

June 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
Thursday, & Friday, 9am-5pm; Saturdays 9am-noon. **CLOSED** Sundays
Open Mondays for appointments, classes, and consultations only.

Visit us online: www.NansNaturalHealth.com

To join Young Living or to purchase online, go to www.youngliving.org. Code #985266, or phone
1-800-371-3515

Join us on Facebook!

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.**



Father's Day is June 16! Shop *HEALTHY* for Dad and Grandpa! Gift certificates available.

Dear Wellness Warriors,

It's time for fresh LOCAL fruits and veggies! Eat 'em raw or grilled, plain or herby or in salads. If you don't have a garden, or don't grow everything you'd like, visit one of the local farmers' markets. On Saturday, the DeSoto Farmers' Market always bustles with activity, including musicians. You'll find a wide variety of fresh produce, as well as local honey, eggs, herbs, sprouts, and meats. Shop early for the best selection. The market opens at 8am and closes at noon. 520 N. Main, DeSoto.

Hillsboro's Farmers' Market is open Wednesday late afternoon until 6pm on Business 21 at the Civic Center. It's smaller than DeSoto, but you can get some great produce from local farmers as well as Kress Farm. Check out their fresh eggs and local beef from Steve Christ's farm in Hillsboro.

Mary and Antwoin Smith from The Smith Shop sell homemade baked goods, homemade goat milk soap with milk from their own goats, eggs, and crafts.

Support our local farmers and crafts people! Shop the farmers' markets!



DAY!


June 4 is Hug Your Cat Day. Shucks! I thought that was EVERY

June 10 is Herb and Spices Day, and June 17 is Eat Your Vegetables Day.



www.clipart.com - 1157273

Essential Oil Favorites for Summer



If you want your home, office, country cabin, or hotel room to smell fresh, diffuse either a single citrus oil, like lemon or orange, or try a blend, such as **Young Living's Purification or Citrus Fresh**, or **NOW's Bug Ban or Cheer Up, Buttercup**.

Other suggestions include the following:

- Blend 5 drops of grapefruit with 3 drops of basil.
- For a Hawaiian flair, blend 3 drops of lavender, 2 drops of bergamot, one drop of lemon, and one drop of sandalwood.

We have such high humidity levels in Missouri that I hesitate to add more moisture into the air during the summer. I sometimes just drop a few drops of my favorite oil or blend into the heat/air conditioning vents. If you prefer, I carry water-free essential oil diffusers at Natural Health and Home. Young Living also carries diffusers that do not require water.

*If you're traveling this summer, remember: **DON'T GO ANYWHERE WITHOUT THIEVES®!***

Healthier Snacking for Summer Activities at Natural Health and Home



If you are planning a summer trip to a museum or ballgame, or traveling cross country, or camping, hiking, or canoeing, keep a stash of healthier snacks handy in your backpack, ice chest, or car.

Betty Lou's individually wrapped **fruit bars** (like a giant Fig Newton) come in apricot, apple, strawberry, cherry, blueberry, and blackberry, and **protein balls**—gluten free and vegan! Delicious, and a customer favorite anytime!

For **hemp** fans, Everbar apple-cinnamon protein bars are giant sized and yummy. You can make a meal out of these!

NOW Foods offers **Nuts about Berries blend** and **Crunchy Clusters with** blueberries in re-sealable bags. Pass the bag around and share!

NOW Foods' Slender Sticks—skinny little pre-measured sticks to add flavor and nutrients to water. Pour a packet into water, shake it, and refresh yourself! Pomegranate-Berry, Pink Lemonade-Acai, and Grape (with **electrolytes**) are customers' choices for flavor and nutrition. No sugar or artificial sweeteners in these.

Of course, travel by car, boat, or plane may mean a queasy stomach. Keep a bag of either **ginger chews** or **candied ginger dices** handy. The dices may be added to hot water to make ginger tea.

Travel Tip for your tummy: Pack a bottle of apple cider vinegar capsules or a small bottle of ACV liquid. This often helps with indigestion, gas, acid reflux, and even some forms of food poisoning.



Summer Reminder: Sweat is made up of fluid and mineral salts. When you increase water intake, you must also take in mineral salts which form **electrolytes**. Without these salts, you may end up in the emergency room with a needle in your arm getting a salt water IV! Mix 1/8-1/4 teaspoon Celtic or Himalayan salt into a quart of water. Add fresh lemon juice and pure maple syrup to make a refreshing electrolyte drink.

DO NOT use table salt, as it is sodium, not a complete mineral salt.

What Is Functional Medicine? Sue Overkamp, D.O., contributing writer

Functional medicine is a term you've probably heard. It's in the news and online and in social media. But what exactly is functional medicine? And why do we do it?

Let's start with why. In his book, *Touch of Life*, kindly and brilliant osteopathic physician Robert Fulford, DO, said, "Symptoms must surely be understood, not merely combated." If we don't know the cause of the symptoms and just treat symptoms without understanding, we haven't yet addressed the root of the disease. Maybe we've helped the patient feel better for a while. Or maybe we've even saved a life. But why did the patient get sick in the first place? That answer will lead us to how the patient can get well—not just an absence of symptoms, but truly, vibrantly well.

First the history: In 1991 Jeffrey Bland, Ph.D. (organic chemistry), along with his wife, Susan, founded the Institute for Functional Medicine (ifm.org) to help doctors learn biochemical principles to help people get well. I strongly suggest that you visit ifm.org and listen to dynamic speaker Mark Hyman, MD, explain what we do at IFM. Since 1991 IFM has grown to a worldwide organization for functional medicine practitioners and for training in functional medicine. IFM has launched the Cleveland Clinic for Functional Medicine, the first such clinic associated with a major medical research center. And now IFM is leading the way to have functional medicine become standard of care. I think that would be a change very much for the better.

Now for some definition: Functional medicine is a way to address—and prevent!—chronic disease. How do we func med docs do this?

1. I start with an extensive history-taking. No more "Tell me your past diagnoses, your surgeries, your history, your meds, current problem, diagnosis, then treatment and out of the room in 15 minutes." Instead I listen to your story in an effort to see the big picture. This takes time. We don't rush you. In fact, we ask you a question most people struggle to answer accurately: "When is the last time you were truly well?" Then I help you to help us flesh out a timeline. I often actually physically fill out a timeline for you, because so few of us, doctors included, are good enough historians to begin at the beginning and go sequentially to the end. That's OK. While it's important to get the coherent story, it's even more important for me to hear what you are saying. How much hope or hopelessness do you feel? How beat up are you feeling by the medical establishment, your job, or your life in general? What are the key problems you are most interested in? What would you most like to achieve? What would you like to achieve but don't believe you ever could? How do you talk about your health story? Are you feeling empowered to work with your situation? Or not? If not, how can I help you best? (See step 4. below.)
2. Now I take signs, symptoms, and diagnoses and assign them to one or more Core Clinical Imbalances:
 - a. Assimilation: digestion, absorption, microbiota (gut flora)/GI, respiration
 - b. Defense and Repair: immune system, inflammatory processes, infection and microbiota
 - c. Energy: energy regulation, mitochondrial function
 - d. Biotransformation and Elimination: toxicity, detoxification
 - e. Communication: endocrine, neurotransmitters, immune messengers, cognition
 - f. Transport: cardiovascular, lymphatic
 - g. Structural Integrity: from subcellular membranes to the neuromusculoskeletal system
3. Next, I filter your story through antecedents (what came before your current problems?), triggers (what sets it off?), and mediators (what underlies it?). The diagnosis remains useful but is less important. It's just one part of a bigger picture.
4. Now I consider any important genetic predispositions and, what's almost always even more important, epigenetic factors: sleep and relaxation; exercise and movement; nutrition and hydration; stress and resilience; relationships and support networks; trauma; microorganisms; environmental pollutants; mental, emotional and spiritual influences; experiences, attitudes and beliefs.
5. Depending on how I've assigned your symptoms to core clinical imbalances (see 2. above), I order tests. Testing is sometimes basic but often much more in depth than would be used in the office of someone trained only in standard of care. For instance, when I test someone for gut imbalance, the lab I use, Genova Diagnostics, sends back what's called a sensitivity, a list of both pharmaceuticals AND herbaceuticals that the bad bugs are susceptible to—and which ones they aren't.
6. Now I can target my treatment to you. I'm better able to avoid giving you herbs and supplements that won't help you and to give you ones that will.

Functional medicine is a way to help patients with chronic disease or to help patients avoid chronic disease. In Kenya, non-communicable diseases (NCDs, mostly chronic) cause 28% of deaths. In the US, NCDs cause a whopping 87% of deaths. At least 85% of US healthcare dollars are spent on chronic disease. This is good news and bad news for us. In our country we usually don't have to watch helplessly as babies die of pneumonia or diarrhea as people in less developed countries often do. But we have a cultural pattern of long, slow debility and death instead. I don't know about you, but I'd like to use functional medicine strategies to stay well until it's my time to go. Truly, vibrantly well for life. See Dr. Overkamp's ad on page 4 of this copy.

| | | | | | | | | | | | |
|--|---|-------------------------|-------------------------|-----------------------|-------------|-------|---------------|-----------|------------------|--------------|----------|
| <p>Schopp Nutrition and Chiropractic Clinic "Changing Health With Clinical Nutrition"</p> <p>Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, Fibromyalgia, Chronic Fatigue, Male & Female Hormone Imbalances, Adrenal, Digestive Disorders, Thyroid, Personal Injury, and More!</p> <p>NEW! NUTRITIONAL BLOOD TESTING! Dr. Mark Schopp, Chiropractic Physician Phone: 314-843-WELL (9355)</p> <p>drschopp3@gmail.com schoppnutritionclinic.com 11422 Gravois Road, Suite 103, St. Louis, MO 63126</p> | <p>Hillsboro Chiropractic</p> <p>636-789-2400 Dr. Tammy M. Hansen 10814-A Business 21 (near Imo's Pizza) \$25 New Patient Consult & Evaluation \$15 Foot Scan & Report of Findings</p> <p><i>Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm & Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics & Sports Injuries.</i></p> <p><i>Expires June 30, 2019</i></p>  | | | | | | | | | | |
| <p>HEALING HANDS CHIROPRACTIC 1185 Scenic Dr. Suite 141, Herculaneum, MO (located behind Cracker Barrel in Herculaneum) (636) 479-6700</p> <p>New Patient Exam Only \$27 Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor. Also certified in children's chiropractic care. Natural Fertility & Acupuncture Treatments! Expires June 30, 2019</p> | <p>Dr. Sue Overkamp Osteopathic Family Medicine Physician, DO 914-357-5681 or 636-638-1808</p> <p>School & Sports Physicals \$35</p> <table border="0"> <tr> <td>Western Medicine</td> <td>Eastern Medicine</td> </tr> <tr> <td>osteopathic & cranial</td> <td>acupuncture</td> </tr> <tr> <td>herbs</td> <td>Chinese herbs</td> </tr> <tr> <td>nutrition</td> <td>tai chi & qigong</td> </tr> <tr> <td>primary care</td> <td>wellness</td> </tr> </table> <p>524 Bailey Rd., Crystal City, MO 63019</p> | Western Medicine | Eastern Medicine | osteopathic & cranial | acupuncture | herbs | Chinese herbs | nutrition | tai chi & qigong | primary care | wellness |
| Western Medicine | Eastern Medicine | | | | | | | | | | |
| osteopathic & cranial | acupuncture | | | | | | | | | | |
| herbs | Chinese herbs | | | | | | | | | | |
| nutrition | tai chi & qigong | | | | | | | | | | |
| primary care | wellness | | | | | | | | | | |
| <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 mghrehme@toothbody.com</p> | | | | | | | | | | |

Inspired Print Media

Professional Printing for Business & Special Occasions

Visit Our Website at:

www.inspireprintmedia.com

Phone: (636) 937-3334 or (636) 937-8500

Fax: (636) 937-3544

Email us at **orders@inspiredprintmedia.com**

522 Bailey Road, Crystal City, MO 63019



Ionic Detox Foot Soak

Jackie Schneider

To schedule, call or text: 314-568-1979

or go to www.schedulicity.com

222 East Main, Festus, MO