

*April 2019*  
**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  
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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.

Dear Wellness Warriors,

We did it! We made it through another winter—ice and snow storms, freezing rain, sleet. It's all gone until next winter. Ari Kitty LOVED it all. That Norwegian Forest Cat has one monster-sized fur coat. I don't know what other mix he is—no DNA testing—but he sure has long, fluffy fur designed for winter.

Spring is here. That means the DeSoto Chamber of Commerce is hosting their annual **Desoto Home Show** on **Saturday, April 27**, at the DeSoto High School! Come visit me at my booth for Natural Health and Home. If you need to make purchases, no worries—Beth will be in the shop working that morning from 9am-noon.

Keep an eye open for Prof. Bear's spring class schedule on his facebook page (see ad on p. 4). He loves teaching about herbs, how to make herbal products, and many other topics. Ask him about teaching a class on a fun topic for your church or civic group! You may go home with a special herbal treat you've made!

Have a happy Spring, Wellness Warriors!  
Yours in Optimal Health!  
Capt. Nan

**Hemp Oil Sales Booming at Natural Health and Home!**

As more information about hemp products is hitting the news, sales here have sky-rocketed! I now carry several brands (North American Herb and Spice, +CBD, Hemplucid, and MedTerra). Each offers encapsulated and liquid forms for oral use and topical (applied to the skin). Hemplucid and +CBD each offer gummies, as well.

NAHS and MedTerra offer hemp blended with other herbs which target specific concerns, like sleep, women's health, brain function, and more.

So far, NAHS Hempanol Cream and Cannacurmin capsules out-sell other brands. Traditionally, herbalists know that herbs work synergistically—together. NAHS blends whole hemp with other herbs, like oregano, which also contain cannabinoids, thus offering multiple sources of cannabinoids.

CBD products are made from Industrial Hemp, so they lack the THC levels found in marijuana. CBD is now being used to help relieve pain of nearly any sort: arthritis, muscle, neuropathy, headaches, and more. Dr. Cass Ingraham's *The Cannabis Cure* offers information on the science, politics, history, and medical uses of CBD products. You may purchase your copy of the book at Natural Health and Home.

CBD and hemp studies are on-going. Over 500 clinical trials are currently listed on [clinicaltrials.gov](http://clinicaltrials.gov). Fifty of those studies “involve pain related to cancer, low back pain, and both acute and chronic pain,” according to an article in *Vitamin Retailer*, March 2019, page 66-7. ([vitaminretailer.com](http://vitaminretailer.com))

### **Allergy Season is Here**

The Midwest seems to be the seasonal allergy capital of the U.S.! Each season brings its own plethora of allergens. In spring and early summer, we are attacked by mold, fungus, and pollen. What can we do if we live here?

My customers have found relief from several products. If you haven't already started taking a probiotic specifically for seasonal allergies, you're almost too late. NOW Foods offers its **Respiratory Care formula** (available at Natural Health and Home).

Another favorite helper is **Quercetin with Bromelain** by NOW Foods. This works to help calm allergic reactions while helping the immune system.

For those of you who enjoy using herbs, look for products which include mullein, rosemary, parsley, Brigham Tea, or lobelia. **Bell Lifestyle's Histamine Balance** includes several of these herbs as well as quercetin. Other customers recommend Fenugreek herb in tea or capsules. **Dr. Christopher's Immucalm** (capsules) was formulated to help calm an over-active immune system--allergies. Dr. C's Sinus Plus may also be helpful. I sometimes combine Immucalm with Standard Process' Antronex (I get this from a chiropractor) when I have an “allergy nose.”

If you like to use homeopathic products, **bioAllers brand** products are popular. I carry both oral drops for specific allergens (ie: cedar pollen; grass pollen; mold, yeast, dust; pet; and others) and their Sinus & Allergy nasal spray.

Are you fond of essential oils? **Young Living's Allerzyme** capsules blends essential oils with enzymes and herbs to help relieve allergy symptoms. Of course, several other oils may be diffused or dabbed behind the ears and under the nose to help relieve symptoms: peppermint, eucalyptus, or rosemary are some of my customers' favorites, but others may also be helpful. Also come in for a sniff of NOW Foods' Clear the Air blend.

Nano or colloidal silver are other popular products. Folks spray silver in their eyes and nose. This may be especially helpful for reactions to fungus—as in cedar pollen fungus.

One more help for runny noses is proteolytic enzymes (also called Serrazimes). In a class I attended, the presenter told us to “take a handful” before bed. These specific enzymes taken on an empty stomach “act like a Pac-man” to chew up excess protein, such as mucous or parasites. Rather amazing!

I've taken ten capsules before bed. I woke up with a dry, mucous-free nose. I carry NOW Foods brand Serrazimes. I can order other brands, such as Arthur Andrew.

### **Warm Weather Injuries**

Spring and summer means more physical activities—sports, gardening, hiking, boating, and more. These activities may mean an increase in injuries or muscle pain from over-exertion. While CBD products may help relieve pain, CBD may not help the body heal injuries. Our bodies need **plant-based minerals** to heal—Dr. Joel Wallach and others recommend at least 60 minerals daily! What's more, our bodies relax and rebuild at night, so taking minerals before bed just makes sense.

Interestingly, pain, especially from injuries, is like the body saying, "I'm hungry! Feed me!" Our muscles don't growl like our stomachs when they're hungry; muscles send us pain messages. Usually within minutes of taking a plant-based mineral, such as **Dr. Christopher's Complete Tissue and Bone (CTB)**, **Daily's Min-Col**, or **NOW Foods' Full Spectrum Mineral Complex**, we begin feeling less pain. Several customers and I have had this experience. CTB also comes in bulk herbs for soaking and poultices.

A few years ago, I had a damaged molar tooth pulled about 3:30pm. Since the dental office phoned me with a cancellation, I hadn't had time to prepare for the extraction. I had just enough time to dash to Dr. Rehme's office in West County (OK—not much of a *dash* to West County).

That night when I went to bed, the wound began throbbing. I thought to myself, "What is my body telling me? What does it want? Of course! Minerals!"

I went to the kitchen, found my Min-Col, took three or four capsules, and went back to bed. Within minutes, I was out of pain and sound asleep—all night! I continued taking Min-Col when I was at home, and Dr. Christopher's CTB while at work (I had an open bottle at work) for the rest of the week, and I had no pain at all.

Other customers have had similar experiences with plant-based minerals when they've had painful injuries. Some have taken the capsules; some have applied CTB herbs as a poultice to the injured area; and some have applied the massage oil, although the oil isn't very strong for more severe injuries.

Remember, always try to determine the **ROOT CAUSE** of any health problem, including pain. If pain is generalized, hemp or essential oil products may help reduce the pain. However, if the pain is the result of an injury or surgery, minerals may help relieve pain as they help the body to heal. Most of my customers have told me they have taken two CTB or Min-Col capsules every three or four hours, but you'll have to play with dosages to see what works best for you.




Also, make sure you drink plenty of water and avoid caffeine while healing. Caffeine and sugar use up minerals and slow down healing. Caffeine also contributes to dehydration, which may also lead to pain.

### **Free Holistic Dentistry Videos Available**

Dr. Paul O'Malley, a holistic dentist in California, recently posted a video series on natural approaches to dentistry. So far, the videos I've watched are quite informative and interesting. If you'd like to learn more about holistic dentistry options, go to [freeholisticdentalcourse.com](http://freeholisticdentalcourse.com) or go to Dr. O'Malley's website. If you are looking for a holistic dentist, please contact Dr. Michael Rehme in St. Louis. (See his ad on page 4 of this copy.)

**NEW Summertime Essential Oil Recipe Cards!**

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