

February 2019—Heart Health Month



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
Open Mondays for appointments, classes, and consultations only.

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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.

Calendar

Feb. 14: Valentine's Day! Be proactive for a healthy heart. Heart health related supplements (CoQ10, hawthorn products, Bell heart health products, Kyolic heart health products, beet products, and celery seed products) will be on sale today only—**10% OFF!**



Classes and Seminars with Dr. Ike Bear: Dr. Bear will be offering a variety of classes in the upcoming weeks. Check with him or go to his facebook page for more details: Herbal healing, Yoga, Reiki, Kung Fu, Qi Gong, Tai Chi, Tuina, and more. 215 E. Main St., Festus 314-792-4055. You may also make an appointment for acupuncture, tuina, ear candling, and other services.

Dear Wellness Warriors,

Well, that first snow of 2019 was quite a blast—in more way than one! Ari Kitty sure had a fine time chasing snowflakes. Ten inches of snow was too high for him to walk through, so he hopped like a bunny all over the front lawn. What a cat!

February brings us Valentine's Day, so we want to focus on heart health. Herbal tradition tells us that hawthorn berry tea, tincture, or capsules may help support healthy hearts. Dr. Christopher tells the story of his then future father-in-law who had had severe heart problems since birth. It was a wonder he lived to adulthood. When the man talked with Dr. C about his heart problems, Dr. C suggested he begin using hawthorn. That herb transformed the man's life from being cautious and nearly sedentary to one of vibrant living.

Another herbal tradition tells us that lemon balm (*Melissa officinalis*) “will cause you to live forever as it strengthens the heart.” I don't know about living forever, but we can get the point: It may be good for the heart! Lemon balm has also been used to help promote relaxation for people experiencing anxiety and stress and has many other health properties. It's available in tea and essential oil. *Melissa*, sometimes called the Elixir of Life, is one of the earliest recorded medicinal herbs. (Connie and Alan Higley, *Reference Guide for Essential Oils*, 2013 edition, 98.)

So get out your fancy tea pot and brew up some heart-healthy herb teas, put out a few dark chocolate bites (Young Living's gold wrapped chocolates are THE BEST EVER!) or a fresh fruit compote, diffuse your favorite essential oil, and celebrate with your best friends or sweetheart this Valentine's Day! Stop by Natural Health and Home for your Valentine's gifts and heart health products! Gift certificates are available.

Capt. Nan, Wellness Warrior



Pre-Biotics and Pro-biotics

Most of you know about PRO-biotics—the healthy bacteria (or flora) we need in our guts to help maintain healthy immune and digestive systems. We know to consume raw sauerkraut, kimchi, kombucha, yogurt, kefir, and other fermented foods. Some prefer the convenience of taking probiotics either in powder or capsule forms.

What about PRE-biotics? PRE-biotics are the “foods” which encourage probiotic growth. According to Michael Murray, ND, “...prebitoics are fermentable dietary fibers such as inulin, various oligosaccharides (fructo-, malto- and xylo-), pectin, acacia gum and resistant starch....(But these) offer limited impact on improving the health of the microbiome.”

While fibers feed the flora, other foods are also necessary to healthy bacterial growth and function. Dr. Murray suggests the following:

- Polyphenols, such as those in pomegranate, green tea, berries, olives, among others.
- Volatile oil containing herbs and spices, such as “black pepper, cayenne pepper, cinnamon, ginger, oregano, (and) rosemary...displayed prebiotic-like activity by promoting the growth of beneficial bacteria and supressing the growth of pathogenic bacteria...”
- Docosahexanoic acid, a key long-chain omega-3 fatty acid, is “one of the key factors in promoting a healthy microbiome.” It is yet unclear as to whether or not it may be considered a prebiotic.

You may purchase prebiotic products as well as omega-3s at Natural Health and Home. One caution: ground black pepper has the potential of acting like glass shards on the stomach lining. Better choices may be the other herbs mentioned in Dr. Murray's article. www.vitaminretailer.com, Nov. 2018, p. 59.



Oil Pulling: Tooth and Body Phenomenon, by Dr. Michael G. Rehme, DDS, NMD,
contributing writer (See ad on p. 4)

Many of my patients over the years have asked me questions about the therapeutic effects of oil pulling. Although I was familiar with this treatment, I never really examined the holistic benefits of this age old Ayurvedic process until now. My research indicates that oil pulling not only can improve my patients' dental health but also can provide systemic support for numerous ailments and nagging chronic conditions.

How does it work? It's actually quite simple. You swish a tablespoon of oil in your mouth for 15 minutes, allowing it to pick up harmful bacteria, virus, fungi, and protozoa. Sunflower, sesame, and coconut oil seem to be the most effective oils to use in oil pulling. Cold pressed oil is considered the best source to use. If this is not available then use refined oil.

Oil pulling makes the oil thoroughly mix with saliva. Swishing activates the enzymes and the enzymes draw toxins out through the mucous membranes of the mouth, nose, and throat, and ultimately from the bloodstream. As the process continues, the oil gradually becomes thinner and looks white. If the oil is still yellow, it has not been pulled long enough. Do not swallow the oil for it has become toxic. Once the therapy is completed, spit the oil out of your mouth. Then rinse the oral cavity thoroughly with water to eliminate the toxins from your mouth.

Oil pulling should be done at least once daily for two months to give sufficient time to see noticeable results. The most obvious results of oil pulling are observed in the improved condition of one's dental health. Teeth become whiter, gums are pinker and healthier looking, and the breath is fresher. However, the systemic improvements are even more astounding.

In Dr. Bruce Fife's books, *Oil Pulling Therapy* and *The Coconut Oil Miracle*, he provides medical documentation and more than 80 peer-reviewed medical journal articles that reveal oil pulling to promote weight loss, protect against heart disease, cancer, diabetes, arthritis, bronchitis, migraine headaches, and many other degenerative diseases, prevent premature aging of the skin, strengthen the immune system, and improve digestion.

Another advantage of oil pulling is that it's completely harmless and inexpensive, unlike most medical treatments. The cost is the price of a daily spoonful of vegetable oil and 15 minutes per day for two months. That's all it takes. It may sound too good to be true but quite honestly you have nothing to lose and everything to gain by trying it.

If you are interested in oil pulling for yourself, let us know when you've completed your treatment and how well you did. For educational purposes, I would be very interested in receiving your testimonials and then download these results to our website for future reference. This will allow us to provide current and accurate information to our readers about oil pulling and evaluate its effectiveness for one's overall health and wellness. (See Dr. Rehme's ad on page 4.)

What to Do When You Experience Medical Incompetence or Unprofessionalism

Many of us have experienced, either personally or with loved ones, incompetence or unprofessionalism among medical doctors. Many of you have heard my stories of my mother's experiences after her stroke. Since that time, I have learned of two agencies where we may report our experiences: the Missouri Board of Registration for the Healing Arts and the Missouri Department of Health and Senior Services. Only by reporting our experiences can we expect change in our health care system. We must be informed and proactive.

To file a grievance or complaint against a specific doctor, go online to the Board of Registration for the Healing Arts (see below) and complete the form they provide. If you do not use a computer, you may phone the office and request a form be mailed. When completing the form, be as specific as possible, including names, dates, locations, times, and whatever other details you can provide. Board members meet four times a year. There is no statute of limitation.

Board of Registration for the Healing Arts

3605 Missouri Boulevard, P.O. Box 4, Jefferson City, MO 65102


573.751.0098 Telephone

healingarts@pr.mo.gov

<https://pr.mo.gov/healingarts.asp>

If your grievance is against a hospital or medical facility, contact the Department of Health and Senior Services. Again, provide as many specific details as possible.

Missouri Department of Health and Senior Services
 912 Wildwood, P.O. Box 570, Jefferson City, Missouri 65102
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<https://health.mo.gov/about/contact.php>

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<p>Professor Ike Bear, ND, Dipl Ac Herbs, Kung Fu, Chinese massage, Acupuncture, Ear Candling</p>  <p>215 E. Main Street Festus, MO 63028 314-792-4055 ProfIkeBear@gmail.com facebook</p> <p>Classes, Workshops, Seminars</p>	<p>Healthy Mouth-Healthy Body-Healthy Life Discover the benefits of Biological Dentistry</p> <p>Michael G. Rehme, DDS, NMD Biological Dentistry and Nutritional Therapy 2821 North Ballas Rd., Suite 245 St. Louis, Missouri 63131 a healthy choice for dental care 314-997-2550 mgrehme@toothbody.com</p>												
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