

July 2026

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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.



Closed July 4th.

“Natural liberty is a gift of the beneficent Creator to the whole human race.” Alexander Hamilton, 1775

“Liberty lies in the hearts of men and women; when it dies there, no constitution, no law, no court can save it; no constitution, no law no court can even do much to help it....It is not the ruthless, the unbridled will; it is not freedom to do as one likes. That is the denial of liberty, and leads straight to its overthrow.” Learned Hand, 1944

“Liberty is not the mere absence of restraint, it is not a spontaneous product of majority rule, it is not achieved merely by lifting underprivileged classes to power, nor is it the inevitable by-product of technological expansion. It is achieved only by a rule of law.” Robert H. Jackson, 1955



Is Our Water Supply Clean?

Why would anyone deliberately add **a mutagen, a halogen, and a proven neurotoxin.....**into our public water supply? Everything done to our water infrastructure over the past 50 years has quietly become **one massive “biological experiment.”** *The Human Shutdown*, by Jonathon Otto.

The cleanest water we can drink is distilled. It's not filtered; it comes from steam so it's free of all possible toxins, chemicals, bacteria, and medication/vaccine residue which filters may not eliminate.

Support Your Eye Health with Nutrition

Our eyes need nutritional support throughout our lives to maintain and even improve our vision. While it's true that carrots are good for our eyes, many other foods and herbs may also support good eye health. Carotenoids,

for instance, are found in color-rich foods, like pumpkin and other squash (acorn and winter), red bell pepper, carrots, dark leafy greens, tomatoes and tomato sauces, sweet potatoes, papaya, watermelon preferably WITH seeds), and oranges/orange juice. <https://curejoy.com/content/carotenoid-rich-food-source/>

Important herbs for eye and vision health include eyebright, bilberry, lutein (from tomatoes), zeaxanthin, and astaxanthin, goji berries or juice, and maqui berries or juice. Additionally, alpha lipoic acid, an amino acid, helps support many functions in the body, including the eyes. So make like Bugs Bunny, and EAT YOUR CAROTENOIDS along with red or dark blue berries all year long!



Faith & Sound: Faith Over Fear, Kandice Steitz (see ad p.4)

Sunday, July 19th | 1PM–3PM, SC Bodywork | Crystal City, MO

There is something deeply meaningful about gathering together in intentional spaces where we are allowed to simply slow down, breathe, reconnect, and be present. This July, I am honored to bring Faith & Sound to a beautiful new space that has recently opened in Crystal City — SC Bodywork. As holistic and heart-centered spaces continue to grow within our communities, it feels incredibly special to gather in a place intentionally created for restoration, grounding, connection, and support.

Our July theme is “Faith Over Fear” — rooted in the reminder that while fear may visit us in seasons of uncertainty, it does not have authority over us.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” — 2 Timothy 1:7

Faith & Sound is a Christ-centered experience designed to support the mind, body, and spirit through intentional rest, reflection, prayerful presence, and sound. The afternoon will begin with a grounding group sound session featuring crystal quartz bowls, gongs, drumming, and other vibrational instruments. Sound sessions can help encourage relaxation within the nervous system, create a sense of inner calm, support emotional release, quiet mental overwhelm, and invite the body into a more restorative state. Many people leave feeling lighter, more centered, emotionally grounded, and deeply rested.

More than anything, this space is created with intention — inviting Christ into the atmosphere while allowing people a moment to pause from the noise and reconnect with themselves, their faith, and community.

Following the sound session, we will gather together for tea, integration, reflection, and authentic conversation using Christ-centered conversation cards designed to encourage deeper connection, meaningful discussion, faith-filled encouragement, and community.

Whether you are walking through a season of uncertainty, seeking rest, craving connection, or simply desiring a peaceful afternoon grounded in faith and presence — you are welcome here.

Come exactly as you are. \$46 per person. SC Bodywork, 406 Bailey Rd, Crystal City, MO

Please reserve your place on the website: www.vibrationalpatterns.com

Hormone Replacement Therapy: Is It Worth the Risks? Dr. Mark Schopp (see ad p. 4)

In the last five weeks, I’ve attended three seminars. The first was on the digestive system and how to treat it naturally without drugs. Then two weeks ago I was at a female hormonal seminar. The subject was how we treat perimenopause, menopause and post menopause differently. Yesterday I was at a seminar on Alpha Gal. This included more information about Alpha Gal, as it’s getting more common, and how to treat it naturally. I will probably deal with that in the next subject next month. The one thing in all the seminars that was common is that we only focused on the truth based on studies, not on what people are saying in venues such as the Internet.

For now, let’s look at hormones. In today’s “health care system,” when we do a discussion on hormones, we must discuss Hormone Replacement Therapy (HRT). At one time, menopause was a natural female bodily function. Menopause literally means the month of the last menstrual period. The “change of life” – or perimenopause – is the entire transitional period of time from the first signs of change until after menses have

ceased completely for more than a year. Nowadays, the medical establishment views menopause as a hormone deficiency disease. Hormone replacement therapy (HRT) is the routine “treatment” for menopausal women, even healthy women, regardless of the well documented risks associated with these drugs. There are only a few situations when HRT is really the only choice, e.g. surgical menopause, Premature Ovarian Insufficiency, acute trauma to the hypothalamus, pituitary and adrenal axis. However, these are deficiency states, not transitions such as we see in menopause. By attacking these naturally, the hope is to get off those artificial hormones with time.

HRT in a lot of cases makes a woman feel better. Conversely, they make a lot of women feel worse. When the hormones are not naturally produced by the body, a women feel horrible. But with HRT there can be serious adverse effects. HRT “works” by suppressing symptoms, but since the biochemistry is so complex, intricate and interactive, the routine use of hormone drugs “is akin to playing with fire.”

What are some of the problems that HRT causes straight from the medical literature? Results of one study indicated that women who started taking estrogen at menopause (usually between ages 48 and 53) and continued into later years had the highest bone density. But women who did not begin HRT until age 60 had bone density almost as high. When women stopped the hormones, benefits stopped. Women who started HRT at menopause and stopped 10 years later had only slightly better bone density than women who never had HRT. Taking estrogen for 5 to 10 years to prevent loss won’t have much positive effect. For maximal effect, a woman would have to take estrogen for the rest of there life which would then increase the risk of estrogen sensitive cancers.

But we can work with those estrogen receptors naturally. One important study in which women were taking various types of estrogen over a three-year period had lower cholesterol but were developing blood clots and heart disease, whereas women not taking estrogen were not doing so. According to Decava:

Many researchers have identified evidence of increased risk of breast cancer associated with the use of HRT. Women taking estrogen alone had a 36% higher risk. Those taking estrogen and progestin had a 50% increase. Another study found a 50% higher risk in women who take ERT for five to 10 years, a lower risk for four years or less. Five to nine years of hormone use raised breast cancer risk 59%, with an added risk of 35% in HRT users who were age 55 or older. The risk of death from breast cancer increased by 43% among women who took HRT for more than 10 years. (Judith Decava, PhD, 9-1998)

There are many other risks associated with HRT And ERT (estrogen replacement therapy). Several studies have shown that estrogen replacement therapy may increase the risk of ovarian cancer which is usually fatal. It can also be involved in endometrial cancer. HRT can also increase their risk of blood clots which include pulmonary embolism, heart attacks and strokes. Women can also be more predisposed to temporomandibular joint disorders at approximately 70%. Systemic Lupus Erythematosus, an inflammatory disorder of connective tissues and can affect any organ in the body, will have an increased risk for those taking hormone replacement therapy. Women also have a 50% greater risk of developing asthma.

Also, women who have moderate alcohol consumption increase the levels of circulating estrogen approximately three-fold increasing the risk of breast cancer. So taking HRT and consuming a moderate level of alcohol can increase the risk altogether. The things we’ve covered in this article are certainly not the only risks, but it would be too lengthy for an article this size to go over all the risks.

Thankfully there are natural alternatives. But how we begin treatment depends on if a patient is in peri-menopause, menopause, or are postmenopausal. Each system will be looked at and the two primary systems and dealt with first depending on what stage they’re at. These stages are liver, adrenal, blood sugar, hypothalamus/pituitary, and the gut microbiome. The estroblome is the part of the gut microbiome that has to be dealt with in postmenopausal patients and is the first thing to look at along with liver and bile. Instead of just giving a hormone, we want to look at the whole body and how it connects. These patients can be helped. Yes, it takes more time to get healthy than taking a drug, but we also reduce the risks I have described as well as others.

Nan’s Note: Consider having Dr. Schopp run the DUTCH hormone test done to evaluate your hormone levels.

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