

February 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

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Hours: OPEN Tuesday and Wednesday, 10am-6pm
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Happy Valentine's Day!

Mark Your Calenders

February 21 Heart Evaluation by Dr. Mark Schopp at Natural Health and Home. 3-6pm, By appointment. Sign up at Natural Health and Home. Cost: \$20 per personal

March 28 Meet JoAnne and Neil from NOW Foods! 3-6pm. Ask questions, sample delicious foods, and make a DIY treat to take home! Check out Neil's website at www.honestnutrition.com



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Dear Wellness Warriors,

How about this weather! Bitter cold last week (I'm writing this on January 22) and in the upper 60s yesterday and today. The current weather report is warning of the possibility of flurries tonight. You know what St. Louisans say: If you don't like the weather, wait a few minutes—it's bound to change!

The ups and downs of temperatures, humidity, air pressure, and even the amount of sunlight all affect our bodies. Some people feel depressed or lethargic, some experience aches and pains, some don't sleep as well as they'd like—or they want to sleep too much (like hibernating), and others may feel mildly ill. What are we to do?



For me, when I'm at home anyway, I like to cozy up to a good book and a cup of warm herb tea (I like something cinnamon-y) in a comfortable chair near the wood stove. The cats usually join me. I do, however, add vitamin D to my supplement regimen, as it not only helps my immunity but also may help prevent the "winter blues" (light deprivation). Sometimes I put a drop of a warm essential oil on my wrist or near my heart. Geranium; cinnamon; or Young Living's Thieves or Exodus II blends are a few of my favorites. Their warm aromas just feel cozy to me.

It's my personal opinion that our bodies need to hibernate a little in the winter. It makes Spring all the more wondrous when it arrives!

Yours in Optimal Health!
Capt. Nan

Herbs and Essential Oils for the Heart

Traditional herbalists list several herbs for heart health. In addition to a healthy, clean diet rich in fresh vegetables, fruits, whole grains, beans, seeds, nuts, and healthy oils, herbs such as hawthorn, cayenne, ginger, garlic, motherwort, and lemon balm are a just a few of the herbs we may consider consuming to feed our hearts so that they function at their optimal levels. **Dr. Christopher's Blood Circulation** formula includes ginger, cayenne, golden seal, ginseng, parsley and garlic, some of the top herbs for heart health. **Kyolic and Bell** also have herbal blends to help support a healthy heart.

Dr. Christopher expounds the benefits of **hawthorn** berries for heart health. He recommends making a syrup of the hawthorn berries. The procedure to make the syrup is rather time consuming, so it is available already bottled from Dr. Christopher's at Natural Health and Home. It's delicious! This is one herbal formula that actually tastes good! <http://www.herballegacy.com/Heart.html>

Hildegard von Bingen, a 12th century German nun and herbalist, also recommended hawthorn for heart health. In a reference to Hildegard's work, naturopath Anne of Australia writes:

Hawthorn acts by dilating coronary blood flow, resulting in greater tone in the heart muscle, and a decrease in heart abnormalities, such as arrhythmia and angina. Many menopausal women experience heart palpitations; long-term use of tonifying amounts of hawthorn extract can reduce these worrisome symptoms.

<http://starrymantle.blogspot.com/2009/02/st-hildegard-von-bingen-and-womens.html>

Another Christopher favorite is **cayenne** pepper. While this one doesn't taste good, it surely has been effective for people. I used it on my mom after her stroke when her blood pressure would drop, and she'd pass out. I kept cayenne tincture in every room my mom spent time in, including the bathroom. Herbal lore tells of drinking a spoonful of cayenne in hot water to stop heart attacks, often in seconds. (Legal Disclaimer: If you think you or another person is having a heart attack, please call 911.)

Another fun bit of herbal lore says that if we drink a cup of **lemon balm** tea a day, we'll live "forever", as the herb strengthens the heart. I'm sure that we must do more than drink a cup of herbal tea a day to live a long, healthy life, but it is one part of the whole of wholistic health! Lemon balm can be expensive. I grow my own—it's a pretty little plant with heart shaped leaves.

By now, “essential oilers” are asking—What about **essential oils**? The Higley *Reference Guide* suggests 24 of Young Living’s oils and blends to help promote heart health! Some of my customers’ favorites include Cypress, Marjoram, Joy, Ylang Ylang, and Aroma Life (a blend of cypress, marjoram, heliocrisum, and Ylang Ylang). I carry several of these oils at Natural Health and Home. If you have a special request for an oil or blend, please let me know, and I will do my best to get it in. Please remember that some oils are in short supply due to either a shortage of the herbs used to make the oil or because of the world-wide demand for quality essential oils. For the BEST YOUNG LIVING DEALS, talk to Nan about joining Young Living!

This Valentine’s Day, skip the sugary treats. Give the love of your life or your best friend healthy herbs and essential oils as a token of your care for them! If they already have essential oils, you may want to check out of wide array of **essential oil diffusers**! Check out the latest glass swirl diffuser from the NOW company!

Remember to shop local this Valentine’s Day!

Valentine’s Day is Almost Here—Schedule Your Heart Check with Dr. Schopp

Dr. Mark Schopp will be at Natural Health and Home on **Wednesday, February 21 , from 3-6pm**. The test takes only about ten minutes. Please wear a tee shirt. Ladies, no metal (such as underwire bras) or metal decorations on the clothing.

While Dr. Schopp will not be able to give you a full explanation of your heart reading during this session, he can give you an idea as to how your heart is functioning, and most importantly, can suggest specific nutrients to help your heart function at its Wellness Warrior best! For detailed information, clients will need to make an appointment with Dr. Schopp to meet with him in his office.

Sign up for your heart evaluation at Natural Health and Home. Cost is \$20 per person. His schedule at Natural Health and Home is usually packed, so sign up early!

Spring will Soon Be Here--Ear Candles (or “cones”) Anyone?

I don’t know if it was the weather or what, but my ears started itching deep inside my ears in January. I decided to candle my ears one evening. Boy, what a difference that made! If you haven’t tried ear candling, explore this option. Many of my customers do this on their entire families—even their dogs!

I keep a stock of **Dr. Harmony’s ear candles** at Natural Health and Home, sold individually or in packages of two or four. Some are scented with herbs or eucalyptus/lavender, while others are unscented.

Apparently, ear candling dates back to at least the ancient Egyptians, Greeks, and even Hopi Indians. Some customers remember their grandmother’s making ear cones out of newspaper. Ear candling seems rather mysterious to some people, but once they’ve tried it, they appreciate how they feel. Customers tell me they candle for all sorts of symptoms, including itchy ears, allergy, and chronic sinus. I’d enjoy hearing your stories if you try them! With Spring allergy season soon upon us, I like to keep a few candles at the house so I can candle whenever I feel the urge.

The procedure is simple, but since the candles are on fire, we must be careful and keep a bowl or jar of water close by to douse the candle flame when finished. For online directions and safety tips, go to <http://harmonycone.com/candle-directions/>

If you'd like assistance the first time you candle, talk to me when you purchase your candles, or set up an appointment with **Lori at Body, Mind, Spirit in Festus** (see ad on page 4). Lori does not sell ear candles, so purchase them at Natural Health and Home and take them with you.

NEW PRODUCTS COMING SOON FOR SPRING!

Look for grain free PALEO GRANOLA , ready to drink healthy teas and infused waters, and a new line of protein bars.

<p>Dr. Christopher's dream was to have "an herbalist in every household." To register for online classes, go to</p> <p>http://www.snh.cc/jamaffiliates/jrox.php?id=1116</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>												
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