

September 2026

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Nan's Natural Health

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OPEN Tuesday, Wednesday, and Thursday 9am-5pm

Saturdays 9am-noon.

Private consultations and LSAs by appointment

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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.

NEW HOURS FOR FALL

OPEN Tuesday, Wednesday, and Thursday 9am-5pm

Saturdays 9am-noon.

Private consultations and LSAs by appointment.

Talk to Nan to schedule classes or presentations for your club or church.

September is Emergency Preparedness Month

How prepared are you for Fall and Winter storms and illnesses? This is a good time to make sure you are ready to shelter in place with enough food, water, candles, buddy burners, solar flashlights, warm clothing, blankets, and medical/health needs at your home, your office, and in your vehicles.

Keep a stock of herbs and herbal products and know how to use them. Additionally, keep some basic homeopathic products handy for colds, flu, coughs, and other possible needs. Ollois Homeopathics now offers kits for first aid and other basic needs. Pick up yours at Natural Health and Home to be ready.

Pharmaceuticals, Anyone?

Herbalists are sometimes called witches, but Shakespeare seems to have gotten his witch scene in MacBeth correct! Check out his witch chant. It sounds a bit like vaccine ingredients!

1. Round about the couldron go:
In the poisons entrails throw.
Toad, that under cold stone
Days and nights has thirty-one
Sweated venom sleeping got,
Boil thou first in the charmed pot.
Double, double toil and trouble;
Fire burn and cauldron bubble.
Double, double toil and trouble;
Fire burn and cauldron bubble.

2. Fillet of a fenny snake,
In the couldron boil and bake;
Eye of newt and toe of frog,
Wood of bat and tongue of dog,
Adder's fork and blindworm's sting,
Lizard's leg and howlet's wing.
For charm of powerful trouble,
Like a hell-broth boil and bubble.

3. Scale of dragon, tooth of wolf,
Witch's mummy, maw and gulf
Of the ravin'd salt-sea shark,
Root of hemlock digg'd in the dark,
Liver of blaspheming Jew;
Gall of goat; and slips of yew
silver'd in the moon's eclipse;
Nose of Turk, and Tartar's lips;

(3 continued)
Finger of birth-strangled babe
Ditch-deliver'd by the drab,
Make the gruel thick and slab:
Add thereto a tiger's chaudron,
For ingredients of our cauldron.
Double, double toil and trouble,
Fire burn and cauldron bubble.

Pause. Take a Breath. Relax. (see ad p. 4 Kandice Steitz)

We need spaces to pause. We live in a world that constantly asks us to keep going. More work. More responsibilities. More noise. More thinking. More doing. And sometimes, our bodies don't need another thing from us. Sometimes they just need permission to stop.

You don't have to know how to meditate. You don't have to understand sound. You don't have to be "good" at relaxing. You can simply show up. Pause. Breathe. Listen. Receive. Sometimes, pause IS the work.

And if you've been curious about sound but haven't quite felt ready to attend a traditional sound session, I have something coming up that may be the perfect introduction.

Sign up and join us on Sunday, Sept. 13, at the Corner Spa, 1-3pm, for a relaxing sound session with Kandice, Sound Practitioner. vibes@vibrationalpatterns.com. Also see <https://www.vibrationalpatterns.com/about>

Attention Deficient and Hyperactivity Disorder, by Dr. Mark Schopp (see ad p. 4)

With kids going back to school, it is a great time to look at their nutrition. Most kids as well as adults in the U.S. are malnourished. This can affect children's health dramatically. But in most cases of ADD/ADHD, better nutrition can help. I have seen kids completely change with better diet and proper supplementation.

One of the largest growth areas in medicine, especially in the U.S., is the "problem" child. Children diagnosed with ADHD are assumed to have a brain dysfunction or disease. Some are so unruly that they can completely disrupt a class. Others cannot sit still, cannot concentrate, have a difficult time settling down to eat or sleep or read, cannot adapt to new situations, or overreact to new stimuli. Others have inappropriate reactions in social situations or have unpredictable or impulsive (sometimes destructive) behavior. However, some children simply need more suitable learning environments. Some cannot perform well in mass-production assembly line schools. And, of course, we hear the excuse that they are just being "kids."

Most ADHD kids are boys, about 80 to 90 percent. In my opinion, too many kids are being diagnosed with this problem. After all, there are incentives for labeling boys who previously would have been considered simply overly active, eccentric, dreamy, or in need of attention or discipline. **Schools receive a \$420 federal bounty for each student labeled "disabled."** That figure may have increased recently.

In this article I am going to refrain from speaking about the overuse of medication. Behavioral problems can usually improve with proper nutrition just like most health problems. Providers are too quick to prescribe medication and not talk to a patient and parents about diet and lifestyle.

First, we must look at **sugar**. If a health care provider tells you sugar does not matter, you have the wrong health care provider. Studies show that even a small amount of sugar can increase adrenaline levels. Adrenaline (epinephrine) is an adrenal hormone that stimulates the sympathetic nervous system. When you speak of sugar, someone may say that studies show it will not negatively affect someone. But you must look at who paid for the studies. Most of the time it is the food industry that has absolutely no interest in your health.

Food additives are another problem. Again, the food industry has no interest in how their ingredients negatively affect your kids or grandkids. I will all but guarantee you they have never called a meeting to discuss their products and how they desire to keep your kids off unnecessary meds.

Documentation by researchers correlates **immunizations** with the emergence of hyperactivity, ADD, minimal brain damage, learning disabilities, and virtually all categories of childhood behavior disturbances. The vaccination reaction syndrome may include symptoms such as limited attention span, easy distracted, failure to complete work within allotted time, obsessiveness, disruptive behavior, trouble reading and/or writing, motor impairments, poor visual-motor coordination, clumsiness, visual defects, sleep disturbances, appetite disorders, oculomotor incoordination, This being said, it is hard for parent to make the decision on vaccines. Weigh all options and make the decision you feel is best. (Nan's note: see www.NVIC.org and www.ChildrensHealthdefense.org for detailed information on vaccine safety and injuries.)

"Vitamin B complex deficiency syndrome" may be involved since it affects mental, emotional, and nervous performance. B vitamins are water soluble and deplete in the body quickly. The proper food and supplementation can keep those levels up. A whole food B vitamin can be a game changer. Some years ago the monumental Elizabeth Bell study showed that a deficiency of the B vitamins and a high intake of refined sugars can bring on or contribute to hyperactivity, depression, fatigue, inability to concentrate, violent outbursts of temper, and even violence.

Children with ADHD may have altered **fatty acid** metabolism. Often there are significantly lower concentrations of key fatty acids in plasma and red blood cell lipids. I do a test in the office with a blood spot, and it is truly amazing how many kids and adults can be so deficient in Omega 3s. According to *JAMA Neurology* if these levels are at the proper level that will decrease dementia by 40 percent.

Iodine deficiency can cause impairment in brain development when it occurs during pregnancy, associated with alterations in neurotransmitter metabolism. Recently when I attended a conference, presenters said kids with proper iodine levels will have an IQ 12 points higher than kids with lower iodine levels. Most Americans are deficient in iodine. **Selenium** also plays a critical role in brain development and functioning. Poor selenium status may alter neurotransmitter metabolism. A lack of sufficient **copper** can result in central nervous system impairment due to reduced energy metabolism or alterations in neurotransmitter concentrations. Kids must get enough **protein** and most do not. They are eating refined carbohydrates. Increasing healthy proteins can be a great help with ADHD. Moderate **calcium deficiency** can lead to excessive irritability or hypersensitivity of nerves, insomnia, nervousness, dizziness, and mental aberrations. Food sourced calcium is integral in nerve transmission. If a person is too low in ionized calcium (blood calcium may be normal), this can lead to seizures. When a seizure patient comes into the office, this is the first supplement to consider, but it must be the correct form of calcium. **Aluminum or lead toxicity** can also be involved in ADD, ADHD. Thank God for proper hair analysis tests to determine levels in these kids. Hair analysis must be done by a company that does it quickly.

In conclusion, one thing is for sure: Americans are sick because of nutritional deficiencies, not a medication deficiency. We spend between 467 billion to 606 billion a year in the United States on pharmaceuticals. This has led us to being not only the most spent per person on "health care," but to the unhealthiest nation out of wealthy nations in the world. We need to first start with the proper nutrition. When it comes to supplements to help with these conditions, they need to be from food, not pharmaceuticals.

In The NEWS

→ Some of you may be aware that El Nino is supposed to make its entrance into our weather system this year. However, it is already affecting Peru, warming the ocean and affecting fish supplies used in fish oil supplements. Therefore, fish supplement suppliers expect a shortage of fish oils and a price increase possibly next year. www.akerbiomarine.com or www.iffco.com

→ Study results from the Fatty Acid Research Institute and OmegaQuant show that linoleic acid (the most common omega-6 fatty acid in the diet) "are associated with lower body weight, smaller waist circumference and reduced body fat," Omega-6 is found in nuts, seeds, vegetables, and healthy oils. See www.fareinst.org



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