

December 2018--*Happy Holidays!* Wellness Warrior Dispatch

Your Source of Natural Health News & Tips
Compliments of **Natural Health & Home, Inc.**

526 Bailey Road, Crystal City, MO 63019

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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.



December 24-25: Merry Christmas and Happy Holidays to all! The store will be closed on Christmas Eve and Christmas. It will reopen on Wednesday, Dec. 26.

December 31-January 1: Closed. Will re-open on Wednesday, January 2, 2019.

Dear Wellness Warriors,

Winter is here! That means potential snow or ice storms. In case of **severe weather, the store may be closed.** I'll post messages on our Facebook page and leave a message on the store phone in case of closures due to weather or poor road conditions. Join us on Facebook for the latest information (but don't expect daily updates! The store can stay rather busy with customers and orders!) Remember to keep emergency supplies in your car and home for winter emergencies. Go to www.ready.gov or <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm.html>

This year, Christmas and New Year both fall on Tuesdays. Remember that the store is closed on Mondays—that means you'll need to do all pre-Christmas and New Year shopping on the Saturday before Christmas and New Year to prepare for the very long holiday weekends. Please plan ahead for both gift shopping and herbal or supplement needs. "Failing to plan is like planning to fail!"

Whew! Now that the business news is complete, we can talk *HOLIDAY FUN!* Holidays mean fun foods, but now that we've learned better eating habits, what are we to do to replace the old stuff—like candied sweet potatoes? Argh! How about firing up the grill and slow grilling those potatoes? I first ate whole, **grilled sweet potatoes** at a South American eatery. I fell in love with them at the first bite! No need for gooey marshmallows, loads of sugar, and all the other stuff from the 1950s holiday tables.

And that green Jello salad? Forget it! It's loaded with artificial colors, flavors, and either sugar or artificial sweeteners. Swap it out for **homemade gelatin dishes.** I have recipes on my website: www.naturalhealthandhome.biz. Purchase your healthy, **pure beef gelatin** at Natural Health and Home. You might also check your grandmother's old cookbooks for pre-Jello gelatin recipes. Gelatin has real health benefits—high protein and great for helping keep joints, nails, and hair strong and healthy! If you're looking for a collagen supplement, this is inexpensive, too.

As for pies, cakes, and cookies—check out some **Paleo** recipes for no-added sugar (and often no bake) products that are super yummy and healthy. Replace sugary shredded coconut from the grocery stores with NOW Foods brand plain **shredded coconut** which is also free of preservatives and added sulfur. Substitute **Monk Fruit** granules for sugar—Monk Fruit is low glycemic. It also comes in liquid concentrate to add to hot chocolate, herb teas, and other drinks.

If you're looking for **salt-free nuts and seeds** for snacks, come to Natural Health and Home to pick up your stash. While at the shop, pick up a recipe to make your own healthier version of party mix, compliments of Frontier Herbs. I've also made my own party mix using unsalted nuts and seeds, NOW Foods' sesame sticks (either Cajun or garlic—or both), and a hearty sprinkle of Frontier's Organic Taco seasoning or other seasoning mix. Careful! Their spicy seasoning mixes can really set your mouth a-fire! Ask Nan which ones need a five pepper warning label! I've made a large mixing bowl of this and packaged it with a holiday ribbon to give as host/hostess gifts.

As for **punch**, skip the pre-made ones. Mix a bottle each of unsweetened pineapple juice, cranberry juice, and orange juice into a punch bowl. Add an ice ring, and pour either Perrier water, club soda, or **Zevia ginger ale** into the mix. If you don't mind a bit of sugar, use **Blue Sky Ginger Ale**. Sweet-tart and delicious punch that's much healthier than pre-packaged stuff! Get your unsweetened juices (except orange) and Blue Sky or Zevia sodas at Natural Health and Home.

Stop in Natural Health and Home for food and gift ideas—and anti-stress ideas—for the up-coming holiday season!

Holiday Blessing to you All this Season!



Capt. Nan, Wellness Warrior, and Annabelle Kitty, Autumn, and Ari Cat

Hemp Products Are the Hit of the Year!

First of all, if you're looking for a timely **gift idea**, stop by Natural Health and Home to get a copy of **Dr. Cass Ingram's book *The Cannabis Cure***. This book offers information on the history, science, and laws of hemp, and includes a reference guide to various conditions explaining how you may benefit from using industrial hemp products, such as CBD and Hempanol.

Have you tried CBD or Hempanol products for pain, stress, or general health? More and more customers of all ages are enjoying the potential benefits of hemp and CBD in capsules, liquid, and topical lotions and creams. Customers have been sharing their experiences with me for the last few months since I've added these products to our already crowded shelves. Headaches, muscle and joint pain, sleep, stress and anxiety, and more are on the growing list of health challenges helped with hemp products. Remember—hemp may help with many conditions, but it is NOT a cure-all. We still must consider the ROOT CAUSE of the problem and use appropriate means to help the body heal.

To review, CBD (short for *cannabinoid*) is NOT the same as marijuana, whether recreational or medical. CBD “nourishes” the endocannabinoid system (ECS) in our bodies. The ECS works closely with the neurological system and potentially benefits all systems to establish homeostasis (balance) within and among all systems of the body.

Hempanol products by the Illinois-based North American Herb and Spice Company have added other herbs, such as rosemary, oregano, hops, or others, which also contain cannabinoids. Ingredients are selected to create products targeting specific health concerns (brain function, sleep, inflammation, and more). Product testing of this company's products consistently shows no THC (the substance in marijuana which makes users “high”).

The November election included three opportunities for Missourians to vote on legalizing “medical marijuana.” Only one passed. While some people claim marijuana offers certain potential medical benefits, these are not the same as “health” benefits. CBD and products from industrial hemp are not the same as medical marijuana. While certain health conditions, such as schizophrenia) are made worse by marijuana use, industrial hemp from which CBD products are derived may actually help those conditions. Thus, some researchers are concluding CBD products from industrial hemp may be safer and offer more benefits than medical marijuana.

How to Help Your Body During an Upper Respiratory Tract Infection (Cold)

Suggestions for Self-Care by Dr. Sue Overkamp

Some facts: Caused by a virus (after 10 days may be bacterial). **Will gradually improve** in several days, often sooner. **Antibiotics do not treat viruses** (only bacteria). Antibiotics do increase risk of allergic reactions, kill healthy gut bacteria, and have other unwanted side effects. **Low-grade fever** during an upper respiratory tract infection actually **helps** to fight the infection. **Supportive care is important and can be highly effective.**

See your doctor for any questions you have about your illness. If you have a high fever, trouble breathing, other concerning symptoms, or think you may have influenza, seek urgent or emergency medical care. If you have a chronic illness, consult your doctor, and do not use these suggestions.

Here's how to help your immune system fight a viral infection:

Stay hydrated. Water, clear broth, warm lemon water, and herbal infusions ("teas," such as ginger, fenugreek, nettle, slippery elm, marshmallow root, to name a few)* help hydrate and loosen congestion. Avoid alcohol, coffee, caffeinated drinks, which are all dehydrating.

Feed your body well.

-Vitamin C and Elderberry juice. Juice, not syrup or other sugar-added products. River Hills Harvest makes excellent elderberry juice.*

Adults: 1000 milligrams (mg.) vitamin C* and 1 fluid ounce (oz.) elderberry juice hourly, usually for 4-8 hours (hrs.) while awake, until symptoms are better.

Weaned children less than 100 pounds (lbs.): dose at half strength or less: 250-500 mg. vitamin C* and 1/4-1/2 oz. elderberry juice hourly for 2-4 hrs. while awake, until better.

-Eat slow-cooked nutritious foods that are carbohydrate-poor, nutrient-dense foods like soups and stews that are heavy on vegetables and light on things like noodles, potatoes, and rice. Especially avoid refined carbs (sugar, white flour) during an infection.

-Gan Mao Ling. Eastern herbal antiviral, antibacterial, antiinflammatory tablets or tea. Adults: 2 tabs 3 times daily.

-Okra-pepsin. Breaks up mucus and inhibits its formation. Adults: 2 caps 3 times daily or hourly as needed. Drink plenty of water, 8-16 oz. every time you dose.

Rest. Your body needs to heal. It heals best while you rest.

Soothe a sore throat.

-Saltwater gargle: 1/2 teaspoon (t.) salt in 8 oz. warm water hourly while awake.

-Honey: 1 t. every 3 hrs. as needed for cough, sore throat. Do not dose children under 1 year of age with honey.

Relieve congestion.

-Fenugreek seed tea.* 2 t. whole seed or 2 teabags in 1 quart (qt.) boiled water. Let steep for at least 5 minutes (min.) for the first cup. The longer it sits, the stronger it is, the better it works. Drink a cup (c.) of other liquid for every cup of tea.

--Adults: drink as much as 1 c. per hour.

--Weaned children: may need to drink the tea in apple juice.

--Babies: bathe the baby in bath water with tea poured into the water. Be careful to adjust the temperature of the bath water so that it's safe for the baby.

-Neti pot or NeilMed or other alternative for rinsing sinuses. See youtube videos for instructions for use for adults. How to make nasal saline: 1/2 t. table salt, preferably sea salt or kosher salt in 1 qt. water.

-Colloidal Silver spray.* Adults: Spray silver gently into each nostril and onto the back of the throat 1-2x daily.

-Essential oils.* For example, ravenara, eucalyptus, peppermint, oregano, tea tree, rosemary, basil. **Caution: if you haven't used essential oils before, get some introductory training before using them. They are powerful medicines.**

***Available at Natural Health and Home. More Gift Ideas from Our Advertisers**

Give the gift of health and healing to your friends, family, and yourself this year! Ask any of our advertisers about purchasing a gift certificate for services or products.

- With all the holiday stress, consider a spa package from Body, Mind, Spirit, including Lori's **oxygen bar, sauna, and ionic foot bath**. While there, ask about Dr. Ike Bear's **acupuncture or up-coming classes**.
- Dr. Sue Overkamp also offers **acupuncture** and other services that would make fine gift packages for you and your loved ones.
- Dr. Mark Schopp now offers **nutritional blood testing**, in addition to **nutrition-based heart testing** and more.
- Who can pass on a **chiropractic** evaluation by Drs. Gans and Gans at Healing Hands Chiropractic in Herculaneum or Dr. Tammy Hansen's talents at Hillsboro Chiropractic. Drs. Charmin and Ryan Gans work their special talents to help us get and stay healthier! Dr. Tammy's technique focuses on **soft tissue work** to relax those tissues and allow the spine to naturally come into its correct position. Safe for everyone! Check on packages for the whole family, too.
- For special printing needs, talk to Malissa at Inspired Print Media in Crystal City. Great ideas for the holidays!

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