

# November 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 & Mondays  
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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.**



## Holiday Calendar

**Nov. 25-29:** Thanksgiving Week. The store will be **CLOSED ALL WEEK** so I can take a much needed vacation!

**Saturday, Nov. 30:** The store will be **OPEN 9a.m. until 7 p.m.** for **SMALL BUSINESS SHOPPING DAY!**



Join the **FUN** on Main Street at the **ADULT HOLIDAY STOCKING STROLL!** Sign up for drawings and all sorts of holiday shopping **FUN** all day! Support our local businesses!

Music—Food—Coupons--Gifts--and More from local businesses!

Happy Thanksgiving, Wellness Warriors!

As of October, Natural Health and Home has served southern Jefferson County for 13 years! So much has changed in this industry. New research and new products keep things interesting! **Elderberry products** and **CBD** have been the biggest sellers this year. North American Herb and Spice's **Canacurmin** blend (hemp, curcumin, ginger, oregano, and rosemary) and its companion product **Hempanol Cream** are still our best sellers. You may want to keep the cream on hand this winter if you have to shovel much snow—achy muscles and stiff joints often respond well to this blend, according to my Pickleball playing customers! This may also make a fine gift for friends or family who suffer from various pains. Remember, however, **CBD** is not a cure-all. Sometimes other products work better for certain painful conditions, like arthritis or when someone is healing from a wound or broken bone.

Shop Natural Health and Home for your natural health needs! You'll have the bonus of my 40 years of education and experience in the natural health field. While here, snap a selfie of yourself and your favorite product, then post it on our facebook page. It will be so much **FUN** to see all your photos and learn your

favorite products! Show me your photo on our facebook page for a 10% discount on your next purchase. One per customer, please.

Keep a bottle of your favorite DIGESTIVE ENZYMES and some raw APPLE CIDER VINEGAR on hand for all those holiday meals! Invest in your digestive health at Natural Health and Home!

### **Elderberries, Brain Health, and Viruses**

Elderberry is a big seller this time of year for several reasons: anti-viral, antioxidant, and now brain health.

Regarding viruses and elderberries, in a study released in April 2019, scientists from Australia say

‘...the common elderberry has a potent direct antiviral effect against the **flu virus**,’ said Dr. Golnoosh Torabian. ‘It inhibits the early stages of an infection by blocking key viral proteins responsible for both the viral attachment and entry into the host cells.’

The phytochemicals from the elderberry juice were shown to be effective at **stopping the virus** infecting the cells; however to the surprise of the researchers. elderberries were even more effective at **inhibiting viral propagation** at later stages of the influenza cycle when the cells had already been infected with the virus. <https://www.sciencedaily.com/releases/2019/04/190423133644.htm>

In recent years, several articles have been published on the effects of elderberry juice on “**aging brain** conditions.” Researchers at the University of Missouri-Columbia conducted some of this research published the following, in part: A diet which includes

berries high in antioxidants [are] able to prevent and reverse the neurochemical and behavioral changes that occur in aging, such as loss of memory, cognition and motor functions. Therefore, it is critical to highlight the nutritional interventions of diets rich in nuts, berries, fruits and vegetables which may reverse or allay age-related motor or cognitive deficits, delay the onset of age-related neurodegenerative diseases and convey long-term health dividends in an aging population.

[https://www.midwest-elderberry.coop/Brain\\_Health-Elderberry/symposium\\_summary-brain.pdf](https://www.midwest-elderberry.coop/Brain_Health-Elderberry/symposium_summary-brain.pdf)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4859762/>

### **Holiday Gifts Galore at Natural Health and Home!**

Give the gift of natural health products to your loved ones this year—festive organic nuts, seeds, chocolates and other yummy treats; essential oils, books, and accessories; CBD and hemp products; and GIFT CERTIFICATES for products, nutritional consultations, RBTI, or Limbic Stress Assessments!

Curried or Everything Bagel cashews by Tierra Farms will be a hit as a stocking stuffer, hostess gift, or unique treat for guests. For something sweet, try rich, silky dark chocolates —try truffles by Alter Eco or Young Living.

Ladies, you no longer need to drop hints to your sweetheart for your perfect gift. Take a photo of the gifts you'd like your sweetheart to get for you. He'll know exactly what items or services you'd like for the holiday, and he'll know you'll be pleased to get your special gift item. Imagine opening your very own Essential Oils Reference Guide or other items you've been waiting to add to your collection! Cell phone photos rock—no hints needed. Just snap a photo of your longed-for gift and tell him to get it at Natural Health and Home!



### **Holiday Gift Idea for Your Fur, Fin, or Feather Baby!**

This past summer, I met Deb Hennen, a certified animal communicator. My Autumn Kitty has always been rather mean-spirited, so Deb communicated with her to see if we could determine why she was so mean. Was she in pain, or was this left over from the trauma of being discarded in a parking lot as a kitten? It took about a week or two for me to see any real changes in Autumn, but I'm pleased to say that she has not tried to bite my face or attack since then! Here's Deb's information:



### **Conversations With Your Pets**

Deb Hennen, Certified Animal Communicator

What conversation would your pet want to have with you? You may sometimes be receiving information from your pet. We receive these messages in different ways. *Auditory*: when you "hear" what they are saying. *Visual*: when you "see" words, pictures, or videos in your mind. *Intuitive*: your gut feeling, sometimes you "just know". *Empathic*: physical or emotional feelings such as an ache or overwhelming happiness. *Sensory*: physically tasting or smelling something.

Animal Communicators work by connecting with your pet through intuition and telepathy. Everyone has intuition and everyone is telepathic, especially animals. The difference between animals and humans is that animals keep their intuition and their connection with The Other Side when they come into this life. People come into this life with intuition but start to lose it with peer pressure and the judgment of others. But everyone can develop their intuitive abilities through openness and practice.

We all want to understand how our pet thinks and feels. Understand that we all come into this life with a purpose. Animals and humans alike have souls and have purpose. Lessons we can learn from our animals are Love, Loss, Trust, and so much more. Learning the lessons is our life mission. Our pets know us; they trust us. They show it by offering comfort, companionship and love. Embrace their love and light!

### **Heart 2 Spirit Animal Communication** **Deb Hennen, Certified Animal Communicator**

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To schedule, call or text: 314-578-5302 or Or email Deb@Heart2Spirit.com

ew Client Reading 15 minutes / \$20 (20% discount) per pet

**\*\* Great Holiday Gift Idea! \*\***

Expires December 31, 2019



*\*Pet lovers: Keep your pet's health at its peak with probiotics, anti-anxiety herbal blends, joint health, and vitamins from Natural Health and Home! Talk to Nan about products for your pet.*

### **Live, Love, Learn, Leave a Legacy!**

I love to read! I listened to an audiobook for free online recently-- Napoleon Hill's, *Outwitting the Devil*. I highly recommend this book (along with anything Hill authored) to anyone who wants to learn how to really think for him/herself. Every high school and college student *needs* to read this book—parents, too!

Hill "interviews" the devil to learn his many tactics of preventing personal success at any age by impeding our ability to think for ourselves. Learn how the devil influences education, health, society, and even churches. You won't learn to think for yourself in school! This book (print or audio) will be a fine book for your best friend! [www.youtube.com/watch?v=5w9LnFqfkSM](http://www.youtube.com/watch?v=5w9LnFqfkSM)



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*Expires November 30, 2019*

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**Expires November 30, 2019**

**Dr. Sue Overkamp**

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## **Ionic Detox Foot Soak**

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