



August 2018
Back to School Edition
Wellness Warrior Dispatch

Your Source of Natural Health News & Tips
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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



I will be taking a **vacation** in August—the first in 12 years! **The store will be closed from August 6-13.** I will return on Tuesday, August 14—just in time for back to school shopping!

Greetings Wellness Warriors!

Yesterday was July 4th, and I decided to do very little work at the house or on the computer. I spent a good portion of the day lounging outside under a big shady tree with Annabelle Cat and a turtle. I feel so refreshed that I have decided to take a week's vacation. I want to clean the cobwebs from my head, maybe take a short road trip to historic Nauvoo, Illinois, visit the St. Louis Art Museum's new Egyptian exhibit, and that's about it. I don't even have plans to read any books! (Okay, I don't know how that will go, but maybe something funny instead of scholarly and serious.)

If you have any health questions, I'm sure Dr. Sue at Door to Door Medicine next door to my shop, Dr. Charmin Gans at Healing Hands Chiropractic, or Dr. Mark Schopp at Schopp Nutrition Clinic will be happy to assist.

Looking forward to September, make a note on your calendar that Dr. Mark Schopp will be at Natural Health and Home speaking and answering your questions about cholesterol issues. We will learn how much our bodies actually need cholesterol, and learn how to make wiser decisions about herbs versus medications for cholesterol concerns. He hasn't yet given me an exact date, but I think mid-September is a good guess.

Yours in Optimal Health!
Capt. Nan



Need to schedule **school physicals**? Check with your chiropractor or Sue Overkamp, D.O. They can also help you learn the best ways to build immunity against flu and other viruses and bacterial infections, as well as offer tips to increase focus in the classroom and while studying. (See ads for health care professionals on page 4.)



✓ **BACK TO SCHOOL HEALTH CHECKLIST**

It rarely fails. As soon as school starts, kids start getting sick. Build their (and your) immune systems **BEFORE** school starts. Then, keep a supply of products you'll need when the sniffles or upset tummies begin. Below are some of my customers' favorite products and tips:

- ✓ Check your multivitamins to make sure they are clean—without unnecessary additives like artificial colors, sweeteners, flavors, high sugar, or—believe it or not—**PROPYLENE GLYCOL!** (That last one is used in antifreeze.)
- ✓ Keep a stash of **ELDERBERRY JUICE** on hand. Last winter, people learned about it during flu season, and I sold an average of 30 bottles a week, and at the peak flu season, more.
- ✓ Vitamins C and D.
- ✓ Raspberry leaf tea—drink it by the quart when feeling ill, or every day because it's so healthy for you. Chamomile or catnip with fennel may help with tummy aches. Dr. Christopher's children's line includes Kid-e-col drops (catnip and fennel) while their Stomach Comfort is formulated for adults.
- ✓ Essential oils, such as Young Living Thieves (don't go anywhere without it!), peppermint, lemongrass (so relaxing), lemon or rosemary ("Rosemary for remembrance!"), Raven (clears the nose fast!), wintergreen or Young Living's PanAway for sore muscles, and Young Living's DiGize for tummies. Other blends are also available by Young Living, including their children's blends.
- ✓ Natural hand sanitizers such as Thieves (gel or spray), Dr. Bronner's, or SoFresh cream.
- ✓ Colloidal or nano silver spray.
- ✓ Probiotics

Have you ever tried **Educational Kinesiology (Brain Gym)** to help with focus while studying? Check into Paul Dennison's work. The exercises are simple, and they help balance the brain to stay focused. A children's book is available with sketches children can use by themselves. Check the Web for more details.

Another simple study and learning helper is **music therapy**. Check into **The Mozart Effect**. Listening to particular pieces of classical music (NOT rock and roll classics) enhances the brain's ability to learn, focus, and remember.

The topic of **vaccines** always comes up this time of year. Do you or don't you vaccinate? Check with your chiropractor for information. To learn about current laws in our state, go to **NVIC.org**. Watch an educational video series entitled **The Truth About Vaccines** online. Several of my customers watched it and were shocked at what they learned about laws, pharmaceutical schemes, the potential adverse effects, and the number of vaccine related deaths which have occurred around the world. Educate yourself to make informed decisions about ALL vaccines.

Finally for now, if you have a friend or family member struggling with focus challenges or Autism, research the potential value of North American Herb and Spice's Hempanol CF (from industrial hemp) or other industrial hemp products. In my last newsletter, I offered my readers information and resources about these products. Again, do your research to see if these products may be right for you. Talk with your chiropractor or other holistic practitioner about how hemp may benefit the neurological system, including the brain. See article below.

In the NEWS about Health Care Freedom

I few years ago, I started receiving a local newspaper named *Frontline*. I did not subscribe to it, but I must say I very much enjoy this publication. In the Summer 2018 edition, the editors ran an excerpt from "Winning the Second American Civil War," by Twila Brase. Ms Brase is a registered nurse who started the Citizens' Council for Health Freedom. In the article, she states five points about our current "health care system" that are worth pondering:

1. "Healthcare" is a socialist term. We are offered medical care and medical insurance, but NOT health care.

2. Thirty percent of Americans think Obamacare has been repealed. It has NOT been repealed. The penalty has been “zeroed out.”

3. Health plans are not insurance. They are prepaid medical treatment. “True insurance sets a price, and then you go where ever you want.”

4. “The mandate to cover pre-existing conditions is...the centerpiece of any socialized medicine system. It means that there is no insurance anymore.”

5. Some politicians are now using the term “reinsurance.” This is a “brand new government program for the individual market that puts everyone in a government program.”

The article is several pages long and well worth a read. If you’d like a copy of this paper, contact The Constitutional Coalition, Front Line, P.O. Box 37054, St. Louis, MO 63141, or go to constitutionalcoalition.org/product/front-line/

Hemp and CBD—Part II

Last month, I wrote about hemp and CBD products and research. This month, I will add some final thoughts on the topic including Biblical concerns.

To begin, since the last newsletter, I have spoken with a nurse who has a patient with a seizure disorder. The patient has been on seizure medication, but still had seizures. The patient began using CBD and has been seizure free for seven months. Another man expressed his concern about his “aging brain”. He began using Hemanol CF (a blend of raw hemp, oregano, and rosemary), and reported noticing a difference in his brain function. Other customers are reporting pain relief and a better ability to focus mentally while using hemp products.

For those looking for good sources of information on CBD and whole industrial hemp products, you may enjoy an on-line video series entitled *The Sacred Plant Secrets Exposed*. The writers and producers show interviews with numerous scientists, doctors, and researchers who go into great detail regarding the science, history, and laws regarding hemp. I highly recommend this video.

For those who enjoy reading, *The Cannabis Cure* by Cass Ingram, D.O, author of over 30 books, and researcher, explains the history, politics, chemistry, and medical uses of industrial hemp products. The middle section of the book is a reference guide to using hemp for various health and healing concerns, including types of hemp products to use and dosages. (He’s an MD; he can prescribe!) It’s a good resource to have available at home. You may also listen to Dr. Ingram’s interviews on YouTube.

The Bible: Regarding thoughts on the Biblical appropriateness of using plants and herbs, including hemp, —in Genesis 1:29, we read that God has given us every herb and fruit for food and healing. This statement is repeated several times in the Bible. So when herbs, including hemp, are used WISELY, they benefit our bodies.

The Lord also spoke through prophets warning us against drunkenness and gluttony. Here, “drunkenness” may include the unwise use of any herb or plant or its fruit and products made from them, such as wine and strong drink. I have a full page of Biblical references warning us against drunkenness and gluttony, from Proverbs to 1 Peter and 1 Corinthians.

CBD versus Whole, Raw Hemp Juice or Oil: I touched on the availability of both these types of products last month, but more details are beneficial so that we may make better informed decisions as to the type of hemp products to use. (Page numbers below are from Ingram’s *The Cannabis Cure*.)

CBD is only one of approximately 65 known cannabinoids in hemp. While it has a place in some health conditions, CBD does not contain the full range of valuable cannabinoids. Anytime Man extracts and isolates certain chemical components of an herb, it reacts much as a pharmaceutical product. This may, in turn, cause side effects. In the case of CBD, side effects may include lethargy, digestive discomfort, nausea, vomiting, and/or cramps. Some individuals have been hospitalized for the severity of the effects of pure CBD.

In contrast, when we use the whole, raw, unprocessed plant (heat destroys the molecular structures of terpenes such as limonene, pinene and linalool), we have the benefits of all the cannabinoids and other nutrients—just the way the Creator intended. (98-103)

Cannabinoids are found in several herbs (oregano, rosemary, hops, clove, cinnamon, basil, holy basil wild sage, and others), but the highest levels are in hemp (*cannabis sativa*). Traditional herbalists know that combining herbs often yields better results than using a single herb, depending on the condition of the patient. According to Ingram, “Wild oregano acts synergistically with the CO2 hemp extract. It potentiates it.” He further explains that the cannabinoids present in oregano are different from those in hemp, so the two herbs complement each other. (105-7)

Yet another component of hemp’s chemical compounds, beta-caryophyllene, is rarely mentioned. According to Ingram, “beta-caryophyllene, ... is the premier hemp-source anti-anxiety and anti-depressive agent.” This molecule is “highly potent in reversing anxiety....(because) of the action of Beta-caryophyllene on the brain’s CB2 receptors.” (21)

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