

October 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



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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,

Halloween always meant fun times when I was a kid—it's also my birthday! One year, my Girl Scout troop celebrated at our family home—about 30 girls. My mom was the troop leader. We roasted hotdogs in the back yard, made some-mores, popped corn, and went through “a spook house” in the basement. One by one, we were blindfolded and our moms escorted us through. At one station, we dipped our hands into “blood”—a warm mixture of cornstarch and water. At another station, we touched “eyeballs”—peeled grapes. At yet another station, we touch “guts”—cold spaghetti. Ooo—the squeals from those little girls! While we were outside, my younger brother added to the spookiness by hiding on the side of the garage and tapping on metal trash cans while softly making ghostly sounds. What fun we had!

Trivia: I share a birthday with Juliet Lowe—the founder of Girls Scouts and Girl Guides!

Share your fun memories of Fall celebrations when shop at Natural Health and Home!

On a more serious note, fall and winter celebrations also mean lots of SUGAR! Halloween and Christmas candies, Thanksgiving pies and candied yams, Christmas cookies and cakes. It sure tastes good, but it's not good for our bodies. Not only might all that sugar cause weight gain, it also causes inflammation, tooth decay, compromised immunity, and bone density loss. It depletes our bodies of vitamins B and C as well as minerals.

For a list of **78 Reasons to Avoid Sugar**, go to

<https://www.healthchecksyste.ms.com/Health Reasons to Avoid Sugar.htm>

Are you thinking of substituting artificial sweeteners? **DON'T!** Depending on the product, it may be contribute to cancer or act as a neurological toxin. Other symptoms may include short term memory loss, fibromyalgia-type pain (has your MD ever asked you about your use of artificial sweeteners when you complain of pain?), digestive problems (gas, bloating, diarrhea), weight gain, temporary blindness, amnesia-type symptoms, and MS-type symptoms. Is it worth the few minutes of enjoyment? Chemically, sucralose is similar to DDT!

<https://www.womenshealthnetwork.com/nutrition/the-dangers-of-splenda-and-other-artificial-sweeteners.aspx>

Many of my customers are trying monk fruit as a sweetener. It tastes very sweet and doesn't change blood sugar levels. Unlike stevia, it doesn't have an after taste.

OK. It's the holidays. Perhaps one cookie (if you have lots of self control) or one small slice of pie (without the artificial whipped topping). I have found, however, that if during the rest of the year you are eating fruit and healthy foods, the desire to indulge in all these holiday sweets will be so diminished that these sugary items doesn't even taste good.

Be kind to your bodies this holiday season. Eat and drink healthy foods and drinks! Then you can skip the crash diets and cleanses in January and move on to more interesting New Year resolutions—like resolving to go hang gliding or hot air ballooning!

Yours in Optimal Health!

Capt. Nan, Wellness Warriors

NEWS HIGHLIGHTS

- Top sellers at Natural Health and Home for Fall? **ELDERBERRY** and CBD/hemp products! Stock up on elderberry before someone gets sick. You don't want to crawl out of bed to get elderberry when you don't feel well. And no one wants your flu—sharing is good, but not that kind of sharing. If you get the flu shot, you are contagious to others for a least a week.
- Coming soon—**Tierra Farms** organic dried fruits and flavored nuts: curried cashews, Thai cashews, everything bagel seasoned cashews, and Cajun cashews, to name a few. These come in Grab 'n Go boxes and 4 ounce boxes. These will make fine healthy snacks for work, school, and travel, as well as gifts for the holidays, so keep them in mind when shopping at Natural Health and Home.
- Are you 65+ years old? Visit our booth at the **Mercy-Jefferson Wellness Fair** on Saturday, Oct. 5, from 10 a.m. until 1 p.m. Beth will work at Natural Health and Home from 9 a.m. until noon that day for your shopping convenience.
- Would you like **nutritional guidance**? Check out #BodyLoveInsiders and NOWFOODS.com/bodyloveinsiders for answers to nutrition and health questions. These sites are free!
- Natural Calm magnesium by **Natural Vitality** was bought out by Clorox (yep, you read that right—Clorox) and is now being sold at many national chains, such as Walgreens, CVS, etc. Therefore, my suppliers no longer carry these products. What I have on the shelves now is it. Get 'em while I got 'em.
- NOW Foods has acquired **Super Nutrition** supplement company, makers of multi vitamins and other health targeted supplements.
- New tariffs on imported herbs from China may result in an increase in prices of Chinese green tea, ginseng products, and other Chinese herbal formulas and teas. According to *Vitamin Retailer*, “The American Herbal Products Association (AHPA) urged the U.S. Trade Representative (USTR) to remove herbal product ingredients from a list of Chinese goods that would be subject to a 25%...duty...” (Aug. 2019, p. 18).
- Be aware! Many pharmaceutical products are made in China, as are pharmaceutical grade vitamins. Always check for purity before buying your supplements. Get American made when you can, and stick with herb and food based products.
- A new study of menopausal and post-menopausal women “indicates proper levels of vitamin D and estradiol may help prevent heart disease, stroke, and diabetes” (*Vitamin Retailer*, Aug. 2019, p. 20).

Before starting any hormone supplement, check with your functional or wholistic practitioner to determine your body's hormone needs. www.menopause.org

Is Pure Water the “Magic Pill” for Pain and Other Conditions?

Often customers arrive at Natural Health and Home complaining of pain: chronic headaches, fibromyalgia, arthritis, or other health concerns. They hope for pain relief—the “magic pill.” They’ve already taken various pharmaceutical pain relievers, whether OTC or prescribed, and they still feel pain.

The “magic pill” doesn’t exist. The first rule of natural, wholistic health is to look for the root cause of the problem. So play 20 Questions with yourself or your friends and family. Following are a few of the first questions to ask:

- Is the pain the **side effect** of a prescribed medication? If so, talk to your prescribing doctor or your pharmacist. Tip: Statin drugs are notorious for causing muscle cramping by depleting your body of magnesium. Your heart is a muscle. If your legs are cramping due to a statin drug, what’s it doing to your heart? What drugs are you taking that might also deplete your body of necessary nutrients or cause pain?
- Are you drinking enough **pure water** (not well water, chemical tap water, or just any bottled water which may contain sucralose—Splenda)? Dehydration contributes to painful conditions. Determine how much you need to drink by dividing your weight in half—if you weigh 200 pounds, you need a MINIMUM of 100 ounces of water. Dr. Christopher says we actually need to drink our body weight in ounces (200 ounces if you weigh 200 pounds) per day. One Wellness Warrior began drinking nearly a gallon of water a day. In three weeks, he had lost necessary weight AND his fibromyalgia (head to toe) was gone!

A lack of water may also cause or be a contributing factor to stroke and constipation. Drink pure water! My mother’s doctor told her: “You must drink WATER, no soda, orange juice, or coffee, or you gonna have a stroke!” (He was from Viet Nam.) Unfortunately, my mom had a severe stroke due to dehydration.

- How are your blood pressure and blood sugar levels? Have you eaten a healthy meal during the day? Have you eaten too much sugar?
- Are you consuming **inflammatory products**: caffeine, pork, processed foods, MSG, artificial sweeteners and other artificial ingredients?
- Have you been sitting at an electronic device most of the day? This alone can cause headaches, eye strain and poor vision, and general pain. Take frequent breaks through the day.
- Would you benefit from a good chiropractic adjustment and some muscle work? How about trying acupuncture? (For extreme pain, ask Dr. Sue Overkamp next door to Natural Health and Home about trying Battlefield Auricular therapy!)
- If you’ve experienced an injury, such as broken bone, dislocated joint, or even surgery, your body’s screams of pain may be because it needs **plant minerals** to rebuild and heal itself. Many customers have reported pain relief quickly when taking mineral blends such as Complete Tissue and Bone or Min-Col. They have reported such dramatic pain relief that they haven’t needed OTC pain medication, even after surgery! It works after tooth extractions, as well.

When looking for the root cause, learn which foods and herbs may actually go beyond merely treating symptoms. They may actually help eliminate the problem itself. Medications treat symptoms.

“So,” you argue, “I drink coffee and tea. They’re made from water. So it’s the same—I’m drinking.”

You’re correct—soda, tea, coffee are all made with water. However, caffeine or other compounds added to the water may cause inflammation or deplete your body of necessary nutrients, like minerals and vitamins. Just as

you bathe your skin daily, your insides need a “bath” daily, too. Do you bathe in coffee or soda or Crystal Light? NO! You bathe in clean water.

The next time you experience pain, drink a large glass or two of pure water and see if it helps. If the pain is from an injury, seek herbs to help your body rebuild. Talk to Nan or your wholistic practitioner to learn how to eliminate pain without drugs whenever possible.

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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!</p> <p>Expires October 31, 2019</p>	<p>Dr. Sue Overkamp Osteopathic Family Medicine Physician, DO 914-357-5681 or 636-638-1808</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
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<p>Nutritional Assessments using Dr. Carey Reams' testing (RBTI) Contact Beth at 314-276-3622 for an appointment.</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 mgrehme@toothbody.com</p>										

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