



October 2020 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

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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 Anniversary

Natural Health and Home is 14 Years Old This Month!

Without each of you, Natural Health and Home would not be open! Thanks to EACH of you for supporting natural health and wholistic healing! You are AWESOME!

Are you planning a Fall Harvest Party? This month, I will offer some fun, healthy, tasty recipes for Fall. Let me know which ones you try, and what you think!

Also, in the Midwest, “old timers” harvest wild sassafras in the Fall. We traditionally use the roots to make a beautiful, fragrant, salmon-colored infusion (tea), then sweeten it with honey or other favorite healthy sweetener. However, the bark or stems may also be used. Gently simmer the roots or bark (about a teaspoon per cup of water) for a few minutes, steep covered, strain, and drink. If the roots or bark boil or simmer too long, the tea will taste bitter. Keep a few of the roots or some bark to make more tea during the winter months. Traditionally, this herb was said to “clear the blood” of impurities.

While harvesting from the trees, pick a few leaves to dry and add to soups or stews. In the South, the leaves are called “file” and used in gumbo—hence, “gumbo file”. They add nutrients and flavor to your recipes. Check the link below to help you identify sassafras trees and their leaves—note that each tree has three different leaves! https://treepicturesonline.com/sassafras_tree_pictures.html

Fun Probiotic Drinks to Make at Home—and MORE!

A friend sent me the website below which teaches all about fermenting and preserving foods and herbs—and more! We all know how important probiotics are for digestion and immunity. I've

experimented making fermented foods and kefir water--very easy and inexpensive! I can hardly wait to try either the elderberry “soda” or the apple ginger “soda” relying on natural air-born yeasts to ferment and create probiotics. (Note that these drinks will contain small amounts of alcohol as a result of the natural fermenting process.)

The recipe is short, but the instructions are long, so I will not copy them here. Do check out the website, and let me know what you try. The website has many recipes and instructions to identify local herbs for teas and food.

<https://www.growforagecookferment.com/fermented-elderberry-soda/>



Everything Pumpkin!

Pumpkin is so nutritious! It’s packed with over 2000 IU (international units) of vitamin A, over 500 mg of potassium, and 2 grams of fiber per cup. Here are some fun ways to add it to your nutrition plan for Fall and Winter.

Some of you may remember collecting package labels, then sending them in to get a free cookbook or other item. One year, I collected Libby’s labels and sent for their *Great Pumpkin Cookbook* (1984). Besides yummy dessert recipes of all sorts (love the pumpkin cake roll!), the book includes two of my favorite Fall soup recipes. Sometimes I use canned; sometimes I use fresh pumpkin and cook it myself. I’ve also substituted acorn squash for pumpkin.

Creamy Garden Pumpkin Soup (p.14)

| | |
|--|---------------------------------------|
| 2 c. chopped onion | ¼ c chopped parsley |
| ¾ c green onion slices | 1 bay leaf |
| ¼ c butter | ½ tsp salt (or Bronner’s Amino Acids) |
| 1 qt chicken or vegetable broth | ½ tsp curry powder (optional) |
| 16 oz cooked pumpkin puree (1 16 oz can) | 1/8 tsp pepper |
| 2 cups cream or coconut milk | ¼ tsp nutmeg |

In a large soup pot, saute onion and green onion in butter. Stir in broth and other ingredients (except the milk or cream), and simmer uncovered for about 15 minutes, stirring occasionally. Remove bay leaf. Transfer ingredients into a food processor little at a time to puree. Return pureed ingredients to the pot and add milk or cream. Serve garnished with parsley or green onion. May also be served chilled.

I sometimes make this and add chopped celery and green pepper. I just eat it chunky—without pureeing into a creamy soup. It’s good both ways. Another alternative is to serve it with rice. If you’re a meat eater, add a small amount of sausage (I like organic chicken sausage).

For other pumpkin ideas, try the following:

- Add pumpkin puree to pancake or waffle batter, as well as pumpkin pie spices. Serve with pure maple syrup, sorgham molasses, local honey, or eat plain. Adding a spoonful or two of pumpkin puree to buckwheat pancake batter moistens the pancakes.
- Make a pumpkin smoothie by blending pumpkin puree, your favorite sweetener, pumpkin pie spices, protein powder or gelatin powder, and coconut milk for a creamy Fall treat. Try freezing this and eating it like ice cream.
- Try a no-bake pumpkin pie using pumpkin puree, coconut milk, beef gelatin (dissolved in hot water or milk), coconut sugar (dissolved in hot liquid), a dash of Celtic salt, and pumpkin pie spices. Stir together and pour into custard cups or into a graham cracker pie crust. Instead of a traditional pie crust, I grind walnuts or pecans and press them into a pie pan. Chill the pie. To serve, put a spoonful of coconut cream or ground nuts on top, or drizzle with melted dark chocolate.

*For extra nutrition and richer flavor, add a tablespoon or more of unsulfured black strap molasses to any pumpkin recipe.

**Instead of traditional powdered spices, try using a drop or two of Young Living's Vitality essential oils, like cinnamon, clove, nutmeg, and others, available at Natural Health and Home. I use these to add a fresh, bright flavor to smoothies and other culinary creations.

Selenium and Your Health

A few years ago, I read Dr. Joel Wallach's book *Dead Doctors Don't Lie*. He had some interesting and valuable information about selenium regarding prevention and treatment of cancer and more than twelve other diseases and conditions, including cystic fibrosis, age spots, and Alzheimer's (p. 33).

More recently, Dr. Diane Fulton published an article on the benefits of selenium stating "selenium is one of the most common mineral deficiencies in the world" (greenmedinfo.com).

Oxidative stress contributes to a variety of diseases such as **diabetes, atherosclerosis** (hardening of the blood vessels), **inflammatory conditions, high blood pressure, heart disease, neurodegenerative diseases** (such as **Parkinson's** and **Alzheimer's**) and **cancers** and contributes to aging.

Since our foods are depleted of many nutrients, or high enough levels for good health, supplementing may be helpful. We need only 55mcg per day, for the average adult. (This may vary depending on prescription drug use, so check with your pharmacist to see if any medications may be lowering your selenium levels, or have lab work done to check your levels.) Dr. Fulton suggests eating three Brazil nuts a day for twelve weeks which should be adequate to see changes in one's health or symptoms.

Dr. Fulton lists several common problems that respond well to selenium in the diet: oxidative stress, skin conditions (including acne, psoriasis, and others), asthma, thyroid and heart conditions, and "brain boosting."

Her article includes references to scholarly research articles in medical and scientific journals with links to the articles.

<https://www.greenmedinfo.com/blog/top-six-benefits-selenium>

Wholistic Pet Care

Annabelle Kitty had an abscessed tooth in late August. I used Dr. Christopher's herbal tooth powder on the area of the tooth and gave her echinacea for immunity, but I was concerned as to whether or not the tooth needed to be extracted. I did not want to put her on a high dose of antibiotics, so I checked veterinarian Dr. Richard Pitcairn's website for a reference. The only one in Missouri is in Rolla—Dr. Richard Heusler (www.ozarksholisticvet.com). He has over 30 years experience as a traditional vet, is now a certified homeopathic vet, and will soon also offer pet chiropractic. He's also a big advocate of healthy, raw diets for pets.

Dr. Pitcairn's book *Natural Health for Dogs and Cats* is excellent to have on hand if you have pets. He includes information on herbs, nutrition, and homeopathic products you may use at home.

Although Dr. Ava Frick no longer has an office in Missouri, she "sees" patients online and via phone. Check her website <https://www.avafrick.com/>



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