

January 2019—Happy New Year! Wellness Warrior Dispatch

Your Source of Natural Health News & Tips
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**GET YOUR FLU “SHOT” at Natural Health and Home! —River Hills Elderberry tasting!
Tuesday, January 15, 11-2pm**

Dear Wellness Warriors,
Happy New Year! I hope your holidays were lovely and joyous.

As I sat pondering and praying about life, an idea came to mind. When we were children, our aunts, uncles, teachers, and others frequently asked us what we wanted to **be or do** when we grew up: engineer, pilot, teacher, nurse, farmer—whatever we wanted would be ours if we studied, worked hard, and applied ourselves. They also asked other questions—the “5 Ws”—who, what, when, where, and why. Where do you want to go to college? When will you get a job? What car will you buy? Where will you live? --among other. The **HOWs** of life entered the picture, but the adults didn’t seem to focus so much on how, as much as the Ws.

In my life now, I’ve finished the major college programs, I’ve had various jobs and am on my second career, I have a house and all the “stuff” I need—too much stuff! Now, the HOW of life seems more important: How do I treat others, how do I run my business to be a success (not just financially), how might I keep family together even though they all live far away, how may I serve in my community to make it a better place to live, and other such questions.

As I pondered, I realized more than ever that the how’s of life are taught via Judeo-Christian, Buddhist, Native American, and many other philosophies. I found a book years ago comparing the sayings of Jesus and Buddha—they were the same! We can feel inspired to live our lives to be more loving, more caring, and more respectful regardless of our religion. We may differ in who we worship, yet the message of love, service, and respect may be the same. HOW we choose to live is ultimately what’s important. I hope 2019 will be filled with blessings in your lives!

Yours in Optimal Health,
Capt. Nan, Wellness Warrior

Post-Holiday Health Challenges

Okay. The big holidays are over (until Valentine’s Day). We’ve eaten, and eaten, and eaten some more—carbs, sugars, maybe alcohol we’re not use to. Not only have some folks gained unwanted weight, but they are now complaining of

inflammation, bloating, brain fog, itchy skin conditions, and/or other symptoms. Anti-biotics haven't helped—in some cases, they may have worsened the problem. What next?

You may be dealing with **Yeast/Candida/Fungal Overgrowth**. These little critters can really cause uncomfortable problems that sometimes may be difficult to diagnose. Maybe regular blood and urine tests won't show a complete picture, so the condition may not be addressed specifically. Special tests may be in order.

Several websites offer symptom lists and other self tests to use to check for yeast, fungus, and candida overgrowth. These include the following:

<https://www.backtothebooknutrition.com/how-to-test-for-and-treat-candida-naturally/>

<https://www.healthline.com/nutrition/candida-symptoms-treatment#section2>

<https://www.nationalcandidacenter.com/Self-Test-1-My-Diet-s/1827.htm>

Other testing options may include the Limbic Stress Assessment (schedule yours at Natural Health and Home) or other frequency-based tests offered at Door-to-Door Wellness in Crystal City (see ad below) or Body, Mind, Spirit in Festus. Dr. Mark Schopp (ad below) also offers the Nutritional Live Blood Cell test as well as Applied Kinesiology to help determine overgrowth and infections.

If you're not keen on treating with pharmaceuticals, you may choose from a variety of products which may be helpful. These may include specific herbs (such as oregano, pao d' arco, black walnut hull, and others), colloidal or Nano silver products, or specific essential oils or blends used topically and in some cases orally. Check with Nan or your holistic provider for specific details.

You may also consider using a series of ionic foot cleanses, saunas or far-infrared sauna treatments, or herbal baths. These are available at several locations in the Festus-Crystal City area.

Start the new year with a goal of improving your health *naturally!* Below are several websites with excellent suggestions to help achieve your better health goals in 2019:

<https://www.thecandidadiet.com/anti-candida-diet/>

<http://fatflush.com/choose-your-plan/the-fat-flush-plan/> by Louise Gittleman (She also has several print books available.)

<https://www.backtothebooknutrition.com/how-to-test-for-and-treat-candida-naturally/>

WEIGHT MANAGEMENT: Stop the Drama!

So you've packed on some pounds over the holidays—so many delicious rich foods and carbs; not much exercise (unless you skied the Rockies!) Now it's time to "unpack". Weight loss diets can be expensive, and may require that you eat different foods from the rest of your family and friends. Unfortunately, no pill "fixes" overweight conditions, no matter how tempting the commercials sound. Maintaining a healthy weight demands healthier eating! How about considering some basic tips that may help to manage those pounds?

First, drink at least half your body weight in ounces of DISTILLED WATER each day. Let's say you weigh 200 pounds—drink 100 ounces minimum of distilled water daily. Add the juice of a fresh squeezed lemon (squeeze one fresh each day—no bottled or frozen) and a thermogenic herb like cayenne or ginger.

Next, include THERMOGENIC HERBS in your daily diet. Thermogenic means heat producing. Add a moderate amount of ginger (fresh or dried powder), cayenne pepper liquid or powder, mustard powder, yarrow tea, among others to your daily food and drinks. You don't need to use them all in one day, but include a moderate amount of one or another of these herbs to "melt" fat away. Author Louise Gittleman lists such foods and herbs in her *Fat Flush Foods* book.

AVOID ARTIFICIAL SWEETENERS, such as Splenda, Crystal Light, or Nutrasweet, as they may work against you to cause further weight gain, fibromyalgia-type pain, gastric bloating and distress, short term memory loss, and more. One customer said she had pain from her toenails to the ends of her hair, had memory loss, couldn't lose weight, always felt bloated, and had problems sleeping. Within two weeks of stopping the artificial sweeteners, all of that changed! And watch the bottled water ingredients--some include artificial sweeteners!

Avoid carbonated drinks as they disrupt digestion, especially protein digestion, and interfere with calcium and other mineral absorption.

Your doctor may have checked your thyroid function and hormone levels but probably did not check your IODINE levels. Iodine is a necessary mineral and may help some people with weight management. Dr. David Brownstein's books and videos (available on line) explain in detail the many reasons our bodies need iodine for good health. You can check your own iodine levels at home quickly and inexpensively.

And, of course, eat plenty of healthy low starch vegetables, especially GREENS. Green foods contain chlorophyll (that's what makes them green) which has many health properties, including helping detox the body internally, helping manage blood sugar, and building red blood cells (it's sometimes known as the oral blood transfusion).

Finally, commit to living a healthier lifestyle: seven to eight hours of sleep each night, exercise appropriately for your age and overall health, and work toward a healthy, loving attitude!

Creating True Wellness, Part One: Sometimes Attitude Is Everything Dr. Sue Overkamp, contributing author

After having a cold, I, for one, would like to never have another cold. I am focused on what I do not want. When I think this way, though, I have ahold of the wrong end of the stick. Look at it this way: our subconscious mind is our friendly servant. It is like a faithful dog. If we think we're well, the subconscious will help us be well. If we think we're sick, the subconscious will help us stay sick. We are constantly giving instructions to our body whether to be sick or well. As Naomi Judd says, "Your body hears everything your mind says." If we give ourselves a steady diet of mental negativity, we hurt our health—and not just our physical health, either.

I often see patients who are very discouraged and understandably so. They have sometimes been sick for a long time and have despaired of ever getting well. But they keep doggedly on, looking for something or someone who will help them. During their first visit in my office, they eventually tell me they aren't able to do what they need to do to be well. So I look them in the eye and tell them that they do have the ability to do what they need to do. They believe they're too depressed or too fat or too something to do the work to be healthy. So I show them how I know they're capable from the evidence in their own stories.

People who struggle to quit smoking are a classic example. They're so apologetic and even ashamed that they are still smoking after all this time. They've tried to quit 3 or 4 or more times. They see this as failure. In fact statistically, they are much more likely to quit for good after having tried a few times. Everyone needs to gather experience about what works for them and what doesn't. We learn this by "failing." And then we don't know to cherish our "mistakes." A mistake teaches us powerfully what not to do or what attitude not to take or what judgment not to make or what words not to use. Our mistake is trying hard to help us!

Take this sentence: "I've tried to quit 4 times before." How much more powerful for someone to re-frame that: "I have successfully quit 4 times before. The longest time I was a non-smoker was 2 days." Or 3 weeks or 5 years. If you were successful, say so! Celebrate every improvement, even if you believe it is a small improvement. Every improvement starts out small. The issue isn't that we're incapable or lazy or whatever bad word we call ourselves. The issue is that we can choose to label our successes honestly, but instead we become stuck in our fears and despair. We don't notice the good that's right in front of us! We label our successes as failures.

This leads us to believe we are smaller than our problems. To us, it doesn't feel like a choice: it feels like things are stacked against us. Let's go back to the smoker. What was his problem? His cousin quit cold-turkey and stayed quit. When he tried to quit cold-turkey, he quit for less than a week. So in his mind, he failed. But he has the chance to learn something here. Why did he start smoking again after a week? And how did he successfully avoid smoking for a week? If he'll look carefully at these two questions, I bet he'll find what he needs to be even more successful next time. Perhaps he started smoking after a week because:

- he compares himself unfavorably to his cousin, so he tells himself that he is unable to quit because he doesn't stay quit the way his cousin did
- he thought he could use his will power to quit this time, even though that was the same thought he had last time he determined to quit, but the stresses in his life now are worse than they were last time
- his guilt drives him to quit, but it is also a stressor, adding to his burden of stress


Whew! That's a load of stress, and he might not even be finished with the tip of the iceberg!

On the other hand, if he decides that quitting for a week was a small success, he might decide that he could build on it. He might wonder whether different people require different helps to quit smoking. He might decide to go find out about the different ways other people have quit smoking. He might even learn about how to see himself as successful in other ways

and then spend time thinking about those successes and what they can teach him about his current situation. Then he might start seeing himself as bigger than his problem. Once he cultivates this vision of himself, he will be successful, and he will attract help to himself to be even more successful—information, opportunities, and people who will support his success. Before long, he will be helping others who are stuck under a load of stress to notice ways in which they are actually successful.

Apparently we all need to be stuck in our failures sometimes. We're human! Sometimes we just don't see a way out, and sometimes we have a habit of being stuck. Good news! We formed that habit to start with, so we can form a different one. When we're stuck, we can notice and acknowledge it. We can get our curiosity going. We can ask what's good about our failure, what our mistake is clamoring so loudly to tell us. This can change our world. Maybe just a little bit. But that just might be enough to tip things the way we need to go. If not, we can repeat this strategy until we get the change we need.

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