

August 2021 edition

## 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 available)



**Hours:** OPEN Tuesday and Wednesday, 10am-6pm

Thursday, & Friday, 9am-5pm; Saturdays 9am-noon.

**CLOSED** Sundays, Mondays, & major holidays

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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.**

### **Ready --Set--Go Back to School!**



It's hard to believe that summer is nearly over, and it's time to get ready for school. Whether you or your children are home schooling this year or attending in person, remember to eat healthy foods, drink plenty of water (our brains need lots of water to function properly), get proper rest, and supplement with healthy herbal supplements, not chemically-based ones (which are mostly made in China).

Stock up on herbal vitamin C, elderberry, vitamin D, and zinc for day to day immune building. I also like to keep a stash of "herbal medicine--just in case."

Here are a few ideas must haves:

- Echinacea tea, liquid tincture, or capsules super boost the immune system. Herbal lore says this herb "fools our bodies into thinking they've been poisoned," so the immune system revs up—but only for about six or seven days. Then the body says, "Shucks. You fooled me. You weren't poisoned." If you choose to take echinacea throughout the winter, remember to take it on alternating weeks to get the most benefit from it. I usually reserve it to use only as "medicine."
- Colloidal or nano silver works as an all-purpose product. Before ancient peoples learned to purify water, they stored water in silver pitchers over night. The silver would help kill off bacteria, viruses, and even some parasites. If you need detailed instructions to use silver, stop by Natural Health and Home to get a free copy. Silver can be used internally, externally, in the eyes and in the nose. Keep a bottle on hand at all times. It's even safe to use on or in your favorite fur ball friends.
- Olive leaf extract is another winner for the immune system. I carry it in liquid and capsules by various companies. Olive leaf is high in antioxidants, too!
- Dr. Christopher's Immune formula, Infection formula (now X-INFX), and Super Garlic Immune (also known as the anti-plague formula) are good to have on hand. I keep the X-INFX at home. It can be used internally or externally. I've even used it externally on my cats.
- Lobelia tincture—known as the "thinking herb" because it can be used for anything. Use it topically or internally. Yes, I give this one to my cats, too, when they appear under the weather.

➤ Essential oils such as spearmint and peppermint; Young Living's DiGize, Thieves, Exodus II, Ravinsara, and Raven; and lavender. NOW Foods also has several fine essential oils and blends.

Have a bucket or plastic "wellness" box ready to grab and use when someone feels ill.

### **Chiropractors and School Physicals**

Do you know that your chiropractor can do school physicals in Missouri? Talk to your favorite chiropractor about this year's school physicals, and skip the germ-y MD offices! No pressure to vaccinate, either.

Regarding vaccinations, Missouri law has religious, philosophical, and medical exemptions. If you would like more information about this issue to make a well-informed decision, two of my favorite websites on this topic are [ChildrensHealthDefense.org](http://ChildrensHealthDefense.org) and [NVIC.org](http://NVIC.org)

While at your chiropractor's office, ask her/him about good nutrition, chiropractic, and healthy lifestyle changes for individuals with ADD, ADHD, and autism. Parents often report seeing changes in behavior when their children begin eating healthier, drinking proper amounts of plain water, supplementing with digestive enzymes and omega oils, and detoxing from heavy metals and parasites. Either your chiropractor or I may be able to find just the products you need for better brain performance and calmer behavior.

Additionally, listen to classical music, such as pieces by Mozart. For information, look for work by Don Campbell's *The Mozart Effect*. I've seen the success of listening to certain types of music on the brain and the physical body—including mental focus, lowering blood pressure, and reducing pain. Sound has measurable frequencies (vibrations) which effect our bodies and brains.

Another tip which may help with focus and behavior is using educational kinesiology exercises. Look for works by Paul Dennison (*Brain Gym*), or go to the following website: <https://ilslearningcorner.com/2017-01-brain-gym-simple-brain-gym-exercises-to-awaken-the-brain-for-learning-readiness/> These exercises are useful for all of us! I still use several of these through the week.

### **Protect and Improve Your Vision**

Whether you read print materials or on an electronic device, providing good nutrition for your eyes is a must! Processed sugars and carbs will diminish vision both day and night, while eating a healthy diet, drinking pure water, and supplementing with herbs and specific nutrients support healthy eyes and vision. Eyebright, carrots, tomatoes, omega oils, and other herbs and foods supply important eye nutrients.

Another herb recommended for vision health is bilberry, a relative of the blueberry and cranberry. In World War II, British fighter pilots are said to have eaten bilberry jam which they attributed to their excellent night vision. Bilberry contains anthocyanosides which improve circulatory and vein health, immunity, inflammation, and blood sugar levels. Recent studies show bilberry also benefits glaucoma, macular degeneration, and retina health.

If you already take a blood thinner, check with your pharmacist to see if bilberry is safe for you to consume. Also, if you are pregnant or nursing check with your midwife or health care provider. [WholeFoodsMagazine.com](http://WholeFoodsMagazine.com), July 2021, page 12.

## In the News

- N-acetyl-L-Cysteine (NAC) is in the natural news again. The fight between natural health organizations and the FDA continues. The FDA had approved the sale of NAC as a supplement years ago, but the pharmaceutical companies are still making claims that they classed it as a drug before it was sold as a supplement. Therefore, pharmaceutical companies claim NAC should be classified as a drug. For more details, go to [www.wholefoodsmagazine.com](http://www.wholefoodsmagazine.com), July 2021 edition, page 9.
- With the growing interest in natural body care and beauty products, Naturally Informed hosted a virtual event recently entitled “Nutri-Beauty: Mastering the Market”. To view the information, go to [NaturallyInformed.net](http://NaturallyInformed.net). Here are some highlights:

Carotenoids accumulate in the skin to produce that glowing skin we all desire. Since carotenoids are oil soluble, be sure to eat carotenoid foods (like tomatoes) with a healthy oil, like olive oil.

Another fun tidbit of information instructs us that our skin has a microbiome—it needs certain bacteria to be healthy. When we wash with soaps, or when we bath or swim in chlorinated water, we kill necessary skin bacteria. I attended a conference some years ago, and the key speaker (a woman with a PhD in something to do with nutrition and bio-chemistry) told us she adds a good probiotic to water in a spray bottle and sprays her body after every shower. Maybe I'll try that just for fun!

One final thought is the "gut-hair connection". Our nutritional imbalances affect our hair growth and health. Naturopaths and other holistic practitioners know the gut is vitally important to overall health and wellness.

## The Benefits of ROYAL JELLY—from North American Herb and Spice

**Royal jelly** is a honeybee secretion that is utilized in the nutrition of larvae and adult queens. It is secreted from the glands of nurse bees and fed to all larvae in the colony. After three days, the drone and worker larvae stop receiving royal jelly, but queen larvae continue to be nourished by this unique substance throughout their development. This type of feeding triggers the growth of queen morphology, including the fully developed ovaries needed to lay eggs.

The Queen bee can live for up to seven years, and she keeps the hive going. The average lifespan of worker bees who do not have access to royal jelly is only about six to seven weeks! Royal jelly is 67% water, 12.5% protein, 11% simple sugars (monosaccharides), 6% fatty acids, and 3.5% 10-hydroxy-2-decanoic acid (10-HDA). It also contains trace minerals, pantothenic acid (vitamin B5), pyridoxine (vitamin B6), and even trace amounts of vitamin C.

Studies have suggested that royal jelly supports natural collagen production, widening of the blood vessels, healthy premenstrual syndrome responses, and postmenopausal support for women. Royal Jelly helps build the internal power of the adrenal system for the energy we need and supports the entire hormone system in men and women. Its potency is further enhanced when combined with wild oregano, sage, and whole-food vitamin C. A true super-food, Royal jelly also supports cognitive function and healthy skin by helping the body make collagen tissue efficiently. Royal jelly also contains beneficial probiotics, making it an excellent choice for digestive health as well! Take it daily to feel your best!

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