



March 2019—Erin Go Bragh!
**Wellness Warrior
 Dispatch**



Your Source of Natural Health News & Tips

Compliments of **Natural Health & Home, Inc.**

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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,

It's been quite a winter with frequent weekend ice and snow. Church has been canceled for many of us more than we've met due to the wintry street conditions. That should be coming to an end soon. Those wintry days when I stayed indoors were a fine time to catch up on my family history work. In December, I checked familysearch.org to discover my mom's family going back to the 900s in Italy! When her ancestors moved to France, they changed the spelling of the last name. Was I ever surprised to see we had knights, lords, and crusaders in our history! In the late 1600s and early 1700s, they moved to America and Canada.

In early February, I discovered my dad's family going back to the early 1700s in Germany. I connected with a distant cousin in California who has been working on the family history, and between our individual research, we connected parents and children for several generations. This is so very exciting! I've been accumulating family history since I was about twelve years old. It's so much fun to discover one's roots and learn the history of the various times and places when and where they lived.

For those interested in family history, familysearch.org is free and has extensive, world-wide information. Doing family history is a fine project on rainy or wintry days and a great way to bond with family members. If you want to see my tree, ask about it next time you're in the shop. Warning: Family history work is ADDICTIVE! I've been known to skip meals and be late to church because I get so involved in what I'm finding! It's also very relaxing and interesting. You never know what you'll discover or what distant living relative you might meet!

Yours in Optimal Health!

Capt. Nan

New Items at Natural Health and Home

Shoyeido Japanese Incense: Shoyeido opened in Kyoto, Japan, in 1705 and remains one of the world's leading makers of Japanese incense. Their products are made from pure flowers, herbs, and spices, like fragrant rose, spicy cinnamon, woody

sandalwood and frankincense, sweet vanilla, and more. Their incense sticks do not have wooden centers; the sticks and cones are compressed flowers, herbs, and woods. And, of course, the packaging reflects the beauty of Japanese art! Also available are hand-made incense holders in a variety of styles and colors—made by American crafts folk. A package or two of incense and a hand-made holder makes a fine gift anytime.

Hemp Protein Bars: These yummy bars are *clean!* Ingredients include hemp seeds, ginger, coconut flakes, sunflower seeds, sesame seeds, honey, tapioca syrup, molasses, cinnamon, hemp oil, and CBD. Twelve grams of protein per bar. Great to keep on hand to snack on during spring hikes, ball games, or for busy days of yard work and gardening.

New Website: Thanks to Beth, Natural Health and Home has a **new website: www.NansNaturalHealth.com!** It promises to be classy, easier to use, and up-to-date. We have a direct link between the new website and our facebook page, too! Check it out!

Cleanse with Greens and Herbs this Spring

It's that time of year—"Old Timers" cleansed the "thick blood" of winter to prepare the body for spring. Cleansing the organs often helps manage or prevent some allergies, rashes, infections, brain fog, and more. Holistic practitioners often recommend cleansing four times a year with the change of seasons.

We have a number of ways to cleanse (or detoxify): specific foods, herbs, saunas, baths, homeopathic products, acupuncture, massage, skin brushing, and ionic cleansing are some of the most common methods.

Traditionally, sassafras, locally harvested in Missouri, yields a delicious pink tea that tastes a bit like root beer to "cleanse the blood." I have a cluster of sassafras trees in my front yard, so it's easy for me to dig up the root or use the bark. We were taught to mix **sassafras with sarsaparilla** herb for a better cleansing tea. Don't drink too much—a little does the job well. Dr. Axe provides an interesting article showing the pros and cons of sassafras. <https://draxe.com/sassafras/>

Another old time favorite is dandelion tea. Dr. John Heinerman suggests using the **dried root** to make a tea that tastes somewhat like coffee, but without the caffeine or dangerous oils, to aid in cleansing the liver. As the liver produces more bile, it aids in digestion as well as helps cleanse the liver (John Heinerman, *The Power of Healing Herbs*, NY: Globe Communications, 1999. pp. 30-31).

Interestingly, fresh **dandelion flowers contain lecithin**, a phosphorus fatty acid produced in the body by the liver and found in egg yolks, sunflower seeds, and soy. According to an article on livestrong.com:

Lecithin's main component, choline, helps digest fats, move wastes and nutrients in and out of cells and maintain permeability, according to Huntington College of Health Sciences. Your liver uses the lecithin from food to distribute this choline throughout the body via the circulatory system. In animal trials, choline was also seen to protect the liver against fatty liver disease. Lecithin, in conjunction with the nervous system, produces acetylcholine, which plays an important role in **brain formation, sleep, memory and learning**.

<https://www.livestrong.com/article/459593-amount-of-lecithin-in-eggs/>

Other herbs, such as **milk thistle and barberry** have been used by herbalists to help cleanse the liver. Dr. John Christopher also recommends **bayberry** (he calls it a "cure all") to help both cleanse and tonify not only the liver but reproductive organs and the lymph system. (John R. Christopher, *School of Natural Healing Herbal Reference Guide*, 2001, pp.143-6)

Norwegian kelp may be added to a detox program, as it "acts to disinfect the body's entire blood volume" (Heinerman 63). Furthermore, Norwegian kelp supplies sodium alginate which may "absorb from 80-90 percent of the potentially deadly radioactive isotopes of Strontium 90 directly from the intestinal tract (Heinerman 64). Check out the Daily brand at Natural Health and Home.

Green leafy foods, such as romaine lettuce, dandelion greens, kale, parsley, and others, may also be useful in helping cleanse the body. **Chlorophyll** (the green pigment in leaves) is known in the herb world as "the internal deodorizer" as well as "the oral blood transfusion" because it helps cleanse the blood and liver as well as build red blood cells. Red blood cells (hemoglobin) and chlorophyll cells are very similar. Chlorophyll also helps bring oxygen throughout the body. **LA Naturals and NOW Foods** brands are available in liquid and capsules at Natural Health and Home.

<https://www.medicalnewstoday.com/articles/322361.php>

(Caution: If you are on coumadin or other medications which prohibit the use of green foods, please follow your doctor's orders about avoiding greens.)

Of course, some folks aren't fond of eating greens. At Natural Health and Home, you may purchase greens (either single or in combination) in powder, tablet, or capsule form. Add the powder to your smoothies or juice, or swallow capsules or tablets. Check out **Barlean's Greens** (4 flavors), **NOW Phyto-Greens**, and Dr. Christopher's **Jurassic Greens**.

Meet Professor Ike Bear, ND!

My journey into natural health began as a teen. I met Shaolin master Wu Hng-Hsu who became my mentor for much of the next two decades. Though my original pursuit was learning Kung Fu, Master Wu did not view the healing modalities of Shaolin as separate from the Kung Fu practice. I began learning the fundamentals of Qi gong, acupuncture, moxibustion, bone setting, Tuina and Chinese herbal medicine.

After a life threatening injury in 1995, I decided to return to school, I received a Master degree in Natural Health in 1999 and a Doctorate of Naturopathy in 2004, both through Clayton College of Natural Health. I taught at St. Louis Body Mind Center in University City and continued the study of Oriental medicine originally through The American College of Acupuncture and Oriental Medicine. I have continued in studies taking a variety of healing modalities including reflexology, aroma therapy, myofascial therapy and specialized studies in auricular and scalp acupuncture. I currently offer classes, workshops, lectures and seminars in a variety of holistic health modalities at local universities, medical centers, educational facilities and for private groups.

Prof. Bear teaches holistic health classes every Monday from 2-3:30 pm at Body Mind Spirit in Festus. Cost varies according to class as I include everything. Contact Ike for details. (See Prof. Bear's ad on page 4 of this newsletter.)

Prepare Now for Spring Activities

Spring usually means a change in activity levels. Spring and summer yard work, sports, and construction projects mean our bodies need extra support to stay strong and limber. Certain minerals, like **silica**, are necessary to help prevent soreness after physical exertion, to help maintain flexibility, and to help build muscle tissue, according to Bodybuilding.com. Silica is also necessary to produce collagen and to maintain healthy hair, skin, nails, and arteries.

When we work hard, our bodies produce carbon dioxide (CO₂) which contributes to the creation of lactic acid making our muscles feel sore and tired. Our bodies may become more acid on the pH scale—not good! Drinking healthy water and adding an oxygen supplement like **Cell Power®** may help to maintain a proper pH balance while helping detoxify the body.

Positive Power Nutrition offers products which my customers say have benefited them during and after workouts. Add silica liquid and Cell Power® to water and see how you feel! NOW Foods also offers silica in capsules.

New FDA Regulations in the Works for Vitamins, Herbs, and Other Supplements

In February, the Food and Drug Administration (FDA) announced it “plans to strengthen regulation of dietary supplements.” According to FDA Commissioner Dr. Scott Gottlieb, “What was once a \$4 billion industry, comprised of about 4,000 unique products, is now an industry worth more than \$40 billion, with more than 50,000 -- and possibly as many as 80,000 or even more--different products available to consumers....As the popularity of supplements has grown, so have the number of entities marketing potentially dangerous products, or making unproven or misleading claims about the health benefits they may deliver.”

However, Natural Products Insider Frank Lampe argued that the new FDA regulations may be “highly restrictive to dietary supplements” and a final straw of government overreach” similar to those which led consumer groups and the industry to successfully lobby for passage of DSHEA (Dietary Supplement Health and Education Act) in 1994. This Act classified herbs and most supplements as foods, not pharmaceutical drugs. The FDA has in place strict regulations regarding supplements. Responsible supplements companies state their products meet or exceed GMP (good manufacturing practices).

Michael McGuffin, president of the American Herbal Products Association (AHPA), said the “FDA and Gottlieb have consistently debunked the ‘myth’ that the industry is not regulated, a narrative that has always been ‘false.’”


<https://www.naturalproductsinsider.com/regulatory/fda-commissioner-announces-formation-dietary-supplement-working-group>

I've seen many changes in the supplement industry over the years, including “reclassifying” what had been classified as “natural” products, like some kelp products, as “pharmaceutical.” I wonder how the recent Farm Bill changes regarding hemp and the nearly exponential increase in sales of industrial hemp products (CBD specifically) may be influencing the FDA's decision to write and impose new regulations for supplements. Additionally, I question how pharmaceutical

companies are reacting to CBD and hemp sales increases, especially with the “opioid crisis” in the news and people seeking alternatives to their pain prescriptions. We’ll have to keep our ears open to learn what, if any, changes may be made.

Love Yourself & Your Health! Are you looking for someone to assist you in reaching your health goals? Set your appointment for a Ream’s comprehensive nutrition-based analysis (RBTI) using urine and saliva. Call Beth at 314-276-3622 for an appointment.



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<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 March 31, 2019</p>	<p>Dr. Sue Overkamp Osteopathic Family Medicine Physician, DO 914-357-5681 or 636-638-1808 DrSue@DoortoDoorMedicine.com</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> <tr> <td colspan="2">524 Bailey Rd., Crystal City, MO 63019</td> </tr> </table>	Western Medicine	Eastern Medicine	osteopathic & cranial	acupuncture	herbs	Chinese herbs	nutrition	tai chi & qigong	primary care	wellness	524 Bailey Rd., Crystal City, MO 63019	
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