

**August 2026**

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## **Nan's Natural Health**

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**Summer Hours:** OPEN Tuesday, Wednesday, Thursday 9am-3pm

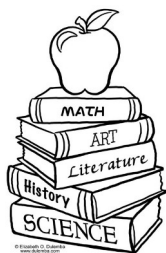
Saturdays 9am-noon.

**CLOSED** Sundays, Mondays, Fridays, & 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.**



### **Back to School Edition!**

- \* In Missouri, chiropractors can do school physicals! Skip the frustrating vaccine questions this year. Make an appointment with your chiropractor to help keep your kids healthy.
- \* Children need good nutrition, plenty of pure water, fresh air and sunshine, exercise, and NATURAL VITAMINS, not synthetic. Dr. Christopher's Kid-E-Mins is a blend of herbs which help provide the nutrients that may be missing from foods. The liquid drops are easy to give as they are or mixed into juice or a smoothie.
- \* Home schooling? Sign up for classes on herbs and nutrition through Dr. Christopher's School of Natural Healing. You and your young scholars can learn together at your own pace when it fits your schedule! Sign up for the Family Herbalist class at [www.snh.cc/jamaffiliates/jrox/php?id=1116](http://www.snh.cc/jamaffiliates/jrox/php?id=1116) or 1-801-489-5254.
- \* Attending regular schools or home school group meetings? Have your stash of Young Living's Thieves products handy—oil, spray, hand sanitizer, soaps, and cleaning products. Kids love the scent, too. Their friends will want the gel or spray for themselves, so tell their moms about it. Thieves can be taken orally in a spoon of honey. Customers say, "Don't go anywhere without your Thieves!" Available at Natural Health and Home. It sells out quickly, so stock up soon.
- \* Make sure that children involved in sports drink healthy electrolyte drinks—NOT products with artificial colors, flavors, and sweeteners. At Natural Health and Home, you can invest in clean electrolyte mixes such as RyLyte by Redmond Salt Company in a variety of flavors. Just add a packet to water.

### **Another WARNING About Fake or Substandard Products from Amazon**

The NOW company continues to test both supplements and essential oils for purity and potency. In recent report, NOW purchased 28 lavender essential oils from Amazon and analyzed each bottle. They found that only three contained "authentic" lavender (*lavandula angustifolia*). The report continues:

The round of testing focused on confirmation of authentic lavender species, detection of carrier oils; mineral oils or extender materials; and identification of synthetic or fragrance-related compounds not

expected in pure lavender oil. Of the 28 tested products, only three brands met ISO criteria for authentic lavender oil and showed no evidence of adulteration....

For more information, visit [www.nowfoods.com](http://www.nowfoods.com) AVOID purchasing products you take orally (supplements, foods, and herbs) as well as products you may apply to your skin or inhale from Amazon. They are only a delivery service and do not check products for purity or companies for their integrity.

### **New Natural GLP-1, 2, and GIP Products Now Available in Liquid Drops!**

The Orygn Company now offers natural GLP-1, 2 and GIP products in convenient liquid drops called tri-GLP. Soon to be available is their pre-measured drink sticks. Orygn's triGLP is extracted from Norwegian salmon and blended with ginger and lemon peel oil. The product is currently sold as liquid drops taken orally—no injections needed! For more information, go to [www.NansNaturalHealth.orygn.co/shop](http://www.NansNaturalHealth.orygn.co/shop), or purchase the product at Natural Health and Home. In stock now!

GLP (glucagon-like peptide) is an amino acid long peptide hormone naturally formed in the body. Pharmaceutical companies making products such as Wegovy, Ozempic, and others are using synthetic Gila Monster venom to make their products, according to researchers (see <https://www.greenmatters.com/health-and-wellness/is-ozempic-reptile-venom> and <https://www.sciencealert.com/ozempic-literally-came-from-a-monster-and-its-not-alone>)

The products are administered by injection. The venom paralyses the stomach, allowing consumed foods to putrefy for up to a week. Lawsuits now abound against the pharmaceutical makers, as more and more people are suffering sudden vision problems, including blindness, as well as other adverse reactions.

### **AlphaGal Research, by Dr. Mark Schopp (see ad on p. 4)**

Alpha gal is becoming more prominent today. In the last few weeks I have been to a digestive conference, Peri-to Post Menopause conference, an Alpha Gal conference, and a myofascial pain conference on the latest research. Today I look at the increasing problem of Alpha Gal. Not only are we seeing more Alpha Gal patients but are looking for it more often based on the many symptoms that can occur.

Alpha Gal is an allergic reaction to meat which can cause a variety of symptoms. A person can get alpha gal from a tick bite, specifically the female Lone Star tick. Unfortunately, the only treatment in Western medicine is to stay away from the meats that you test positive for. Fortunately, natural health care practitioners trained to treat Alpha Gal have found a better way. With treatment, the goal is to fix the terrain of the body so that a person can start eating meat again. Research shows that blood types A and O are more likely to develop Alpha-Gal, while blood types B and AB appear to be protected. So, some of us are protected naturally.

Alpha Gal is not like traditional allergies. With traditional allergies, a protein slips into the intestinal wall. Reaction time is 5 to 30 minutes. With Alpha Gal, a lipid bound carbohydrate causes the problems. This requires the lipids (fats) to travel through the lymphatic system via chylomicrons. Because of having to take this route, the reaction is delayed and seen about 3 to 8 hours after eating meat. So many times, patients don't make the connection. An Alpha Gal patient can also inhale fumes from a grill and have a reaction 3 to 8 hours later.

A patient can also have different reactions every time they eat meat. Sometimes they have a bad reaction and sometimes they don't. This is because of the intestinal permeability, and there are other things that can change what's going on at a specific time. A patient that says sometimes I am fine with meat and sometimes I am not rules out Alpha Gal. It must be ruled in or out by blood testing. A patient could have a different level of reaction after drinking alcohol; taking a non-steroidal anti-inflammatory drug such as ibuprofen; or had illness or infection at the time. If they consume meat and shortly after exercise, that will increase blood flow and can increase the severity of the reaction. Stress and poor sleep can also increase the reaction of Alpha Gal. Premenstrual reactions can also be severe. It's important for anyone with Alpha Gal to carry an EpiPen as a precaution.

Many symptoms can occur with Alpha Gal. Severe abdominal cramping and pain, nausea and vomiting, profuse diarrhea, difficulty swallowing (dysphagia), bloating or indigestion, respiratory symptoms such as throat tightness, a high-pitched sound from the upper airway narrowing; mucus; itchy throat; tongue and uvula swelling; or hoarseness and voice changes. Lower respiratory symptoms may include wheezing, chest tightness, cough, or respiratory distress. The environmental trigger of inhaling cooked foods as described may occur. Cardiovascular symptoms could include palpitations, hypotension, rapid heartbeat, chest pain, collapse, or loss of consciousness. Long term cardiovascular problems could show elevated Alpha Gal Ige. Neurological symptoms could include dizziness and light headedness, anxiety, confusion, weakness or numbness and headache. Itching and hives are also common. This list is not all-inclusive of every Alpha Gal symptom.

To protect yourself from getting tick bites, the best thing I know of is Permethrin. I say this from my own experience of being in the woods a lot. The problem is, it's very toxic. You must spray it on your clothes and let them sit overnight. It is effective on those clothes for 4 to 6 weeks. Never spray it on your skin. When you spray, the clothes, make sure you are fully clothed to protect yourself.

Laboratory tests to diagnose Alpha Gal are Galactose-alpha-1,3-galactose (Alpha-Gal), IgE Serum. Also helpful to the practitioner are CBC, Ferritin, Vitamin D and a Comprehensive Metabolic Panel. With more research into Alpha Gal, our protocols will continue to advance. We can help more patients as the research continues. We use acupuncture with clinical nutritional supplements to fix the terrain. If someone has symptoms when exposed to meat, we also include acupuncture protocols that will address those symptoms. Alpha Gal can be frustrating to live with. The only real help is from natural health care practitioners. We fix the terrain with the goal for the patient to be able to eat the foods they are avoiding without a reaction and enabling them to lead a better life.

### NEWS! NEWS! NEWS!

→ Senators Kevin Cramer (R-ND) and John Curtis (R-UT) introduced the Dietary Supplements Access Act in May this year. If passed, the Act will allow people with HSAs, FSAs, and HRAs to cover the costs of over the counter supplements. Currently, the IRS (yep, the tax folks) control what you can purchase with your HSA, FSA, and HRA. For more information, go to [www.chpa.org](http://www.chpa.org) or [www.crnusa.org](http://www.crnusa.org). Please contact your senators and tell them to support this.

→ The Pain Research & Intervention Center of Excellence at the University of Florida and ingredient supplier Aker BioMarine (Norway) recently conducted a study on **Krill oil**'s use in chronic muscle and joint pain in older adults. Study participants showed a "substantial increase in blood omega 3 levels, rising from 4.3 percent to 7.4 percent when taking Krill oil, thus aiding in pain management. For more information, go to [www.akerbiomarine.com](http://www.akerbiomarine.com). Invest in a bottle of pure NOW Krill oil at Natural Health and Home.

→ Study results published in *Cell Metabolism* reveals a link between **aged garlic extract** (AGE) and skeletal muscle aging by "stimulating an inter-organ communications pathway between fat tissue and the brain to enhance muscles strength in aged subjects." An enzyme (eNAMPT) decreases as we age, and AGE increases the circulating enzyme, thus helping "prevent muscle depletion and the resulting frailty associated with aging." For more information, go to [www.kyolic.com](http://www.kyolic.com). Get Kyolic aged garlic products at Natural Health and Home.

### Mark Your Calendar for the Desoto Farmers' Market Fundraiser!

The Desoto farmers' market is hosting their 11th Annual Farm to Table Dinner on September 12th is bigger and better than ever! This family style event focuses on community partnerships while featuring live music, cash bar, gift card wheel, silent auction, raffles, photo booth, wine tastings, and spectacular four course dinner sourced from the vendors at the market. This fundraiser helps DFM run the market as well as programs like POP Club, Kid's Mart, and our new community garden.

Our theme this year is A Star Spangled Supper! The dinner will showcase a wide variety of our talented vendors and highlight the best of American fare. The evening will be a unique chance to socialize, sample the best of DFM, and support your local community! Please consider sponsoring Farm to Table with a monetary donation, a gift card, or an auction donation so that we can keep the market thriving for years to come!

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**Expires August 31, 2026**



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