

August 2019-Back to School Wellness Warrior Dispatch

Your Source of Natural Health News & Tips

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Dear Wellness Warriors,

It's hard to believe we're more than half-way through the year. It certainly has been an eventful year at my house! In June, I took a road trip to Memphis to visit briefly with my brother who was also on a road trip. The weather was terrific, the roads were in excellent shape (except for a few miles just across the Missouri border), and the rest stops were clean and creative. I enjoyed the drive.

Once home, however, I noticed a long crack in the dining room ceiling. Was the ceiling bowing? Beth's husband, who owns a construction company, looked at it and exclaimed, "Don't go into that room! The ceiling is about to fall!" He was the first of several construction workers who looked at it who actually got it right! Lots of work. Since the mess was started, I figured I'd just pull off the old wall paper and paneling. Despite our best efforts to minimize the dust and dirt during re-construction, and sweeping, vacuuming, dusting, and wet mopping, Annie Cat and I both endured a couple of weeks of sinus infections.

Poor Annie! Her little nose was so stopped she couldn't swallow to eat or drink, and I could hear rattling when she breathed, so we were off to the vet for sub-q fluids. I opted not to give her the suggested antibiotic, as it may have caused either vomiting or diarrhea which may have led to more dehydration and overall discomfort. Besides, she wasn't swallowing, and the anti-biotics were thick.

She hadn't responded to nano silver, so I looked up what to do in **Dr. Richard Pitcairn's wholistic vet book**. Echinacea! Well, what a blessing to have a patch flowering just outside my front porch! I gathered some leaves, stems, and two flowers and made a mild infusion for her. I added a few drops of lobelia—not much, as it could have made her throw up. I gave her two eye droppers full. Within minutes, the lobelia

had gone to work. Lobelia is called “the thinking herb” because it knows where to go and what to do, regardless of the problem. The body will do what it needs to do.

Poor Annie sneezed for at least a full minute, then slept for a while. A couple of hours later, I gave her another two droppers full, then went to bed. She didn’t sneeze that time, but a few hours later, I heard her sneeze again, so I got up and gave her another dropperful. She slept until about 7 a.m., and I heard her sneeze. By the time I had walked into the hall, she was already in the hall heading for the food dish! I listened to her nose, and the rattling was gone. She still sneezes a little, but not the long, hard sneezes. She’s up and eating and apparently feeling rather well. She even walked outside a little and sat on the front porch. Prayers were answered! We do love our dear pets!

I am very impressed by the quick turn-around—literally overnight. I’m glad the local vet agreed to just give her fluids for the dehydration, as I know it helped. Sometimes, when one method of healing doesn’t work, we must switch to another method. The process of finding the correct method reminds me of a story I heard a few years ago about a fellow who went in search of gold. He borrowed money from friends and family, bought equipment, and went to work. After some time, he hadn’t made a big strike, so he quit and spent years working to pay off his borrowed money. The junk dealer who bought the first man’s equipment decided to have a professional engineer examine the mine. Only three feet from where the first man quit was a huge gold vein. www.selfhelpdaily.com/napoleon-hills-three-feet-from-gold

The same is true in natural healing. If one method doesn’t work, try another, and remember to ask for the help of someone who may already have experience and/or knowledge to help you. We are blessed now to have several local wholistic practitioners (see ads on page 4). Remember, “Dr. Google” doesn’t have everything you may need. Sometimes we all benefit from asking a living person for his or her help.

Yours in Optimal Health,

Capt. Nan

Back to School!

Me, too! Actually, Wellness Warrior Lilly and I attended several classes in wholistic health in July at Meramec Community College. What a treat to have a companion warrior to visit with and go to class with!

Two of the class meetings focused on traditional Chinese medicine and healing, with one specifically on pain relief. The other four class meetings were on developing and recognizing intuition. Sometimes we all get so busy with life that we may ignore intuition or the promptings of the Holy Ghost. It’s fun to step back from the craziness of life and re-focus so that we may live calmer, more loving and abundant lives.

Also, for those of you who want to learn more about herbs, wholistic health and healing, and smart nutrition, Dr. Christopher’s School of Natural Healing offers a special price for their Family Herbalist class in late Fall. If you’ve ever wanted to learn more about these topics, now is the time to check the special pricing. Go to www.snh.cc/jamaffiliates/jrox.php?id=1116, or call 801-489-4254 to register. Remember, Dr. Christopher’s goal was to have an herbalist in every household!

Rev up Your Immunity Before School Begins

It happens every year. Within a week or two of school starting, kids are coughing, sneezing, itching, and feeling ill. Parents rush their children to a medical doctor, and children are often given one or more rounds of antibiotics. Parents and doctors feel like they’ve “done something”, but consider the logic in this. Antibiotics are manufactured to kill bacterial infections, not viral or fungal infections. The more frequently antibiotics are used, the more likely the person is to experience one or more of the following:

- less effective antibiotic response over time when the drugs are really necessary,
- greater risk for future bacterial infections and “super bugs” like MRSA and C-diff,
- greater risk for digestive problems (chronic constipation or diarrhea), and other side effects,

- greater risk for obesity later in life,
- greater risk for colon cancer.

Consider your options carefully when you or a family member feels ill or show signs of an infection. Consider the following options:

- Check with a chiropractor or wholistic practitioner (see ads on page 4). In fact, check with a chiropractor or other alternative practitioner BEFORE school starts to learn how they may help you when someone is ill or injured.
- If you do go to an M.D., ask questions such as the potential for side effects and exactly what those side effects might be. Last year, a friend of mine told me about a relative's experience with a few-month old infant with symptoms of a cold. The pediatrician prescribed Tessalon for the infant. This is the information on Tessalon:

Tessalon is a non-narcotic cough medicine. It works by **numbing the throat and lungs**, making the cough reflex less active. <https://www.drugs.com/mtm/tessalon.html>

Further, the manufacturer warns NEVER to pop open the capsule to give to infants and young children, as it numbs their mouths and prevents swallowing and breathing! The baby my friend told me about had to be rushed into the emergency room because it couldn't breathe and swallow. A couple of weeks later, my friend's son had a cold, so she took him to their doctor who also prescribed Tessalon. My friend was shocked at the doctor's suggestion and refused the drug. The moral of the story is—Do your own research! Ask questions before giving or taking any drug. Ask how the drug works. Ask about the long-term effects of the drug. Think logically about what is being suggested before simply taking any medication. Ask about other options.

Just as in my experience with my cat when the vet suggested my giving her a thick antibiotic—First, the cat could barely swallow water, never mind a thick substance. Second, the potential side effects (vomiting and/or diarrhea) would have further dehydrated Annie. I selected from other options which worked quickly, effectively, and safely. Granted, I did use an old wholistic veterinary book to guide me; I don't always remember everything I've learned over the years. That's OK. That's why we learn to rely on other people's experiences and knowledge.

What tips might you consider now to help boost your immunity?

- For the last two years, elderberry has been a huge hit with customers. Traditional herbalists say it has anti-viral properties. It coats viruses so they can't replicate, sort of like putting a condom on viruses. They simply go away. People are using to help prevent viral infections as well as when they have a viral infection. Available in liquid, capsules, and chewables (watch out for the sugar and artificial ingredients, however.)
- Echinacea—the old gold standard for herbs! It works by “fooling the body into thinking it's been poisoned,” thereby revving up the immune system for about a week. People who use it all winter take it a week on and a week off. It also comes in combination with goldenseal, a blood purifier. You may also mix echinacea with lobelia, as I did for my cat. Echinacea is available in tea, tincture, and capsules.
- Vitamins C and D. When I've felt “something” coming on, I've taken as much as 1000mg (1 gram) an hour for a day, then cut back. You'll know you've taken too much if you get diarrhea from it. Be careful to check the label before you buy! Some companies are adding propylene glycol (anti-freeze) to their vitamin C. We have no RDA for that! Check sugar levels and other ingredients, too.
- Young Living's Thieves products: essential oil, lozenges, roll-on, and spray. Also, consider learning to do Raindrop Therapy using therapeutic essential oils.
<https://www.youtube.com/watch?v=kJJCiN9DhZw>

- Get regular chiropractic and acupuncture, or learn some reflexology points to do at home.

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