



April 2018 Edition
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.

Visit us online: www.naturalhealthandhome.biz

To join Young Living or to purchase online, go to www.youngliving.org/healthandhome. #985266 or phone
1-800-371-3515

Join us on Facebook!

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 of Events

April 1: Easter Sunday

April 8: Body, Mind, and Spirit presents **crystal bowl and sound therapy** with Mo Costello, 11 a.m. 1160 B Gannon Drive-East, Festus. 636.638 2131 for reservations. Investment: \$20 per person. Check their facebook page for reminders!

April 25: Learn about the need for **cholesterol** in our bodies, the risks of low cholesterol and cholesterol lowering medications, and much more with Dr. Mark Schopp and Nan. 6:00 pm at Natural Health and Home. Dr. Mark's classes are always a big hit with Wellness Warriors and their friends-- **DON'T MISS THIS ONE!** Check out **facebook** page for reminders. Please register by April 21 so we can plan for the event. Investment: \$20 per person.

April 28: **DeSoto Home Show**, 9am-3pm. Come visit Nan at the Natural Health and Home booth on the DeSoto High School gym floor. The store will be open that day for regular shopping. Kathy will be assisting customers from 9-noon.

April 29: Body, Mind, and Spirit presents **sound and breath work** with Mo Costello, 11 a.m., 1160 B Gannon Drive-East, Festus. 636.638 2131 for reservations. Investment: \$30 per person.

Happy Easter and Happy Spring to My Wellness Warriors!

Neil and JoAnne from NOW Foods visited Natural Health and Home on March 28, and WOW! Did we ever have a good Wellness Warrior time learning about sports nutrition from Neil, munching on delicious treats from NOW Foods, and making some fun DIY projects with JoAnne! Thanks, JoAnne and Neil! We love ya!

No doubt some of you have already planted potatoes--by St. Patty's Day, right?--and are beginning to plant your gardens. Nothing's better than the taste of fresh veggies right off the plants! How I used to love visiting my grandmother's house in the spring and summer. She and my grandfather planted herbs, a variety of flowers (pansies were one of my favorites), and various vegetables in their little city yard. I'd brush my hand over the herbs and smell their gentle aromas. One of my favorites to eat was dill. Maybe that was my Austro-Hungarian ancestry showing. Apparently, dill grows abundantly in Austria and Hungary. In fact, it's the origin for Young Living's dill essential oil!

Grandma made fresh dill pickles each year. I sometimes added dill to deviled eggs for both flavor and color. I didn't know back then that dill isn't just good for pickles and potato salad. Dill's health properties include antispasmodic, anti bacterial, expectorant, and stimulant. Are we surprised to learn that its primary use is to help manage CHOLESTEROL! (Eat your dill pickles, Warriors!) According to Higley's *Reference Guide for Essential Oils* (2013 ed.), dill is mentioned in the Papyrus of Ebers from Egypt (1550 B. C.) and also in ancient Roman manuscripts for a variety of potential benefits.

Dill weed and seeds may be used internally in food and in infusions; the therapeutic essential oil may be used topically or internally by the drop. However, AVOID DILL if you have EPILEPSY! Always check a detailed essential oil reference guide before using essential oils.

Yours in Optimal Health—*Naturally!*
Capt. Nan, Wellness Warrior



Cholesterol, Your Brain, and Your Hormones

We've all heard the pharmaceutical commercials and messages from M.D.s—lower cholesterol to prevent heart attacks and strokes. Fact or fiction?

Fact: No study yet has proven a link between stroke or heart attack, according to Sherry Rogers, M.D., author of *The Cholesterol Hoax* (V and 1).

Fact: Our brains need cholesterol to function. Without adequate levels of cholesterol, our brains and brain function deteriorate (V).

Fact: Cholesterol is necessary to make hormones, including “vitamin” D, which is actually a hormone.

Fact: Cholesterol is “crucial in fighting off cancer, building our stress and sex hormones, making bile for digestion and detoxification, and protecting the body against aging and depression...” (V).

Fact: Cholesterol lowering medications have side effects including the following:

- ➔ depression, brain loss, amnesia, Alzheimer's, greater risk for suicide
- ➔ heart disease (caused by diminished CoQ10), nerve damage
- ➔ kidney and liver damage and liver “death” (iv)
- ➔ depletion of vitamins, minerals, CoQ10, and fatty acids
- ➔ diabetes
- ➔ “painful death by rhabdomyolysis” (iv)

Dr. Mark Schopp will teach us more about cholesterol and how to help manage cholesterol levels with proper nutrition, hydration, and herbs on **Wednesday, April 25**, at Natural Health and Home, at 6:30pm.

Mary A. Rogers, M.D. *The Cholesterol Hoax* (Sand Key: Sarasota, 2008).

Collagen: Anti-Aging Miracle or Fad?

Recently, collagen (a structural protein—the “glue” that holds us together) has been all the talk for skin, joints, and soft tissues, like tendons and ligaments. According to Tracy Kreider, national products educator, 16 types of collagen exist. Here’s a run down on the three primary types of collagen.

- **Type I** is the most prominent collagen in the human body (approximately 90%) and “is abundant in bone, skin, tendon, ligament, and organs,” according to Doug Jones of BioCell Technology. It is inexpensively sourced from gelatin and is made easily by slow cooking poultry or beef bones into broth. Egg shell membranes and yolks are also rich sources of collagen, but cooking damages the collagen, so an egg protein supplement is recommended (Dr. Axe).
- **Types I and III** support skin, tendons and ligaments.
- **Type II** supports cartilage formation.

Our bodies make collagen when we have the correct nutrients, including vitamin C, zinc, proline, glycine, ananine, and glutamic acid (amino acids). Of course, like everything else, as we age, cells don’t repair or rebuild as quickly as they do when we are younger.

Some researchers argue that the best form of collagen is hydrolyzed, usually found in capsules. The hydrolyzation process seems somewhat complicated to me, and I’m not sure how it’s different from making bone broth by adding apple cider vinegar or lemon juice. I spoke with a nutritionist who also didn’t know much about the hydrolyzation process, except that the claims are it is easier for the body to absorb hydrolyzed collagen. I’ll have to make more inquiries.

What foods should we consume to help our bodies make collagen or that contain collagen? Wild-caught salmon, chlorella, leafy greens (chlorophyll, the green stuff in plants, is a precursor to making collagen), citrus (remember that vitamin C is necessary to make collagen), eggs, berries, tomatoes, raw pumpkin seeds, avacado, garlic, and chia seeds.

Start building and maintaining your collagen levels today to look and feel your best! At Natural Health and Home, I stock what you need: **beef and chicken bone broth by NOW Foods and Jarrow; Vitamin C (including the new liposomal C), chlorella, chlorophyll, zinc, and beef gelatin, as well as Neocell’s collagen blends in powders and chews.**

<https://draxe.com/egg-collagen/>

<https://blog.kettleandfire.com/foods-with-collagen/>

WholeFoods Magazine, February 2018, 22-26+.



Spring Cleaning Tips—Naturally!

Out with the winter dirt, dust, stale air, and toxic cleaners—In with fresh air and NON-TOXIC CLEANING PRODUCTS! DIYers know what to do with white vinegar and baking soda, but who wants a house or office that smells of vinegar? (For additional tips, I have tear sheets with recipes.)

That’s when our fragrant ESSENTIAL OILS come into the picture. Anything citrus-y (lemon, lime, grapefruit, tangerine, orange, or a blend) or eucalyptus (alone or blended with citrus) usually makes a big hit. Plus, citrus oils help to “bleach” fabric and remove grease-based stains or smudges. Be careful with dark colored clothes, as lemon or other citrus oils may lighten the colors.

At Natural Health and Home, I carry over 100 pure, natural, and therapeutic grade oils, plus “oiler’s” accessories (carrier oils, diffusers, jewelry, bottles, jars, and more). No need to keep a huge collection of individual oils to blend yourself. **Aura Cacia** offers four blends ready to add to your DIY cleaning supplies: **Down to Earth, Keep it Fresh, Main Squeeze, and Petal Power.** Add one of these to your baking soda and/or vinegar to clean, freshen, brighten, and disinfect bathrooms, kitchens, glass table tops and windows, door knobs, laundry, and anywhere you need to clean. Come in for a complementary **essential oils household recipe booklet** when you purchase an Aura Cacia blend (while supplies last).

For Young Living devotees, **Thieves cleaners** can’t be beat! I have a bathroom that is rarely used. Since I have a well, the toilet can develop a mineral crust and look very unappealing. Someone suggested I pour a capful of Thieves cleaning liquid into the toilet, swish it, close the lid, and let it set overnight or for 24 hours. Then, swish again and flush. WOW! Bright white and clean as a whistle! Also available are Thieves dish soap liquid and laundry liquid. Oh—last summer, I “discovered” that Young Living’s Thieves cleaner also drops wasps on contact. Who knew?

Do you prefer a citrus-y aroma? I adore citrus in the spring and summer! It just smells so fresh and clean. One of my absolute favorites is Wholistic Botanicals (**Dr. Christopher’s**) **Citrus Blast, but I also enjoy Young Living’s Citrus Fresh, and NOW Foods’ Lemon Eucalyptus.** For a sweeter citrus aroma, tangerine may be used alone or blended with another oil.

Natural Health and Home is Southern Jefferson County's ESSENTIAL OIL HEADQUARTERS!
Shop local for your essential oil—and nutritional support—needs!

<p>Dr. Christopher’s dream was to have “an herbalist in every household.”</p> <p>To register for online classes, go to</p> <p><u>http://www.snh.cc/jamaffiliates/jrox.php?id=1116</u></p>	<p>PV Printers Photocopies & Offset Press Professional Printing for all your printing needs. Business Cards, Letterhead, Envelopes, Newsletters, Etc. 228 Bailey Road, Crystal City, MO 63019 8:00 a.m. to 5:00 p.m. Monday-Friday 636-937-8088</p>										
<p>Schopp Nutrition and Chiropractic Clinic “Changing Health With Clinical Nutrition”</p> <p>Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, Fibromyalgia, Chronic Fatigue, Male & Female Hormone Imbalances, Adrenal, Digestive Disorders, Thyroid, Personal Injury, and More!</p> <p>Dr. Mark Schopp, Chiropractic Physician Phone: 314-843-WELL (9355)</p> <p><u>drschopp3@gmail.com</u> schoppnutritionclinic.com 11422 Gravois Road, Suite 103, St. Louis, MO 63126</p>	<p>Team up with Dr. Sue Overkamp Osteopathic Family Medicine Physician, DO 914-357-5681 <u>drsue@doortodoormedicine.com</u></p> <table border="0"> <tr> <td>Western Medicine</td> <td>Eastern</td> </tr> <tr> <td>osteopathic & cranial herbs</td> <td>acupuncture Chinese</td> </tr> <tr> <td>herbs</td> <td>herbs</td> </tr> <tr> <td>nutrition</td> <td>qi gong</td> </tr> <tr> <td>primary care wellness</td> <td>tai chi &</td> </tr> </table> <p>1160 B Gannon Drive East, Festus</p>	Western Medicine	Eastern	osteopathic & cranial herbs	acupuncture Chinese	herbs	herbs	nutrition	qi gong	primary care wellness	tai chi &
Western Medicine	Eastern										
osteopathic & cranial herbs	acupuncture Chinese										
herbs	herbs										
nutrition	qi gong										
primary care wellness	tai chi &										

HEALING HANDS CHIROPRACTIC

1185 Scenic Dr. Suite 141, Herculaneum, MO
(located behind Cracker Barrel in Herculaneum)

(636) 479-6700

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.

Expires April 30, 2018

Body, Mind, Spirit

Holistic Solutions, LLC

Complementary & Alternative Health

Lori Langhans, BC-CAHP, RN

636-638-2131

Consultations, RBTI, BEST, Ionic
Cleanse, Oxygen Bar, Far-infrared
Sauna, Classes

1160B East Gannon, Festus