

November 2025

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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 #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.



Calendar:

Nov. 7-8: Store CLOSED for a health conference in Springfield, MO.

Nov. 22: Store CLOSED for turkey pick up at Soulard.

Nov. 27-28: Store CLOSED for Thanksgiving. I'll open at 9am on Small Business Saturday! Shop local! Shops small businesses! Thank you!

Holidays are upon us! Give the gift of healthier lifestyle options with a GIFT CERTIFICATE from Natural Health and Home. Or shop for fun and useful items

Group Sound at The Common Ground, Festus, MO

Saturday, November 15th, 6:00pm – 7:30pm

Join us for a peaceful and powerful evening of sound healing, community connection, and giving back.

During this 75-minute group sound immersion, you'll be surrounded by the soothing resonance of crystal quartz bowls, gongs, drumming, chimes, and other sacred instruments. Each vibration carries a unique frequency that helps calm the nervous system, release emotional and energetic blockages, and restore harmony to your mind, body, and spirit.

Sound healing invites your body into a deep state of relaxation—similar to meditation or rest—but it often reaches places words cannot. Many participants describe feeling lighter, clearer, and deeply renewed after a session. It's a gentle yet powerful way to reset your energy and support overall well-being.

This gathering isn't just about personal healing—it's about collective healing and gratitude.

Half of each ticket sold will be donated to The BackStoppers, a remarkable local organization that provides ongoing support to the families of fallen and injured first responders. These men and women show up for us every day, and this evening is one small way we can show up for them.

As an extra thank-you, everyone who attends will be entered into a raffle for a beautiful gift basket, filled with items that encourage rest, relaxation, and self-care. Come take time for yourself while giving back to those who serve our community with such courage and heart. Together, we can create waves of healing that reach far beyond the room. Reserve your spot today: www.vibrationalpatterns.com
Spaces are limited — we'd love to share this experience with you.

Brain Health, Alzheimer's, Dementia, ADHD by Dr. Mark Schopp (see ad p. 4)

In the United States Alzheimer's and Dementia are at an all-time high. There is a lot of talk about finding a cure for Alzheimer's and Dementia, which would be fantastic. However, there are many things we can do to avoid these diseases. I am currently doing videos on Alzheimer's and Dementia on my **YouTube page (Dr. Mark Schopp)**. Some things that reduce the chance of these diseases are walking, exercise, and the proper diet. In addition, there are many things that can be of great help to reduce the chance of these diseases.

Prevention is the key, but many teach that Alzheimer's and Dementia are simply hereditary, and nothing can be done about it. That's simply not true. Throughout our life, we can do the proper things in order to reduce the chance of getting these diseases. One of those things is boosting our omega-3 levels so that we can reduce the chance of several diseases including Alzheimer's and Dementia. According to the Journal of the American Medical Association (JAMA)-*Neurology* if we get our levels up to what is measured as 9% on a Brain Span test, we reduce our chance of Alzheimer's and Dementia by up to 47%. That's simply amazing. The question is why the public is not educated on these matters. Driving up omega-3 levels with the proper fish oil is easy in most cases.

All fish oils are not equal. For over 10 years we've been using Brain Span to evaluate where the brain is nutritionally. By taking a small drop of blood which is sent to the Brain Span lab and taking a cognitive test online, we can determine a lot about a brain's nutritional health. Those tests are then evaluated and put together, and we can see what we need to do to achieve better brain health. Brain Span first measures an expected age of impairment. In other words, at what point will your brain start going downhill. We have been able, with the proper nutritional support, to bring this level up as high as 30 years' increase. Brain Span also evaluates omega-3 fatty acids and provides an inflammatory climate, so we know how inflamed the patient is as this dramatically affects brain health as well as overall health. It also measures DHA levels. In addition, it gives us a cardiometabolic index so we can evaluate the heart's health on omega-3 fatty acid status. Brain Span also gives us a trans-fat index which is determining how trans fats are negatively affecting your health.

Brain Span also evaluates the brain based on a cognitive test. This test is sent to your e-mail, and you take it on the computer. The test measures memory capacity, processing speed, executive function, sustained attention and cognitive flexibility. Using Brain Span, we have seen memory and dementia symptoms improve. Overall health improves. By using brain span to evaluate a patient and treating with the right nutritional protocol, we can see some positive changes. Chronic pain and inflammation, recovering from concussion, decrease risk of dementia, attention and behavior in kids improve as well as many other things. Some of the results we see using Brain Span have been literally amazing.

I have tested many fish oils using Brain Span. By doing this and doing follow up studies I've been able to determine which fish oils work the best. Hands down triglyceride fish oils raise the levels of omega-3 fatty acids faster and higher than anything else tested. We want Brain Span test levels of Omega 3 up to 9 on the scale. We've been able to drive levels up to 11 to 13 based using a particular triglyceride fish oil. We know from the research that a lower level of omega-3 cell membrane levels is associated with a 40 to 60% higher risk of heart disease, a faster rate of cognitive decline, ADHD, and increased pain and inflammation. Conversely, we also know from medical research that having a higher omega-3 cell membrane level decreases the risk of heart disease and stroke, improves lean body mass, slows the rate of aging, lowers inflammation which gives someone less pain, and improves cognitive ability.

The Omega 3 index which Brain Span measures is backed up by over 100 peer reviewed journals with top institutions including JAMA, Harvard, Stanford University and others. We know from some of these studies that there's a 65% slower cellular aging process in those who have a proper level of Omega threes in their diet. In only six weeks of increasing EPA and DHA, a body will see improved lean muscle mass and decreased body fat. Another study lets us know that low omega-3 index scores are accelerated and are associated with accelerated brain aging and lower cognitive abilities. When it comes to brain health, Brain Span can provide nutritional insight to getting amazing results. Call if you have any further questions on **Brain Span contact our office at 314-843-9355**.

References: JAMA Neurology, Neurology, American Journal of Clinical Nutrition, Plos ONE, Journal of Traditional and Complementary Medicine. Journal of Sports Nutrition, Nutrition and Dietetics

Puppy Health and Natural Care, Owner of Blooming Cavalier, Jennifer, 314-221-2596



When choosing a furry companion, we all want a happy, healthy pet. Achieving that goes beyond vet visits and commercial kibble. Many common pet products — including certain kibbles, vaccines, and flea medications — can sometimes do more harm than good. At Blooming Cavaliers, we take a more natural, holistic approach to give our puppies the healthiest start possible.

Puppy Care & Health

- Puppies nurse naturally for at least 6 weeks and continue as long as mom allows, ensuring maximum antibodies and natural immunity. (Early vaccination can actually interfere with these maternal antibodies.)
- At 6 weeks, puppies are gently transitioned to a premade raw diet, later introduced to grain-free kibble. We provide detailed feeding guidance, affordable raw options, and even tips for making your own.

Development & Training

- We incorporate Early Neurological Stimulation (ENS) — a proven technique that helps puppies develop stronger immune systems, healthier cardiovascular function, better stress resilience, and improved learning ability. This has to be done starting first day of life.
- Early potty training begins before they go home, helping families enjoy an easier transition.

Education & Informed Choice

At Blooming Cavaliers, we believe that where there is risk, there must also be choice. True informed consent means understanding the benefits, risks, and alternatives of any decision. We share resources from trusted veterinarians and researchers, including:

- Dr. Ronald Schultz, Professor and Chair of Pathological Sciences, whose lifelong vaccine research has demonstrated that **immunity to parvo and rabies can last a lifetime**.
- Dr. Judy Morgan, holistic veterinarian, Cavalier owner, and founder of Naturally Healthy Pets — a wonderful community for pet owners seeking holistic care and balanced information. She has an amazing Facebook group you can join.

Because of growing concerns about conventional vaccines and flea/tick medications (and their potential side effects), we also offer guidance on natural alternatives. In states where rabies compliance is required, **titer testing** can meet the legal standard — and we can walk families through that process.

We also offer nosodes, a natural alternative with zero side effects, and can connect families to reputable sources. If you'd like podcasts, articles, or book recommendations, please reach out — we're always happy to share knowledge. Visit our website: BloomingCavaliers.com (<https://bloomingcavaliers.com>) Follow us on Facebook & Instagram to be the first to see when our litters arrive!

Our Commitment

Every Blooming Cavaliers family receives lifetime breeder support. I provide a health guarantee for my puppies. We're dedicated to raising happy, healthy, and well-loved puppies — and to empowering families with the tools and education they need to make the best choices for their pets.

I believe the very beginning matters most. I'm the first human my puppies see — the one who witnesses all their "firsts" — and I take that responsibility to heart. The first 12 weeks are critical for healthy development, from early socialization and nutrition to foundational training. Every family also receives lifetime breeder support, because raising a healthy dog is a lifelong journey. These values are what make us different, and we hope they'll inspire you to think more intentionally about your own pet's care.

We're thrilled to announce that Lady and our stud Denver — both AKC-registered and health-tested — are expecting puppies this October! Their sweet babies will be ready to join their forever families just in time for Christmas.



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for more information and booking visit:

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