

January 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

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

To join **Young Living** or to purchase online, go to 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.



Mark you calenders: Natural Health and Home will close at 1pm Tuesday, Dec. 31 (New Year's Eve) and New Year's Day. I will reopen Jan. 2 at 9am.

Movie Review: *Bonhoeffer* (Angel Studios, November 2024) and Thoughts for the New Year

(For a complete copy of this review, please see the online newsletter at www.NansNaturalHealth.com)

What is the purpose of life—specifically our individual lives? What determines a “good Christian”? What does being a “good Christian” require of us—Attending church services? Going through various rituals (eg. baptism, catechism, confirmation)? Are participating in these rituals the key actions necessary for our entrance to Heaven and eternal life with God? What does faith truly require? Is it ever proper for a Christian to engage in violence? If so, when? (Remember Jesus’ action with the money changers in the temple.)

In the newly released movie *Bonhoeffer*, these are some of the questions German pastor, theologian, and anti-Nazi activist Dietrich Bonhoeffer (1906-1945) seeks to answer. His observations within the churches in the 1930s and ‘40s, especially during the reign of Hitler, gave him reason to consider more deeply the teachings of Christ in contrast to what church leaders were teaching. He questioned whether Germans, especially Christians, were seeing Hitler as an idol, quickly giving in to Hitler’s dictates, thereby taking away God’s gift of free will. Truly, Hitler was behaving more like Lucifer who started the War in Heaven, desiring all honor for his plan....

One of Bonhoeffer’s now famous quotes to consider is this: **“Silence in the face of evil is itself evil. God will not hold us guiltless. Not to speak is to speak. Not to act is to act.”**

In the movie, Bonhoeffer’s bishop, Martin Niemoller, initially argues with Bonhoeffer against speaking or taking action against Hitler and his ideas. As Christians, shouldn’t good Germans honor national leaders, keeping religion out of politics? Later, as the bishop sees the persecution and murders of Jews and others and also

witnesses the “new Aryan bible” wherein all mention of Jews and Israel are eliminated, and Jesus is portrayed as Aryan, Niemoller changes his views.

Christ warns in Revelation 3:15-16: “I know thy works, that thou art neither cold nor hot. I would thou wert cold or hot, So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth.” This movie demands viewers ask hard questions, especially to decide appropriate actions to take in times of trial, questions about our personal faith and relationship to Christ.

If you’d like to learn more about Bonhoeffer, YouTube offers several free documentaries (the 2003 film is especially good) as well as *Bonhoeffer: Agent of Grace* (2000). His writings are also available in libraries and online.

Chronic Fatigue Syndrome, by Dr. Mark Schopp (see ad p. 4)

Chronic Fatigue Syndrome (CFS) does not cover all the symptoms that may be experienced to those with this condition. Drugs do not benefit Chronic Fatigue. Two treatments that have shown success are exercise and cognitive therapy. Neither of these seems to be curative. CFS may not be relieved by rest. The individuals often cannot do the daily activities that are required. Some symptoms are pain in the muscles, sore throat, memory problems, visual disturbances, dizziness, headaches, joint pain, mood swings, numbness and tingling, as well as many others. The immune system and digestive system may be affected. When seen in children, there may be sadness, depression, hyperactivity, headaches and abdominal pain. It is also coupled many times with fibromyalgia symptoms. Some viruses have been accused of causing CFS: Epstein Barr, Herpes 6, Candida Albicans, and Influenza. Nutritional support for these conditions may be very helpful. But many times antibodies to these diseases are not present. Viruses such as Epstein Bar are stealth pathogens and may react well to herbal support.

CFS patients have more inflammation in the body than is normal. Inflammation is not all bad. It is a biochemical process that helps to repair cells and tissues that are harmed or removes waste and toxic substances. Inflammation can become chronic causing fatigue as well as other problems. Fatigue reduces the immune system response which is primarily in the digestive tract where 70-80 percent of the immune system is located. Nutritional support for digestion is needed in any patient with CFS. If the composition of the gut microorganisms are altered from what would be considered optimal, this will increase inflammation and can affect the CFS patient. Leaky gut where the intestinal permeability is altered can also cause an immune problem as well as allergic reactions. In a patient with allergies ,leaky gut must be addressed. Most CFS patients will have gastro-intestinal dysfunction and need support for the digestive system. All of this can lead to CFS.

In a past blog, I spoke about the HP or HPA axis. The central nervous system is a prime player with CFS. Problems with memory, concentration, depression, anxiety, poor sleep and hormonal difficulties. The connection of the hypothalamus, pituitary and adrenals is crucial in any stress reaction. Down regulation of the HPA axis can be involved with problems such as CFS. Nutritional support for the HP axis is helpful in CFS patients.

Many patients with CFS have chemical sensitivities. Aluminum hydroxide, heavy metals, pesticide residues, formaldehyde, solvents, organochlorines can all build up in the body. Aluminum hydroxide from vaccines can also cause CFS as well as muscle pains and weakness. With the patient with CFS, those need to be dealt with correctly. Detoxing properly is essential. Over the counter detox programs have been seen to have minimal results, especially long term. A detox program that deals with the digestive tract, liver and kidneys will certainly get a patient a long way towards feeling much better as well as proper clinical nutritional supplement.

There are many other variables to CFS. Hope is certainly not lost with the CFS patient. With proper nutritional support they are able to feel better and have resolution of symptoms. As I like to always make patients understand nutrition support is not ever treatment of a disease, gland or organ. It is simply giving the body what it needs so it can start the healing process.

The Benefits of Chiropractic Care and Sports for Kids: A Winning Combination for Health and Development By Dr. Charmin Gans, Pediatric Chiropractor (see ad on p. 4; complete article online.)

In a world where kids are becoming increasingly sedentary, encouraging them to participate in sports and prioritize their physical health has never been more important. Regular physical activity promotes healthy growth, improves social skills, and boosts mental well-being. But with all the running, jumping, and playing comes the potential for injuries, muscle strain, or misalignments. This is where chiropractic care plays a crucial role. Chiropractic care, when combined with sports, creates a powerful synergy for promoting children's overall health and development. Let's explore how this winning combination can benefit kids, both on and off the field.

Chiropractic care is a natural, non-invasive way to support children's growing bodies and help them recover from the physical stresses of sports. Here's why it's a valuable tool for young athletes:

1. **Injury Prevention:** Sports can put a lot of strain on a child's body, especially their spine, joints, and muscles. Misalignments or subluxations (small dislocations of vertebrae) can occur as a result of physical exertion, falls, or overuse. Chiropractic adjustments can help keep the spine aligned, reducing the risk of injuries like sprains, strains, and even more severe conditions such as concussions.
2. **Improved Performance:** Proper spinal alignment allows for better movement, flexibility, and range of motion. When the spine is aligned, the nervous system can function optimally, helping the body perform at its best. Regular chiropractic care ensures that young athletes maintain balance and coordination, potentially improving their performance in their chosen sport.
3. **Faster Recovery:** Sports injuries are inevitable, but chiropractic care can speed up recovery times. By improving blood circulation, reducing inflammation, and promoting healing, chiropractic adjustments help children bounce back from injuries more quickly, allowing them to get back to doing what they love.
4. **Better Posture:** Sports often place repetitive stress on certain muscle groups, leading to imbalances in posture. Chiropractic care helps correct these imbalances, promoting proper posture and body mechanics, which is essential for preventing long-term issues as a child grows.
5. **Enhanced Nervous System Function:** The spine houses the central nervous system, which controls every function in the body. A properly aligned spine ensures that the nervous system can communicate efficiently with the rest of the body. For growing children, this is crucial not only for athletic performance but for overall physical and mental health.

Together, sports and chiropractic create a powerful foundation for building healthy, strong, and happy kids. For parents looking to support their children's physical, emotional, and developmental well-being, engaging them in sports and incorporating regular chiropractic care is a winning strategy. By doing so, you help your child grow into a healthy, active, and confident adult, ready to tackle life's challenges with resilience and strength.

Discover the Healing Power of Sound, guest writer Kandice Steitz (see ad on p. 4)

Hello, dear readers! My name is Kandice Steitz, and I am excited to share my passion for Sound Healing with you. Sound Healing is a holistic practice that harnesses the vibrational power of sound to promote deep relaxation, emotional release, and overall well-being.

Through the use of Gongs, drums, Tibetan bowls, shruti box, and healing mantras, I create a unique soundscape that encourages healing on multiple levels. Each session is designed to help calm the nervous system, reduce stress, and bring about a sense of inner peace. The resonating waves of sound not only soothe the mind but also nourish the spirit, fostering a deep connection to oneself and the community.

I invite you to join me for community group sound sessions at Common Grounds in Festus, where we can all experience the transformative power of sound together. If you prefer a more personalized experience, I offer individual 1:1 sessions and couples sessions at South River Yoga on Meramec Bottom Road. For those planning a special occasion or event, I would be thrilled to assist you in creating a memorable experience through sound.

Let's come together to bring more calm and healing to our lives and build a supportive, nurturing community. For more information on booking sessions or to learn more about my offerings, please visit my website at www.vibrationalpatterns.com or feel free to reach out to me directly. Together, we can embrace the healing energy of sound and create a harmonious environment for all.

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, **Live Blood Cell Testing**, Brain function evaluation, **Heart Sound Recording**, and More!

NEW! Lipomelt Red Light Slimming and Body Contouring Technology

Dr. Mark Schopp, Chiropractic Physician
Phone: 314-843-WELL (9355)

drschopp3@gmail.com 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 Jan. 31, 2025

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 Jan. 31, 2025

Got Stem Cells?

Try LifeWave X39 Age Reversing Patch! This is a game changer. A patch that is patented and clinically proven to activate your own stem cells. It is noninvasive and works with Photosynthesis. No drugs or chemicals and is a medical breakthrough. For more information or to purchase the patches visit: [www.lifewave.com /](http://www.lifewave.com/) 2513783.

Tammy Newkirk @ 314-221-0968, Email:
info@trusttammy.com, www.trusttammy.com



Kandice Steitz

Sound Practitioner

314-288-5723

HairandHealingLLC@gmail.com

for more information and booking visit:

www.vibrationalpatterns.com

Fresh-made

Gluten and Dairy Free Menu

Wraps, quinoa and rice bowls, salads, fresh juices, smoothies, cookies, and more!

34 East Main Street, Festus

NEW HOURS! Wed., Fri. 10am-4pm

636-201-8411 Daily-flavors.com

Catering & Delivery available!

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



Grace Wellness Studio
Dana Christisen, Naturopath

Ozone Therapies, RBTI testing, HeartQuest EKG, Red light laser therapy, Ion foot bath, and more.

24 S. Jackson Street, Perryville, MO
573-605-1030

