



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

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

Thursday, & Friday, 9am-5pm; Saturdays 9am-noon. **CLOSED** Sundays & Mondays

Visit us online: www.NansNaturalHealth.com

To join Young Living or to purchase online, go to www.youngliving.org. Code #985266, or phone

1-800-371-3515

Join us on Facebook!

Disclaimer: All information in this newsletter is for educational and entertainment purposes. **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 New Year to All! Thanks to all the holiday shoppers who supported our local small businesses! You're the BEST! Beth and I had a grand time during the Main Street Stocking Stroll. We had fun meeting so many new shoppers! And Beth's photo is in the *Leader* newspaper (Dec. 5, page 6)! WooWoo—she's now a celebrity!

As promised, we have new year changes. For one, the newsletter has a new look and a new name. Due to printing increases, I may have to downsize the newsletter in the future. If any of you know a good printer who charges less than the big name ones, please let me know.

Will you help Natural Health and Home move forward in 2020 by completing a **short survey**? Beth and I want to get your input to know what products you want us to carry in 2020 as well as the best ways to communicate events, specials, and services you'd like to have available. We love to hear from you! You can help us to know how best to serve you going forward.

Also, in an effort to to keep you up to date on special activities, new products, holiday schedules, and shipment arrivals, Beth is preparing to set up an **outgoing email system**. To add your name to our rapidly expanding list, stop by during regular business hours. You know me—not too big on computer stuff and no cell phone—so don't expect a deluge of email from me. You can also check our facebook page for messages—but not daily. I'd rather see your smiling faces and hear your friendly voices in person!



Wake Up to Better Health!

My mission when I started Natural Health and Home was to educate my clients about natural health, not merely sell products. To continue that mission, I have developed an 8 week program—**Wake Up to Better Health!** Will you us help you reach **SUCCESS** with your 2020 resolutions for better health in 2020? Sign up for an 8-week Wake Up to Better Health program—an individualized program to help you overcome the tricky business of setting appropriate goals, learning how to overcome old habits, and beginning new healthier habits to **SUCCEED!** Let us help you identify your root cause of your “favorite sin” that's holding you back.

You will meet weekly with Nan to report your successes so you can move forward. If you're struggling with any of the common health conditions (diabetes type II, arthritis, weight concerns, or others), set up an appointment today! Individualized sessions start in January. Plan now for success in 2020! Wake UP to Better Health NOW!



You LOVE DISCOUNTS! Show me a selfie with your favorite Natural Health and Home product and earn a 10% discount on your purchase that day. One per household, please.



NOW IS THE TIME to CLEANSE!

Start the new year right by cleansing your system of all the holiday sweet treats. Gas, bloating, cold-like symptoms, rashes, boils, or a weak immune system may be caused by a build-up of toxic waste throughout the body. **NOW Foods' Easy Cleanse** provides a gentle two-week herbal cleanse for each body system. If you prefer to target a specific health concern, such as yeast/candida overgrowth, try **NOW's Candida Support** or other targeted blends.

For a more specific cleanses, consider making an appointment for **RBTI nutrition-based lab testing** with Beth (see ad on page 4) or a **Limbic Stress Assessment (LSA) scan** with Nan. The LSA scans for up to 1400 toxins or imbalances. Dr. Oden then interprets the scan and suggests a protocol to begin rebalancing the body. These tests may help identify more exactly which toxins or imbalances to address and which products may benefit you the most. RBTI and LSA tests are by appointment only.

Truths for Natural Health from Dr. Christopher

Kelly Pomeroy, M.H.

Dr. Christopher taught this simple truth, that our body has an inherent ability to heal itself. One of the most important things I have learned from David Christopher that has calmed my fears the most was not to worry about the fancy name of an illness, but to focus on what the body is trying to do and apply the simple principles of cleansing and nourishing.

Hippocrates (460-375 BC), the Father of Medicine, was a great observer of the body. He believed that its systems were to be approached differently than that of an inanimate object. He believed in giving the body nutrient rich food, rest, and care so that it can heal itself. He has often been quoted, "Let food be thy medicine and medicine be thy food." He understood the power of diet and how it supports our body to heal itself. In another text he wrote, "First do no harm." No wonder Dr. Christopher taught Hippocrates approach, since he too was a firm believer in using food to heal us and in doing no harm. This approach is called **Vitalism**.

Another Greek scholar, Democritus, who is known as the Father of Science, also lived around 400 BC. He came up with an atomic hypothesis which is that all atoms can be acted upon. While this is a great truth when applied to inanimate objects, this concept applied to the body has a different outcome. Many herbalists call this an Atomistic approach. This approach is what we would consider medications, surgeries, and amputations. Acting on the body rather than supporting its processes. I will say emergency care has its place for those in need of immediate care. (Dr. John Christopher, *School of Natural Healing*).

Remember, if you want to learn about herbs and nutrition from the experts, register for classes at Dr. Christopher's School of Natural Healing. Dr. Christopher's goal was to have an herbalist in every home. You can be that herbalist to help your family experience their best health throughout their lives! Go to <http://www.snh.cc/jamaffiliates/jrox.php?id=1116> to register for classes. Your health depends on this knowledge—for the rest of your life!



Boswellia: Indian Frankincense

Boswellia, an Ayurvedic (Indian) herb, shows **anti-inflammatory** properties, similar to ginger. It contains Boswellic acid, Herbalists use it to help in treating the inflammation from rheumatoid arthritis; **irritable bowel disease** (IBD); asthma, bronchitis, and allergies; **depression and anxiety**, Parkinson's disease (brain inflammation); psoriasis; and multiple sclerosis. The herb may also be mixed with other herbs, such as ginger and yarrow, all heat-producing herbs (thermogenic).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5721494/>

<https://www.medicalnewstoday.com/articles/326599.php#how-to-take>

Ginger: A Multitasker for Health and Healing

Most of my clients know that ginger is one of the best herbs to calm motion sickness and morning sickness. They use it as a tea or let one of the ginger candies melt in their mouths. Some also know of ginger's anti-inflammatory properties. Of course, ginger is terrific in Asian foods, on sweet potatoes, and in anything with pumpkin!

But ginger has many other lesser known properties.

✓ Stimulates digestion. Try drinking a cup of warm ginger tea after a heavy meal, or take a capsule of ginger. <https://www.ncbi.nlm.nih.gov/pubmed/18403946>

✓ Shows antibacterial/antimicrobial properties, especially against e.coli and Bacillis. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3609356/>

✓ Helps improve heart health (including lowering LDLs) and blood sugar levels. <https://www.ncbi.nlm.nih.gov/pubmed/18813412>

✓ May help lower blood pressure by expanding the blood vessels to allow better blood flow. (If you are already on blood pressure medication, check with your pharmacist to see if you may safely use ginger along with your medication.) <http://www.iosrjournals.org/iosr-jnhs/papers/vol6-issue5/Version-3/M0605037986.pdf>

✓ May help prevent cancer. Cancer always pairs with inflammation, so since ginger has anti-inflammatory properties, it seems logical that it may help with cancer. <https://www.ncbi.nlm.nih.gov/pubmed/24552266>

✓ May help improve brain function. Alzheimer's patients show inflamed brains. Again, since ginger shows anti-inflammatory properties, it seems logical that it may help with certain brain conditions. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3253463/>

✓ Often alleviates menstrual pain. <https://www.ncbi.nlm.nih.gov/pubmed/19216660>

I'd add that a cup of warm ginger tea also helps me stay warm in the winter! I add ginger to some soups (like acorn squash soup) and other foods all winter long. And ginger bread anything is my favorite sweet treat—with LOTS of ginger, fresh grated or dry powdered.

Ginger also comes in capsules, liquid concentrate, tea bags, and essential oils. Invest in your ginger products at Natural Health and Home. Keep a supply of the tea or liquid on hand all winter long. You may also combine ginger with other herbs, like chamomile or peppermint, to help soothe upset tummies. Some customers mix a few drops of ginger essential oil into a carrier oil to rub on cold feet, over-used muscles, or arthritic joints. Invest in Boswellia capsules at Natural Health and Home.

WELCOME to our new advertiser, Dr. Alex Chen, PhD (TCM) and licensed traditional acupuncturist!

Schopp Nutrition and Chiropractic Clinic
"Changing Health With Clinical Nutrition"

Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, **Fibromyalgia**, Chronic Fatigue, **Male & Female Hormone Imbalances**, Adrenal, Digestive Disorders, **Thyroid**, Personal Injury, and More!

NEW! NUTRITIONAL BLOOD TESTING!

Dr. Mark Schopp, Chiropractic Physician
Phone: 314-843-WELL (9355)

drscho3@gmail.com schoppnutritionclinic.com
11422 Gravois Road, Suite 103, St. Louis, MO 63126

Hillsboro Chiropractic

Dr. Tammy M. Hansen

636-789-2400

10814-A Business 21 (near Imo's Pizza)

\$35 Student Physical

\$25 New Patient Consult & Evaluation

\$15 Foot Scan & Report of Findings

Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm & Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics & Sports Injuries.

Expires January 31, 2020



HEALING HANDS CHIROPRACTIC

Drs. Charmin and Ryan Gans

1185 Scenic Dr. Suite 141, Herculaneum, MO
(located behind Cracker Barrel in Herculaneum)
(636) 479-6700

New Patient Exam Only \$27

Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor.

Also certified in **children's** chiropractic care.

Natural Fertility & Acupuncture Treatments!

Expires January 31, 2020

Functional Medicine and Hands-on Healing

You Can Afford!

Functional medicine is cutting-edge medicine—and it's right here in Jefferson County.

chronic pain
gut problems
fibromyalgia
headache
allergies
detox
chronic illness
stop smoking
fatigue
weight loss
sleep problems
and many others

Sue Overkamp, DO

osteopathic family medicine (medical doctor trained in adjusting), herbs, nutrition, acupuncture
524 Bailey Road, Crystal City, MO
next door to Nan's Natural Health and Home
Call 914-357-5681 any time or **636-638-1808**
Wed, Thur, Fri

Nutritional Assessments

using Dr. Carey Reams' testing (RBTI)

Contact Beth at

314-276-3622

for an appointment.

Healthy Mouth-Healthy Body-Healthy Life

Discover the benefits of Biological Dentistry

Michael G. Rehme, DDS, NMD

Biological Dentistry and Nutritional Therapy

2821 North Ballas Rd., Suite 245

St. Louis, Missouri 63131

a healthy choice for dental care 314-997-2550

mgrehme@toothbody.com

WELLIFE, LLC

Acupuncture & Herb Healing Center
Traditional Chinese Medicine



**Dr. Alex Chen, PhD, DAOM,
LAc**

314-858-6088 or **tcmchen@gmail.com**



www.wellifehealing.com
410 Sovereign Ct., Ste 9
Ballwin, MO 63011

Ionic Detox Foot Soak
Jackie Schneider



To schedule, call or text: 314-568-1979
or go to www.schedulicity.com

222 East Main, Festus, MO
***Jump start your immune system--Flu season
is here!***