

December 2019 - Happy Holidays! Wellness Warrior Dispatch

Your Source of Natural Health News & Tips
Compliments of **Natural Health & Home, Inc.**
526 Bailey Road, Crystal City, MO 63019
636.937.0526



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. **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.**



Holiday Calendar

Dec 24: Close at 2pm

**Dec. 25: Merry Christmas! Store is CLOSED today and will REOPEN
Thursday, Dec. 26, 9am-5pm**

**Dec. 31: Close at 2pm. Store is CLOSED Jan.1, 2020, and will REOPEN
Thursday, Jan. 2, 9am-**

5pm



Happy Christmas, Wellness Warriors!

First, remember to SHOP LOCAL SMALL BUSINESSES for your holiday shopping needs, and shop Natural Health and Home for your natural wellness products! Also, consider investing in your health by scheduling either a nutritional consultation with either Beth or Nan, or an LSA scan. These also make fine gifts for family or friends. End 2019 and begin 2020 with a goal of achieving your personal optimal health naturally!

The year has flown by! So many changes have been made, some due to large corporations (Clorox, Nestle, Pfizer, and others) buying out traditional herbal and supplement companies. BE AWARE! The large corporations tend to CHANGE the formulas, downgrading the ingredients so they can sell products at a lower price at large stores. Check the ingredients before buying—the product may not be the same as you've gotten at health food stores in the past.

2019 has been a fine year! Beth made us a brand new website: NansNaturalHealth.com. Wellness Warrior Lilly and I took some classes at Meramec over the summer. It was both fun and rewarding to learn about Traditional Chinese Medicine and other topics. We met some fine people who also enjoy the benefits of natural health.

I also met Deb who practices animal communication. She helped my Autumn Kitty to settled down and stop biting me. She's become a very sweet kitty! If you need Deb's number, check with me or last month's Wellness Warrior newsletter, page 3, on www.NansNaturalHealth.com

Hemp and elderberry continue to be excellent sellers here. North American Herb and Spice Hempanol is still the best selling line of hemp/CBD-type products. Keep their Hempanol Cream on hand this winter for post-snow shoveling achy muscles. Dr. Christopher's Joint Formula, Complete Tissue and Bone formula, Pancreas formula, and Sinus+ formula are all big hits with customers, too. The names are self-explanatory!

I've also heard wonderful stories of healing from my customers who rely on herbs and natural methods for their health. I very much enjoy and appreciate hearing your success stories, so bring 'em on!

We participated in several local health events over the year: DeSoto's Home Show; the annual R-7 school district wellness fair; Mercy Jefferson's senior wellness fair; the Festus YMCA wellness fair; the Tanglefoot Association's Adult Stocking Stroll; and the Leader's Holiday Shopping event all come to mind.

Several students were diagnosed with whopping cough in Festus. Whopping cough (pertussis) is a bacterial infection. So, some of us asked some questions: First, were the students who were diagnosed already vaccinated? Did the vaccine not work? Did the children get the infection from the vaccination? Were any students who were NOT vaccinated infected by being in contact with those diagnosed? So many questions! Thank goodness for echinacea and thyme, plenty of good quality vitamin C, and nano silver for Wellness Warriors! Chiropractic and acupuncture also help keep the immune system strong. Prevention is still the best approach, but always be prepared with knowledge of natural products just in case.

Have a Happy, Healthy Christmas, New Year, Three Kings' Day, and all other festivities this month!

Capt. Nan, Wellness Warrior

PS: Our **Breathing Tea** is back in stock, just in time for holiday gatherings!



Celebrating 2020

We're heading for 2020, so expect some changes at Natural Health and Home! First, the newsletter will have a new name: **Nan's Natural Health News**. The name will match our new web address: NansNaturalHealth.com. I will do my best to continue educating and informing readers of healthy tips and news in the industry to help you make the best decisions for yourself and your family's health and wellness.



If you belong to an organization, church, or workplace that wants to learn about natural health, let me know so I can schedule you into my calendar for 2020. I'll also

talk with Girl and Boy Scouts, 4-H, home school organizations, and other youth or parent groups. Tell me your topic of interest, and we'll rock 'n' roll!

Second, to meet current customer requests, Beth and I will be available to conduct more **nutritional consultations** by appointment here at the shop. I can also conduct my consultations by phone or in small groups. I can send the workbook via email, then meet with you in person or by phone to review your "homework" and offer suggestions. This is a terrific opportunity to learn some necessary basics about optimal health! Contact Nan at the shop, or Beth at 314.276.3622 to make your appointment.

FREE Holiday Wellness Tips with Herbs & Quantum Physics!



Did you know that smiling helps engage your thymus gland which is part of your immune system? It is also the first organ of the body to be adversely affected by stress. Heart-to-heart hugs also stimulate the immune system, so smile and hug your cares away! (John Diamond, *Your Body Doesn't Lie*, 62, 89-104)

If you are looking for supplements to help support a healthy thymus gland, Young living offers several products: Thieves, ImmuPower, Elemi, Ravensara, and Spruce essential oils. Natural Sources offers a Thymus tissue supplement in capsules. Get yours at Natural Health & Home.

Historically, herbalists used thyme herb to nourish the thymus gland. According to <https://www.herbalrootszine.com/articles/do-you-have-enough-thyme/>

Thyme is full of antioxidants and according to Rosemary Gladstar, has "a positive effect on the glandular system as a whole and especially the Thymus gland."

The Thymus gland is very important in your body from the time you are created in your mother's womb until puberty. It establishes the immune system. Immature T cells from bone marrow live in the Thymus gland until they are mature. When you become an adult through puberty, your thymus gland begins to shrink.



The limbic system in the brain involves several organs and glands and may be called the "emotional brain." This part of the brain secretes hormones. Interestingly, this part of the brain responds to SMELL, not spoken or written words, according to Dr. David Stewart in *Healing Oils of the Bible* (115-6).

Diffuse your favorite pure essential oils to help create lovely memories this season! Young Living's **Christmas Spirit**® is festive and uplifting all winter. I also enjoy Young Living's **Exodus II**® this time of year. It's aroma is warm and comforting. Invest in Young Living products at Natural Health and Home this season—for yourself and for gift giving!

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