

November 2018

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

November 11: Veteran's Day. Remember to thank a veteran and his/her family who also sacrifice on behalf of our nation.

November 22: Thanksgiving! **Holiday Hours:**

- The store will close at 3pm on Wednesday
- The store will be closed on Thursday for the holiday.
- The store will REOPEN on Friday, November 23, from 9am-5pm. Start your small business shopping day early and take advantage of special pricing Friday and Saturday.

November 24: SMALL BUSINESS SHOPPING DAY! Shop LOCAL! We appreciate your business. The store will be open regular hours from 9-noon



NEW PRODUCTS!

Customers' favorite **Calm brand magnesium** powder now offers its Holiday Spice flavor, available only this time of year. In stock until the supply is exhausted.

Young Living is offering the ever-popular **Thieves oil in a roll on** for the holidays! Terrific for gift-giving. It will be in stock soon.

Dear Wellness Warriors,

First, Happy Veteran's Day to all who have served or are serving our nation and to their families who also served/serve in their own unique ways. And Happy Thanksgiving to all!

It's hard to believe the year is nearly over. It's also amazing that Natural Health and Home has been open for twelve years! So much has changed in the natural health and health food industries. Twelve years ago, grocery stores did generally carry gluten free and other specialty foods. Now, every store

carries specialty food items. Kombucha is relatively new to the general market, but nearly every grocery store carries it by several companies and in several flavors.

Essential oils were just beginning to attract health food store and other like-minded folks. Once again, many stores (even the “big box” stores) carry essential oils, though perhaps not the best quality for therapeutic uses. And who would have thought industrial hemp products would have taken shoppers by storm in the last year!

Still, the best place to find knowledgeable helpers and high quality products is your local natural health products store. Small stores usually have trained workers to answer questions and freely give information to assist you in making more informed choices. Often, people come to me thinking the internet article(s) they have read have provided the best information, but those articles may not provide the full picture. For example, while curcumin does help many people with inflammation, an article specifically on anti-inflammatory herbs will not reveal to you that eliminating the **root cause** of the inflammation is a possibility.

What if you could learn that certain herbs, a non-inflammatory diet, and proper water intake may help your body get rid of the arthritis, whether completely or at least partially? Additionally, an article on anti-inflammatory herbs will not alert you to the possible spiritual and emotional issues associated with arthritis either. And that article may not help you understand the pH (acid/alkaline) balance or the toxin levels associated with arthritis. Initially, this may sound rather complicated because we’ve been taught to simply “treat” the symptoms without ever considering the root causes of our health issues.

That’s why it’s important to talk to someone with proper education and experience to assist you in choosing the correct products and nutrition to keep you and your loved ones in optimal health using natural products and methods! Gather your personal “health team” of chiropractors, herbalists, and other like-minded folks to aid you when you have questions. We all have so much to learn!

Happy November Holidays to All!
Capt. Nan, Wellness Warrior

Check Your Emotions for Holiday Health

Holiday stress and excitement may take a toll on holiday happiness and health. Stress can compromise immunity, may be a contributing factor for heart attack, may cause digestive and respiratory upsets, and more.

We have many ways to help moderate the stress of holidays. Planning ahead is always a big help. Cooks may bake cookies and pies; make candies and cranberry salads days ahead; prepare stuffing ingredients early; or even purchase some foods ready-made (just be careful to read ingredient labels before you buy). Remember: Failing to plan is like planning to fail!

Making sure you drink enough distilled water through each day (that’s hard when you’re busy), sip some warm Buddha brand **CBD-chamomile tea or catnip tea**, diffuse essential oils (**Young Living’s Christmas Spirit, Thieves, Joy, lavender, or lemongrass** are popular), take a casual walk, or soak in a warm bath with a few drops of your favorite essential oil are some ways which may help de-stress.

Natural Health and Home customer picks for stress/anxiety in capsule form include **Happy Camper herbal blend, St. John’s Wort** (“wort” in Old English means “herb”), **Rhodiola, or Holy Basil**. Get yours today!

If you're up for some less-known options, you might explore Tapping for Health, listening to specific rhythms (drumming or musical acupuncture by Janalea Hoffman), or listening to healing tones (such as Rife tones). More and more books are becoming available about the emotional, spiritual, frequencies, and even generational causes of health concerns. Here are some of my favorites:

1. Henry Wright. *A More Excellent Way to Be in Health*.
2. Peter Lambrou and George Pratt. *Instant Emotional Healing: Acupressure for the Emotions*.
3. Bradley Nelson. *The Emotion Code*.
4. <https://www.thetappingsolution.com/what-is-eft-tapping/>
5. <http://www.rifetherapies.com/rife-frequencies/>

Herbs for Health: Lobelia and Bayberry

Dr. Christopher teaches that two of his favorite herbs are Lobelia and Bayberry. Here's a rundown on these two amazing herbs. I keep some of each at my house, both in tincture and loose herb, due to their variety of uses.

"Dr. Christopher considered **Lobelia** to be one of the greatest herbs in the world, and he used in over 20 of his herbal formulas. Lobelia is known as the "thinking herb" because it will go to the part of the body that is ailing, often taking constituents of other herbs with it. One of the greatest aspects of Lobelia is that it removes obstructions and congestion within the body, especially the blood vessels. It will also help the body eliminate toxins, choosing the best elimination channel. Dr. Christopher used Lobelia prolifically throughout his practice, and with great success.

"Lobelia is an expectorant, a diaphoretic, an anti-asthmatic, an anti-spasmodic and an emetic. It has been used in combination with Mullein for an excellent glandular formula. The American Indians used Lobelia as a cure for syphilis, as a diaphoretic, and to expel worms.

"Lobelia has also been used as a painkiller. One of Dr. Christopher's students smashed his hand with a hammer. He soaked the hand in Lobelia tincture, and the pain subsided in minutes! Dr. Christopher stressed that Lobelia should be used to relieve pain only if the pain is acute, and not for minor pain relief. Lobelia can be applied externally or internally to relieve pain."

<https://www.herballegacy.com/Lobelia.html>

"Because of its astringency, **Bayberry** is useful in all cases of unnaturally relaxed or loose internal tissues: profuse mucus flows, catarrh of the gastrointestinal tract; atonic diarrhea; full oppressed pulse.

"Bayberry is reputed to positively influence the uterus and all the female functions. It is the one dependable remedy in uterine hemorrhages (Cly:60), whether due to abortion, miscarriage, or afterbirth.... A douche similarly will help control vaginal discharge (Michael Tierra (The way of Herbs):79). Bayberry tea will strengthen and restore a prolapsed uterus, and will induce better contractions during childbirth. It will moderate the flow of lochia after birth (Cly:6 1).

"Whenever the mucus flow is excessive, particularly with mucus in the digestive tract, Bayberry will clean it up; however, in large doses, it may act as an emetic, so unless vomiting is desired, one should use small doses. Because of its astringency, it is especially useful in narcotic poisoning; take cupfuls of the hot tea, perhaps in combination with lobelia. The Bayberry will constrict the stomach membranes and inhibit the absorption of the poison, while the two herbs will effect emesis of the poison.


"For other internal uses, Bayberry aids digestion and bloodmaking (Cly:6 1); it aids in scrofula, jaundice, diarrhea, dysentery (Felk: 1294).... In chronic stomatitis, where the breath is bad and there is slow ulceration, the mucous membranes being dark, this will provide an effective cure. It should be given with an emetic, such

as lobelia, in such cases, until the stomach is thoroughly cleansed, and then as an infusion to tone and cleanse the stomach.

“Externally, Bayberry can improve atony of the skin, where the tissues are loose and flabby (Cly:6 1). Nearly all sources recommend it for bleeding or spongy gums, applied as a strong decoction or as a tincture. For nasal stoppage or inflammation, or for nasal polyps, sniff the powder, only a small amount, carefully into the nostril, holding the other nostril closed (Hut:60). For a sore mouth or throat, especially a chronic sore throat, gargle the decoction or reduced infusion.... A fomentation (a cloth soaked in the warm preparation and applied to the affected area, afterwards covered) on varicose veins can relieve, cure, and even prevent this unsightly condition (Michael Tierra *The Way of Herbs*:79). Any skin troubles such as skin ulcers, sores, boils, and carbuncles will benefit greatly if bathed often with the freshly-prepared tea (Hut:60). As mentioned above, Bayberry dramatically improved thrush, frog, or trench mouth. If it is to be used as a plaster in any case, it should be first mixed with slippery elm.

“Bayberry ... assists in the rapid elimination of mercury from the system (Ell:379)--a boon to city dwellers who have to contend with pollution. Unlike most astringents. it improves excretion and secretion, and will induce sweating without raising the temperature, another unusual and valuable characteristic.”

http://online.snh.cc/files/2100/HTML/100hs_bayberry_myrica_cerjfera.htm

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