



July 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

636 937 0526 (no texting available)

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

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

Visit us online: www.NansNaturalHealth.com

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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 July 4th!

I love this country! Having lived in other countries, I can truthfully say it is still the finest nation in the world. Our Constitution has served as a model for other nations. God has blessed this nation and promised to continue to bless us under the condition that we are a God loving people,

living His commandments, repenting when necessary, and expressing our devotion to Him in all things.

This month, take time to listen to some good ol' fashioned patriot music! One of my favorites is still Kate Smith singing "God Bless America." Favorite patriotic movie:

This is the Army, 1943, with music by Irving Berlin and starring Ronald Reagan.



Herbal First Aid Tips

Plantain weed grows plentifully in our lawns. It's practically a first aid kit all by itself. When I get a scratch or a wasp sting, I pluck a leaf or two, chew it a little to let the juice out, and apply it to the wound, sting, or bite. It will take the sting out of wasp stings in seconds! A friend of mine says that when she was a young girl in 1940s Europe, the children had to identify and collect herbs all summer to earn money to go on field trips. One of the herbs they learned about was plantain. A few years ago, a guest at her home injured his toe. My friend picked a few leaves to wrap around the injury, and overnight, the wound had healed quite nicely.

Plantain leaf juice also helps neutralize the poison from poison ivy and many other poisonous plants. Just crunch the leaves or chew them, then rub the leaves on the area where you've touched poison ivy. If you've had poison ivy rash for a few days, however, the plantain doesn't always work as well.

Traditional herbalists also use plantain to stop minor bleeding when applied topically. I've simply wrapped a leaf or two around a cat scratch when I'm outside. Some say plantain may offer some relief for heartburn and asthma. Drink a cup of the tea (infusion) made from the leaves.



Learn to identify the two common types of plantain—broad leaf and narrow leaf. Either works as a first aid kit in a leaf!



Take time to put together a handy herbal first aid kit for summer. You might consider including aloe vera gel, colloidal or nano silver, Dr. Christopher's Black ointment, Complete Tissue and Bone ointment or massage oil, chickweed itch ointment, cayenne pepper powder or liquid tincture, basil oil (neutralizes the poison of most spiders and snakes), and lobelia tincture. I also keep a bottle of Dr. Christopher's Stomach Comfort tincture on hand, too. With these basics, you can take care of many common first aid needs. Of course, remember to have various bandages and wraps handy, too! In the summer, I keep a small jar of Celtic salt for electrolytes.

I keep a separate kit for my cats which includes tweezers to remove ticks and thorns, nano silver, an empty eye dropper bottle (cats don't like the hissing sound of silver spray), lobelia, cayenne tincture, and gauze.

Door to Door Wound Care NOW OFFERING IONIC CLEANSING DETOX FOOT BATH

What is Ionic Cleanse or Ionic Detox?

Basically, the Ionic Detox refers to the process of removing toxic elements and chemicals from the body. The body naturally performs a detoxification process through the liver, kidneys, and the skin. But when the body becomes overwhelmed with toxins, the natural detox is affected.

How an Ion Cleansing Detox Foot Bath Works

An ionic foot detox works by pulling the toxins out of your body through your feet. A tingling sensation lets you know the ionic detox is boosting the body's own natural detoxifying ability.

This process gives the hydrogen in the water a positive charge. The positive charge is said to attract the negatively charged toxins in your body. The ions in the foot bath water hold a charge that enables them to bind to heavy metals and toxins in your body. This allows the toxins to be pulled out through the feet during a 30-minute session.

Benefits of an Ionic Detox Foot Bath

According to the Centers for Disease Control (CDC), many illnesses are related to the build-up of environmental pollutants and toxins. The symptoms of aging and degenerative diseases are in one way or another associated with poor cellular hydration, diminishing the cell's ability for self-repair and toxic waste elimination. When cells dehydrate, they cluster, fusing their membranes

together - this reduces important cell surfaces where ion channels work. Over time, the body becomes more toxic and unable to transfer vital nutrients needed for cell repair and replication.

The Ionic Detox system uses a mild electrical current to transfer ions in and out of the cells and restore the balance of positive and negative charge of cells. This painless, non-invasive micro-current opens the pathways to the vital ion channels.

The “boost” or energy the body receives from the ionic water module allows an amazing detoxification process to occur. Water is ionized and these ions are able to enter the body through pores of the feet where the circulatory and lymphatic systems transport them throughout the body. The ions neutralize oppositely charged toxins in the cells. Now, the body’s detoxing organs (liver, intestines, kidneys, lungs, skin and immune system) can become energized to function at their best. Toxins and waste products can now be eliminated normally. (Source: healthandmed.com).

Jump start a Healthier Lifestyle

Detoxification is often the first step in a functional medicine treatment plan focusing on optimizing the function of the body and organ systems. At Door to Door Wound Care / Door to Door Medicine, our goal is to address the root cause of illness, by using a combination of natural strategies and lifestyle support to enhance the body’s own natural healing ability.

For more information visit us in person or visit our website: doortodoormedicine.com

To schedule an appointment, call (636) 748-0042 and speak with Peggy.

Iodine and Women’s Health

According to Cheryl Myers, Integrative Health Nurse and expert in natural health, “(I)odine can be useful in situations where dysfunctional estrogens are causing problems. The ovaries and uterus have rapid uptake of iodine. The ovaries have the second largest amount of iodine in the body, after the thyroid gland. They require iodine to make estrogen. Inadequate iodine can cause higher levels of estrone and estradiol and low estrinol levels, and this imbalance is implicated in an increase cancer risk for hormonally active tissue like uterine, ovary, and breast.” (*Vitamin Retailer*, May 2021, p. 43)

Talk to your chiropractor or other functional practitioner about checking your iodine levels, especially women of any age, including teen girls. Period problems and breast pain often benefit from taking iodine. Dr. David Brownstein also has excellent information on iodine’s many health benefits.

In the News

The NOW Company announced in May that they have partnered with “seven nationally recognized experts across the wellness spectrum, with the hope of inspire people to #LiveHealthyNOW.” Experts include several nutritionists, a dermatologist, a pediatric and women’s health specialist, and reiki and meditation instructor, and DJ Townsel, former NFL athlete and current exercise and yoga instructor.

For more information, go to www.nowfoods.com/experts.

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