

SPECIAL EDITION 2025

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Nan's Natural Health

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Compliments of Natural Health and Home, Inc.

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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.

On November 8, I attended the **Secrets in Healthcare** conference in Springfield, Missouri. This is an annual event, so mark your calendars for next November and be sure to attend! The following information is from my notes. The speakers were enthusiastic, energetic, and passionate—NEVER boring!

I. Enzymes: Amari Kimble, MD, advised us that by 27 years old, our digestive enzyme levels begin dropping due to stress, poor nutrition, pollutants of all sorts, medications, and poor lifestyle. Without proper levels of enzymes, our bodies fail to break down food and cells that attack our bodies, such as parasites. Poor digestion may lead to nutrient deficiency.

Two forms of enzymes are available: digestive and proteolytic. Digestive enzymes are taken just before or during a meal while proteolytic enzymes must be taken on an empty stomach and are used to act like PacMan, devouring parasites, scar tissue, and more.

II. Debbie Troeger, motivational speaker, advised us to Change Our Mind, Change your Life: Break the Pattern. Think, Believe, Become! 20% of what we can do yields 80% of change. Change, therefore, starts in the mind. Believe it, then do it. Falling is not failing; it's feedback. Find her on facebook.com/deborah.troeger.2025

III. Glenn Barber of Kainois Ag spoke on soil nutrients and gardening. Our food is nutrient deficient because our soil is nutrient deficient. Improving food nutrients helped his son manage his schizophrenia. For details, go to FARMacy.us/about for his fascinating story and gardening/farming tips and products.

IV. Joe Horn of Skywatchtv.com spoke twice on two topics: human trafficking and the "war on human genetics." He noted that 57% -64% of youth ministers struggle with porn attraction or addiction. He passionately expressed his frustration with churches in general, arguing that many of the are not addressing this issue.

His parents started Whispering Ponies Ranch (see WhisperingPoniesRanch.com), a ranch to provide aid to rescued children and teens. He also showed part of the movie *Innocence Shattered*.

He offered his book *Timebomb: A Genocide of DEADLY Processed Foods* available on Skywatchtv.com

V. Dr. Todd Frisch spoke on facial diagnosis. His book *WTF Why the Face: A Practical Guide to Understanding Health & Personality Through Facial Diagnosis*. He showed photos of the nine distinct face

shapes, eye positions, ear positions, and much more which aided his work as a practicing physician (now retired) to know better how to speak with patients according to their unique personalities and gave specific examples.

His presentation was so intriguing that he line to get his books stretched from his booth to the opposite side of the room! Stop by Natural Health and Home to have a look at this fascinating topic!

VI. Dr. Steve Hughlett, clinical pharmacist, spoke on his book *Your Plate, Your Fate*. In his book, he tells his and his wife's personal experiences in opting for a healthier lifestyle. Health, he says, requires lifestyle changes and choices. Some examples he gave about how our diets have change include the following:

In 1965, Americans ate only 2 teaspoons of sugar a day. In 2015, Americans ate an average of 65 teaspoons per day! This, in part, explains why Americans are overweight (including children and teens), have insulin resistance, and have high cholesterol.

He also spoke on the pharmaceutical GLPs used now for weight loss (Ozypmic® and similar drugs). These drugs pose many risks including frequent vomiting and keeping food in the stomach for up to SEVEN DAYS where it putrefies. The drugs also cause "auto-cannibalism" where the body begins "eating" the muscle tissue.

He also authored *The Prescribing Paradox: Cures That Harm*. He reminds us that cholesterol is NOT evil, but vital to life. The liver makes 80% of cholesterol and the brain 20% (blood cholesterol does not cross the blood-brain barrier). Prioritize protein and Fat, not carbs. Dr. Hughlett referenced Dr. James Yoesph's book *How Statin Drugs Really Lower Cholesterol and Kill You*.

VII. Dr. Bryan Ardis, reseacher, author, and speaker covered several ideas. He noted that God gave us each free will to make our own decisions. Each of us must decide what is best for ourselves. However, Big Pharma "rules the world."

➤ A few years ago, Dr. Ardis released his movie *Watch the Water*," warning viewers of the potential risks of water contamination with drugs or other toxins. Four weeks later, governments wanted to ban nicotine by 2030 in favor of synthetic nicotine. Patents on this substance already exist. Why ban nicotine? Because since the late 1500s, pure tobacco and nicotine have been successfully used to heal or even cure many poor health conditions, including "cov!d."

➤ Big pharma spends \$293 million on lobbying our politicians in pharma's favor. Big Pharma makes \$491 BILLION in four months on the top drugs including those for cancer, diabetes, and vaccinations. Of all drugs, Keytruda (Merck) brought in \$29.5 BILLION in 2024. Ozypmic brought in \$16 BILLION. By the way, this drug is made of GILA MONSTER venom which paralyzes the stomach muscles and causes blindness. It takes 12.7 YEARS for the body to eliminate this venom. By August 2025, \$2 billion in lawsuits had been filed about this drug.

<https://www.drugdiscoverytrends.com/2024s-blockbusters-top-50-pharmaceuticals-by-sales/>

➤ New research shows that a nicotine foot soak may be used to treat atrial fibrillation for up to four months.

➤ Nicotine has been used to treat tetanus and kill lice.

For more details, go to DrArdisShow.com and Victorious Vitality with herbalist Nicholas Joel Farrer <https://www.youtube.com/watch?v=nq5KPqGRQLQ>

I have copies of Dr. Ardis' book *The Covid-19 Lies* for sale wherein he writes about nicotine patches.

VIII. Dr. John Richardson spoke on his father's research on B17 (laetrile) in the 1950s. According to Harold Manner, PhD, a five year study in the 1970s showed an 89%-100% total regression of breast cancer in mice treated with B17. (Manner, *The Death of Cancer*. See also *Cancer on the Fence* on YouTube.) Often, cancers may be eliminated in a few as two months B17 and pancreatic enzymes which break down the proteins coating cancers. Dr. Richardson emphasized that cancer is the lack of nutrients.

