing Hands Chiropractic, we specialize in gentle, effective care for children and families. Daily stress, heavy backpacks, screen time, and sports can throw kids' spines and nervous systems out of balance. Regular chiropractic care helps support:

- ➔ Better posture and spinal alignment
- ➔ Stronger immunity during cold and flu season
- ➔ Improved sleep and focus
- ➔ Fewer headaches and growing pains
- ➔ Boosted mood and emotional balance

We also offer **school and sports physicals**—quick, thorough, and stress-free. Let's help your child feel great and thrive this school year—book your visit today 636-479-6700.

### **Holistic Wellness with Sound Healing,** *Kandice Steitz of Vibrational Patterns.*

Explore Two Unique Events at The Common Ground to Nourish Your Mind, Body, and Spirit!  
Whether you're looking to connect with nature through plants and sound or seeking deep relaxation with sound and Reiki, we have two special sessions designed to support your well-being:

*Plants and Sound:* A workshop combining plant care and sound vibrations to nurture both your green friends and your inner peace. September 21, 1:00 PM – 2:30 PM, The Common Ground, Festus, MO . \$42 per person

*Sound & Reiki Healing:* An evening dedicated to deep relaxation, energy balance, and emotional healing through sound therapy, with the talented Angie Wolff providing Reiki. Sunday, October 26th , 1:30 PM – 3:00 PM , The Common Ground, 107 North Mill St, Festus, MO . \$46

*Why Join?* Sound vibrations are powerful tools for emotional and physical well-being. They can reduce stress, improve mental clarity, and foster a peaceful mind. When combined with caring for plants, vibrations can also promote healthier growth for your green friends—creating a harmonious environment for both you and your plants.

*What to Bring:* Yoga mat or blanket, pillow, water, optional eye mask.

-Chairs are available—bring a neck pillow for extra comfort if you prefer seated relaxation. Spaces are limited — reserve your spot now: <http://www.vibrationalpatterns.com>

Sound therapy combined with Reiki offers profound benefits for the mind and body, including stress reduction, emotional balance, and improved energy flow. The gentle vibrations help quiet an overactive mind, release tension, and promote deep relaxation—leaving you feeling refreshed, centered, and more connected.

### **Our Soil is the Source of all Nutrients,** *by Mark Schopp, DC (see ad p. 4)*

A plant is only as healthy as the soil that it grows in. Plants manufacture vitamins, minerals, proteins, fats and carbohydrates. Without the minerals the vitamins cannot function as catalysts. Because of farming practices our minerals are depleted every year and will suddenly get to the it that we have no minerals in our soil.

Soil gets fertile by two basic methods. There are over 32 elements that are known as trace minerals in the soil. These make the soil fertile. In addition, there are living microbes in the soil. These organisms feed the organic matter in the soil. This breaks complex substances into more basic elements. Without this the plants would starve. Soil that lacks beneficial microbes ceases to be life giving. Microorganisms will facilitate the cycling of carbon, phosphorus, calcium, sulfur and other minerals that are essential to make the plants healthy. We need healthy plants. Also, the healthier the plant the better it is when we eat animal products. The animals eat the plants also, that's how they get their nutrition. We then eat the animal product and the better their nutrition the better it is for our health.

Estimates say that every 1000 square feet of topsoil that is healthy contains 12,000 lbs. of beneficial microbes. The four main microbes in the soil are bacteria, fungi, protozoa, and viruses. These microbes such as nitrogen fixing bacteria will stimulate the growth of plants while others such as fungi assist in transferring the minerals from the soil into the plant roots.

The reason why chemicals sprayed on the crops and on the fields are counterproductive is in the long run they kill the soil microbes. Without those microorganisms to connect the soil to the plant the soil becomes infertile and eventually not very useful. Trace minerals occur in minute quantities and they are measured in parts per million. Even though these are small quantities they are extremely important to the health of plants and animals. These are minerals such as iron, iodine, selenium, zinc, manganese and copper. If a plant is deficient in these minerals, it becomes stressed and very unhealthy. It also becomes susceptible to disease. These trace minerals are critical to our body. Without them the vitamins fail to function.

In the soil trace minerals are inorganically bound. In plants and animals, they are organically bound. The inorganic minerals in the soil bind with the plant proteins in a process called chelation. The plants in their life cycle transform inorganic minerals from the soil into organically bound minerals that your body can use. One great example is the difference between kale and oyster shells. Both have calcium. But which would you rather have for dinner. Even if you chose the oyster shells your body would know the difference being unable to use this inorganic form of calcium. It could use calcium in the kale because it's organic. However, many manufacturers of nutritional supplements use calcium from oyster shells providing inorganic mineral instead of organic which won't benefit the body.

If we starve the soil all we do is starve ourselves. Plants probably are more efficient for sustaining life than all other life forms. When the animals eat the plants, they get the benefits and are healthier and when we consume the animals, we are getting the benefits of the plants that they eat. It's not difficult to see how nutritional deficiencies begin in the soil. When a person digests a plant, they absorb the minerals. But for the plant to be healthy it must have a rich supply of trace minerals from the soil. To transform the vast amount of minerals into the human and animal benefits it requires plants with good quality soil that are rich in microbes and nutrients from organic matter.

Unfortunately, most commercial farmers deplete the soil by producing weak and deficient plants. Toxic chemicals are applied such as roundup, anhydrous ammonia, atrazine, and many pesticides and herbicides. By applying these chemicals to keep these sick plants alive and trying to force them to produce fruits and vegetables, it does not produce a healthy product. These harmful chemicals also diminish the bioavailability of nutrients and can lead to disease. Chemically treated, chemically fed and chemically contaminated foods are not the foods that we want to consume. Instead of entering a partnership with nature and utilizing farming methods consistent with nature most farmers today have unknowingly declared a war against the processes that make their own products healthy. If these farming practices would change the health of our country would follow. Only fertile balanced soil leads to healthy, nutritious plants, vegetables and livestock.

**“The modern farmer treats the plant; the true farmer treats the soil.”** Mark Anderson

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**Expires September 30, 2025**

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**Expires September 30, 2025**

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**Kandice Steitz**

Sound Practitioner

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*for more information and booking visit:*

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

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