



February 2020 edition

Nan's Natural Health

Wake Up to Natural Health & A Better You!

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

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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.**



Happy Valentine's Day to All!

Herbs are POWERFUL! If you haven't visited the shop in the last month, I have an herb story that is nothing less than miraculous. The Friday before Christmas, I arrived home from work to see my 8 ½ year old Annabelle kitty struggling to breathe. I didn't know what was wrong, so I gave her a few drops of lobelia tincture. Lobelia is called "the thinking herb", as it seems to know what to do and where to go in the body no matter what is wrong. I also made some mullein and echinacea tea for her. Her breathing slowed a little, and she lived through the night.

I contacted Deb Hennen (314-578-5302), the animal communicator I met last summer, to see if she could help determine what was going on with Annie. Annie "told" Deb she was not ready to die. That persuaded me to press on with the herbs.

I also contacted Carolyn, a friend who does Dr. Bradley Nelson's Emotion and Body Code work. She trained under Dr. Nelson in California a few years ago. I asked her to work with Annie to help release any emotions that might be blocking her ability to heal. Annie is a rescue kitty, and rescues often (if not always) have emotional issues that may affect their health and disposition. Carolyn works with humans as well as animals. To contact her, go to Healing Hearts and Emotions, <https://live.vcita.com/site/healingheartsandemotions>

The next day, I took her to a veterinarian who diagnosed her with a serious congestive heart issue—an x-ray showed a massive accumulation of fluid in her chest. The vet suggested I either euthanize her or take her immediately to the emergency vet clinic and ICU in West County—costing between \$2000-3000!

I took Annie home and began giving her Dr. Christopher's kidney and lung formulas (with extra lobelia) on the hour, and hawthorn combined with Dr. Christopher's Kid-e-Min to help rebuild her body on the half hour. I hydrated her with distilled water by eye dropper, as she wasn't drinking on her own. I also gave her liquid chlorophyll by eye dropper to help her body detoxify from the poison from her kidneys' not working properly.

She ate supper that evening and used the litter box. Good! She was eliminating some of the fluids in her chest. I dosed her twice during the night, and by morning, she was breathing almost normally. She ate breakfast (I fixed raw food for them) and stretched out in the sun. At one point, however, she gave me a scare. I don't know if she had a heart attack or what happened. She was heaving to breathe. I remember Dr. Christopher saying to use cayenne tincture along the spine and over the heart for certain conditions. I dropped about four drops onto her spine, starting at her shoulders and working my way down her spine. In seconds, she was breathing normally

and was out of the crisis, just as we were taught. I began diffusing Young Living Aroma Life essential oil and applied sacred frankincense to my hands, then stroked her from her tail to her shoulders.

I still dosed her every half hour with herbs. She walked around a little, so I knew she was feeling better. She ate supper that evening and drank water on her own.

Monday, I talked with Dr. Mark Schopp, chiropractor, in St. Louis who agreed that she would do well on Standard Process Renaford for her kidneys. He also made some other suggestions. By that evening, she was playing with Autumn Kitty and acting like a fairly healthy cat. I know it will take months for her to heal more, but I am very impressed that in three days, she went from death's doorstep to feeling so much better.

Herbs can be very powerful! I agree with Dr. Christopher: Every home needs a trained herbalist. Remember, if you're interested in learning more about how to use herbs, sign up for online classes through the School of Natural Healing at www.snh.cc/jamaffiliates/jrox.php?id=1116

Wellness is a PROCESS of becoming aware of and making choices toward a more successful existence.

February is Heart Health Month

We all want to have strong, healthy hearts! A weak heart gives us a “weak” life. Most of us know—and hopefully do our best—to eat healthy foods, drink plenty of pure water (distilled is best), engage in moderate exercise each day, take herbal supplements appropriately, and get proper rest. Remember that in holistic health, we want to look at the WHOLE body because each system and organ function affects all others. Increased stress levels, toxicity, and even poor oral health or metal fillings can adversely affect heart health and function.

Traditional herbalists have used hawthorn or lemon balm herbs for heart health. “A cup of lemon balm a day and you’ll live forever,” old herbalists advised! While no one will “live forever” from drinking an herbal tea, I think we all get the idea—some herbs may benefit the heart more than others.

Traditional herbalist Marie Treban recommends mistletoe tea for heart palpitations. Dr. Christopher and Jethro Kloss suggest celery seed (blood pressure) and cayenne (may stop a heart attack as quickly as six seconds, but you should also get medical attention fast!). Recent research shows beet root may also be helpful for some blood pressure conditions.

Dr. Gary Young includes a long list of therapeutic essential oils for healthy hearts, including cypress oil, cinnamon bark oil, sandalwood oil, and a blend called Aroma Life®. These may be diffused or diluted and rubbed on the acupressure points of the feet or over the heart. (Ref. Higley and Higley’s *Reference Guide to Essential Oils*, “cardiovascular system”.)

Ah! But it’s VALENTINE’S DAY! What about *romance*? Essential oils of rose or geranium or any blend that contains rose or geranium is lovely and romantic! Young Living’s Joy blend has both rose and geranium oils. Of course, you can blend your own or choose your favorite oils to diffuse or use as perfume. Come to Natural Health and Home and try our tester bottles to discover your personal favorite. Give your sweetheart a hint—tell him or her your favorite oil or blend from Natural Health and Home. Gift certificates available!

Honey for your Honey

Forego the processed sugars for Valentine’s Day, and get your sweetheart a jar of raw honey—plain or with added herbs! Did you know honey has moisturizing properties and is antibacterial and antioxidant? A spoonful of raw honey contains enzymes, too. The naturally occurring pollen and propolis (bee glue) is used medicinally for a variety of conditions, and royal jelly (queen bee food) has been researched for its value in diabetes, bone health in women, and anti-cancer and anti-inflammatory properties.

Honey makes a fine facial product when you dab a little on clean, dry skin, then roll your fingers in the honey and spread it with a rolling motion over your face. In a few minutes, your skin will pull from the stickiness of the honey, taking with it dead skin flakes and other debris. Rolling the fingers over the skin with the honey also exercises and massages the skin. After a few minutes, let your skin rest before rinsing the skin with warm water. Rub a small piece of raw pineapple over your skin, let it sit for a minute, then rinse again. Your skin will feel soft and moist and will look younger and more radiant!

Honey may also be used on burns and other wounds to help them heal and may also help protect against infection. Studies in Europe indicate honey mixed with warm water helped some forms of dermatitis and eczema, as well as bedsores (pressure ulcers), surgical wounds, skin grafts, and even dandruff when mixed with olive oil. To learn more about honey, read Dr. Joshua Levitt's book *The Honey Phenomenon*, or go to TheAlternativeDaily.com

NEW! at Schopp Nutrition and Chiropractic

Schopp Nutrition and Chiropractic has added a Lipomelt Red Light Slimming and Body Contouring unit to the practice. The addition of this equipment is two-fold. Lipomelt from Ideal Light Technologies has both 635 nm and 880 nm diodes in their light diodes. Most machines have 40 mw per light source. The Lipomelt has been increased to 190 mw per light source.

The 635 nm. diode penetrates the fat cell allowing it to decrease in size. It is used for **slimming and body contouring**. Even in patients that have a hard time losing weight this can be very effective.

The 880 nm. diodes help with both **acute and chronic pain**. It also **stimulates collagen** which helps reduce wrinkles and cellulite. Many studies have been published on the benefit of this technology that can be reviewed on Pub Med. If you have any questions about this technology please call Dr. Schopp or Maureen at 314-843-9355.

In the News....

✓ According to Karen Howard, CEO and Executive Director of Organic and Natural Health Association in Washington, DC, buyers who use Amazon for what they think is CBD may be at risk for "being defrauded with the purchase of primarily hemp seed oil...while quality, labeled and tested products can't be sold". (39)
(This is another reason to shop local from a reputable seller who carries clean, tested products.)

Howard also informs readers that recently, "compound pharmacy has been branded dangerous. FDA has put homeopathy on notice, and the industry must now operate under a risk-based model of enforcement. Approval of continuing medical education hours [under the purview of the AMA]...for integrative and functional medical professionals is being DENIED." (35)

✓ According to Scott Tips, President of the National Health Federation (NHF), "The FDA needs to listen to industry more and cease trying to force its own anti-supplement agendas upon an industry that has already proven itself to be conscientious and safe. The FDA has become a rogue agency in that it ignores clear Congressional intent when it comes to legislation, such as DSHEA, and this agency must be reined in. They think they make the law, but they do not." (37)

✓ Jonathon Emord, President of Emord and Associates (Virginia), "The entire Food, Drug and Cosmetic Act ought to be revamped because it creates artificial distinctions between...foods and supplements and drugs, predicated solely on intended uses when, in the real world, many of what are deemed foods and supplements by FDA are variously understood to be therapeutic....for example, telling the public the truth on labels and in labeling of prune juice that it helps relieve chronic constipation (a disease, according to FDA) ought not result in the artificial removal of a common food from the food category to the drug. ...the archaic regulatory regime of the FDA ... (denies) consumers access to truthful and helpful information on the basis of a legal fiction." (36)
Quotes taken from Vitamin Retailer, January 2020. vitaminretailer.com

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