

# January 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.**

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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.



### Happy New Year Wellness Warriors!

2017 was quite a year for me. At Natural Health and Home, I brought in new products (like the GORGEOUS Zennery diffusers), co-taught a class on environmental toxins with our friend Dr. Mark Schopp, hosted a Meet 'n' Greet in September with six holistic practitioners, and helped promote Festus' new holistic office with Lori Langhans and Dr. Sue Overkamp.

Dr. Schopp also visited Natural Health and Home in November and December to offer his new **cardio evaluation** which helps him determine the proper nutrients to help his patients maintain healthy heart and overall health. He ran a scan on my heart, which showed some weakness. He advised me as to the supplements I could take, then rechecked me in December. WOW! What a difference! I feel so excited to offer this new technology at Natural Health and Home! Dr. Schopp plans to set up several future dates at Natural Health and Home to conduct the cardio tests.

I look forward to a FANTASTIC 2018 at the shop! So many new products are entering the market—foods such as green banana flour for low carb diets, coconut-based products, a variety of flavored nut and seed butters, and new essential oils and blends. Check our facebook page or website for online news, or come in for a visit and stroll through the shop to keep up with new products and opportunities to learn and improve your health. And check our website and facebook page for periodic updates!

Yours in Optimal Health in 2018!  
Capt. Nan

**Limbic Stress Assessments aren't Just for STRESS!**

Natural Health and Home is a test site for Dr. Paul Oden, DC, in Eldon, Missouri. The Limbic Stress Assessment (LSA) evaluates the client for up to 1400 imbalances, parasites, spinal problems, toxins, and more. The test utilizes frequency to scan the body. No invasive or radiological procedures are used.

A few years ago, a customer of mine told me she'd had migraine type headaches for several years, had gone to allopathic doctors (including specialists), and they hadn't been able to help her. She made an appointment for an LSA which showed a cervical problem which was restricting blood flow to her brain. Her neurologist had told her she had poor circulation to the brain but couldn't explain why. She received chiropractic care, and her headaches are gone.

Several other customers have reported their "mystery" problems have been identified using the LSA, and they have been able to address the problems by using specific detox and/or nutritional protocols suggested by Dr. Oden. I've used the LSA to benefit my own health.

The LSA takes about an hour (it may run longer), and Dr. Oden sends the results via email usually within a few minutes after completing the LSA. It's one more opportunity to help us achieve better health. Call Nan for your appointment to help start your new year with improving health. 636.937.0526.

### ***The Selfless Art of Self-Care***

Young Living's *Essential Edge* newsletter inspires us to plan "self-care" into our busy schedules. Brittany Jacobson, Global Training and Education Manager with Young Living, describes self-care as "mindfully or deliberately doing an activity to take care of yourself." Self-care is not selfish, but is proactively caring for ourselves for a few moments each day.

"Self-care affects five areas—physical, emotional, mental, spiritual, and intellectual," according to Jacobson. When we properly care for each area, we "enrich the quality of our lives and the lives of those around us."

Start a gratitude list and add to it each day. Refer to your list when you have a stressful or down day. Try yoga, deep breathing, or another gentle form of exercise or relaxation. Shut off electronic devices during your walk, bath, exercise period, or other specific time each day. Use a salt lamp to help balance ions.

Of course, adding a few drops of your favorite essential oil or blend may also help! Depending on my mood, I may put a drop of **geranium** oil on my wrists or spritz some which I've diluted in distilled water. Other times, I may nearly crave **Stress Away, Abundance, citrus, mint, EndoFlex** or another oil or blend.

When using pure essential oils, practice mindfulness. Take a minute to close your eyes as you inhale the aroma. Picture the plant—you are using its life blood! It is blessing your body-mind-spirit! Let it uplift you. You may drop a few drops of your favorite oil into a diffuser necklace. The warmth and movement of your body will offer little whiffs of aroma throughout the day. Keep a roller bottle or spritz bottle in your pocket or purse to use as needed.

Chose your favorite essential oil from a selection of over 90 pure, natural essential oils at Natural Health and Home. See [www.youngliving.org/healthandhome](http://www.youngliving.org/healthandhome) for more information on Young Living products. For self-care information, go to [YoungLiving.com/podcast](http://YoungLiving.com/podcast). I also carry **salt lamps**.

### **Weight Loss? WAIT!**

Have you packed on unwanted pounds over the holidays? Do you feel sluggish, tired, and downright yucky? Now is the time to start fresh and work toward your optimal health for 2018!

Beware of ads promising the ol' "take this pill and lose ten pounds in your first week!" Notice they claim "in the first week". What happens after the first week?

We must use common sense and avoid the hype. Remember—you're on to their sales pitches, and YOU'RE NOT BUYING IT! Instead, opt to purchase and eat healthier foods. Switch from canned vegetables to fresh or frozen ones. Skip the artificial sweeteners (they are neurotoxins and may be cancer forming). Use God-made sweeteners, like **unheated local honey, molasses, or maple syrup** in small amounts and limit their use to once daily. Molasses is one of Grandma's best kept secrets for good health. It's loaded with minerals! Swap out nutritionless noodles for whole grain **quinoa-rice pastas**, or better yet, make zucchini pasta by grating or thin slicing (for a lasagna noodle) zucchini long-ways, or preparing spaghetti squash.

Instead of sugary or so-called diet sodas, drink pure water or herb tea. You might add Stevia Water Enhancers (strawberry-kiwi, mango-peach, lemon-lime, or raspberry lemonade by **SweetLeaf**) or any of over a dozen stevia flavors, including cola and rootbeer.

Other tips include avoiding all pork products and bottom feeding fish, like catfish and shellfish. They are the cause of many digestive disorders. Minimize processed dairy products (from cows, that is), and try a nut milk instead. Avoid all artificial ingredients and hydrogenated oils. **READ LABELS!**

When you want something crunchy, snack on some raw nuts or raw veggies. Nuts can be easily flavored by drizzling melted coconut oil on them, tossing them to coat the nuts more evenly, and then seasoning them with taco, Italian, or another seasoning blend. I also enjoy spraying them (or raw veggies) with either **Bragg's amino liquid** or tamari sauce and letting them dry in a low oven. **Non-GMO, organic popcorn** in small portions is another pleasant crunchy snack. Just remember to avoid eating a whole pot of it! And watch out for hydrogenated oils in the packages of popcorn with oil to microwave. Pop it the old fashioned way—in a pot on a stove so you know what you're eating.

Add **thermogenic herbs** (hot herbs, like cayenne, ginger, dry mustard) to your meals to help increase metabolism and burn fat. Consider adding **lecithin** to your diet—it emulsifies fats to either put them to use (your brain, cardio, and neurological systems need this stuff) or help eliminate them.

Eating healthy doesn't mean you must eliminate your favorite foods. It does mean being aware of portion size, ingredients, and nutritional value of everything you eat. Then, once a week or for special occasions, you might "cheat" once and get back on track the next day.

To schedule a **nutritional consultation**, contact Nan at Natural Health and Home. Plan on spending an hour to an hour and a half with me. **WARNING!** You'll have **HOMEWORK** before you meet with me! Come in for your assignments, and let's get started!

### **To Cleanse, or Not to Cleanse**

We bathe our skin, brush our teeth, and wash our hair regularly, so why not cleanse our inner organs and tissues occasionally? To help maintain good health and help your organs function better, consider a gentle cleanse. Remember, dirt fouls our insides just as dirt fouls a car engine, making it run poorly.

We can detox in a number of ways. Some holistic schools recommend a weekly juice fast using specific juices (grape, apple, pineapple or lemon-maple syrup-cayenne). Other schools suggest a three day monthly juice fast. Still others recommend a quarterly two week cleansing program.

Modify your diet to eliminate "toxic" foods (no pork, beef, or dairy [cow] products, no artificial ingredients of any sort, no bottom feeding fish such as catfish and shellfish, no processed foods, for example). Focusing on healthy raw or gently heated veggies and fruits is best. Drinking

specific herbal teas or blends, such as **Ojibwa blend** (also known as Essiac, Floressence, or Mary's tea), is helpful in moving out the toxins.

Supporting your cleanse with an **ionic cleanse** is both helpful and relaxing! **Lori at Body, Mind, Spirit in Festus** can assist you with an ionic cleanse. While there, check out the **far-infrared sauna and oxygen bar!** Call **314.401.7493** for your appointment—or schedule a spa day with Lori!

Pick up your organic juices, herbal cleansing teas, and cleansing kits by Renew Life, Barlean's, and NOW Foods at Natural Health and Home. Start your new year clean as a whistle!

<p align="center"><b>Schopp Nutrition and Chiropractic Clinic</b>          "Changing Health With Clinical Nutrition"</p> <p>Weight Loss, Clinical Nutrition, Acupuncture, Chiropractic, Sinus Therapy, Depression, Insomnia, Pain, <b>Fibromyalgia</b>, Chronic Fatigue, <b>Male &amp; Female Hormone Imbalances</b>, Adrenal, Digestive Disorders, <b>Thyroid</b>, Personal Injury, and More!</p> <p align="center"><b>Dr. Mark Schopp</b>, Chiropractic Physician  <b>Phone: 314-843-WELL (9355)</b></p> <p align="center"><a href="mailto:drschopp3@gmail.com">drschopp3@gmail.com</a> <a href="http://schoppnutritionclinic.com">schoppnutritionclinic.com</a>          11422 Gravois Road, Suite 103, St. Louis, MO 63126</p>	<p>New Year Health Goals you want to achieve?          Team up with  <b>Dr. Sue Overkamp</b>          Osteopathic Family Medicine Physician, DO  <b>914-357-5681</b>  <a href="mailto:drsue@doortodoormedicine.com">drsue@doortodoormedicine.com</a></p> <table border="0"> <tr> <td><b>Western Medicine</b></td> <td><b>Eastern Medicine</b></td> </tr> <tr> <td>osteopathic &amp; cranial</td> <td>acupuncture</td> </tr> <tr> <td>herbs</td> <td>Chinese herbs</td> </tr> <tr> <td>nutrition</td> <td>tai chi &amp; qigong</td> </tr> <tr> <td>primary care</td> <td>wellness</td> </tr> </table> <p align="center">1160 B Gannon Drive East, Festus</p>	<b>Western Medicine</b>	<b>Eastern Medicine</b>	osteopathic & cranial	acupuncture	herbs	Chinese herbs	nutrition	tai chi & qigong	primary care	wellness
<b>Western Medicine</b>	<b>Eastern Medicine</b>										
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<p align="center"><b>HEALING HANDS CHIROPRACTIC</b>          1185 Scenic Dr. Suite 141, Herculaneum, MO          (located behind Cracker Barrel in Herculaneum)  <b>(636) 479-6700</b>  <b>New Patient Exam</b>  <b>Only \$27</b>          Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor. Also certified in <b>children's</b> chiropractic care.  <b>Expires January 31, 2018</b></p>	<p align="center"><b>Body, Mind, Spirit</b>  <i>Holistic Solutions, LLC</i>          Complementary &amp; Alternative Health          Lori Langhans, BC-CAHP, RN  <b>636-638-2131</b>          Consultations, RBTI, BEST, Ionic Cleanse, Oxygen Bar, Far-infrared Sauna, Classes          1160B East Gannon, Festus</p>										
<p align="center"><b>Dr. Christopher's dream was to have "an herbalist in every household." To register for online classes, go to</b></p> <p align="center"><b><a href="http://www.snh.cc/jamaffiliates/jrox.php?id=1116">http://www.snh.cc/jamaffiliates/jrox.php?id=1116</a></b></p>	<p align="center"><b>PV Printers</b>  <b>Photocopies &amp; Offset Press</b>          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  <b>636-937-8088</b></p>										