

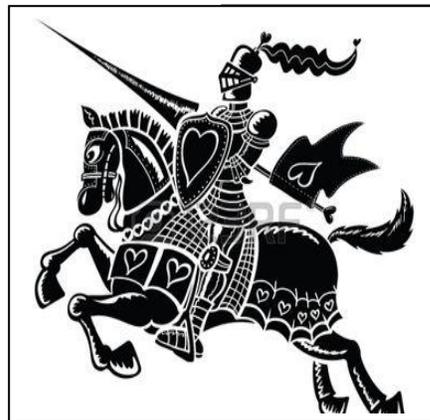
November 2017 Edition
Wellness Warrior Dispatch

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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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

Nov. 4: Drop in and say HI to Kathy today! Nan will be working at the DeSoto School District Health and Wellness Fair.

Nov. 13: Join me at 6pm to learn how and which oils to use in food preparation. Herbs not only add flavor to your foods, but add nutrition. Remember—Let your food be your medicine and your medicine your food! Some essential oils may also be used to enhance the flavors of your foods. We'll sample some quickly made foods during class, too! Class is \$5. Please phone or stop by to put your name on the class list.

Nov. 22: Open 9am-1pm. Closing early for the holiday.

Nov. 23: Happy Thanksgiving! The store will be closed today.

Nov. 25: **Small business shopping day. The store will be open until 3pm** for your shopping convenience. Remember to SHOP LOCAL for your holiday gifts. I will have select gift items on sale today! Remember to order special essential oil diffusers and other items early.

➤ *Dear Wellness Warriors,*

I haven't composed a letter to my Warriors in several months, but a thought came to mind this morning that I want to share with you. Sometimes I wonder, in the scope of eternity, the point of all this focus on our earthly bodies. Shouldn't we be focusing more on things of more eternal purpose? Not that we should "eat, drink, and be merry, for tomorrow we die". That philosophy can get us into trouble, for sure!

This morning, as I pondered this topic, I was reminded that our bodies ARE important—they are, after all, the temples of our souls, therefore sacred parts of Creation! In Judeo-Christian beliefs, we have been commanded

by Heavenly Father to care for all his creation—the Earth, everything that grows, animals, and ourselves. We’ve also been commanded to love one another as we love ourselves. We show love by actively caring for ourselves and others.

I’ve always been fascinated by ancient beliefs, religions, and philosophies. The earliest records from ancient Egypt and the Jews (Israelites) reveal the care they took for their bodies during life and at death. Jews may have been one of the first people who required washing hands before preparing and eating food and engaging in other daily tasks, including religious practices. Egyptians (especially the wealthier ones) had bathing and toilet facilities in their homes; used essential oils for medicine, religious ceremonies, perfume, and in mummification and even shaved their bodies, including their heads (seems they had problems with lice, so they shaved their heads and wore wigs). Some anthropologists speculate the Egyptians may have followed the Jewish traditions.

Native Americans also believe that Creation, including the human body, is sacred and must be treated with care and respect, including the bodies and burial sites of the dead. Some African tribes fed special foods to men and women as they prepared for pregnancy, then continued the special diets while the women were pregnant.

The bottom line is that we each must care for our physical bodies and those of our loved ones by eating healthy foods, avoiding toxic foods and substances (even those in the air), exercising and sleeping appropriately, and “feeding” our minds and spirits clean thoughts and actions.

That’s why Natural Health and Home exists—to help each of us learn to become the healthiest we can be so that our spirits may have healthy temples while we are on Earth. Natural Health and Home isn’t just a store; it’s a place to learn, make appropriate lifestyle changes, and live life to its fullest!

Have a Happy Thanksgiving!
Capt. Nan, Wellness Warriors

NEW! NEW! NEW! Just in time for Holiday Gifts!

Zennery Diffusers are new on the market, and are they ever BEAUTIFUL! I have in four styles—two glittery globes in either gold or silver, a clear decantor, and the pear shape nestled in a bamboo bowl. All show off their beauty with colored lights that glow from inside each diffuser, enhancing their beauty.

Come in to see the display models. As one customer commented, “It’s like watching rippling water from a shoreline—soothing and entrancing!” Special holiday prices, too! (While supplies last.)

You won’t find these anywhere else in Jefferson County! Order yours early to make sure the supplier doesn’t run out.

Stocking Stuffers

Looking for healthier treats to stuff stockings or give as gifts at work, school, or church? Stock up on Betty Lou’s individually wrapped fruit bars in a variety of flavors—apple cinnamon, apricot, blackberry, cherry, and more. Add a probiotic bar in cinnamon-apple or oatmeal-maple, or a Just Great Stuff bar, and you’ll be a winning Santa or Mrs. Claus!

For the hunter-camper in the bunch, Tanka buffalo bars or Epic’s wagyu beef, turkey, or salmon-maple bars are tasty and protein filled. Yummy, too!

Both Aura Cacia and NOW offer essential oil gift sets with four oils per pack. Give the set, or separate the bottles, and give them individually.

Dr. Bronner soaps are now available in gift sets, too-- Three small bottles or two medium bottles of soaps with a natural skin scrubber. Perfect for college students, travellers, missionaries, or military members stationed in distant places.

Make your Holidays Fragrant with Essential Oils

Young Living's **Christmas Spirit** blend is back! This delightful blend of orange, cinnamon, and spruce will set the mood for you and your guests this season. Add it to your diffuser, sprinkle a few drops on pine cones or in your heat registers, or dab onto holiday decorations (be careful to check for possible staining). Great gift, too!

Of course, Young Living's **Thieves** blend is always a winner. Its cinnamon-clove base smells delightful while aiding in purifying your household or office air.

Other oil blends include NOW's **Nature's Shield** and Cheryl's **Evergreen Mixture**. Or you may blend your own. NOW provides essential oil recipe cards for the holidays to help you create a unique mixture to help get you in the holiday mood.

Natural Health and Home is your Essential Oil Headquarters in Jefferson County! Remember to pick up extra roller or spray bottles, lip balm containers, and other accessories, too.

Not a member of Young Living? **Join now** to get great savings when you buy direct. Talk to Nan to learn how to become a Young Living "Oiler", or go to www.youngliving.org/healthandhome. Member #985266



Check your heart nutrition! Start the new year right! Dr. Mark Schopp sees patients at Natural Health and Home to run a heart nutrition scan. It takes just minutes to run the scan. Schedule with Nan at 636.937.0526.

Menopausal? Try Bioflavonoids!

Bioflavonoids (also flavonoids) are derived from herbs and plants. Bioflavonoids have many health benefits, including anti-inflammatory, anti-oxident, anti-viral, anti-allergic, anti-ulcer, analgesic, anti-hepatotoxic (aid in clearing liver toxicity), and anti-microbial.

Bioflavonoids may also help strengthen the circulatory system, including capillaries and the heart. Additionally, flavonoids "have an **estrogenic effect**," according to herbalist and author Susun Weed (*New Menopausal Years the Wise Woman Way*). Also see www.susunweed.com).

According to Weed, "regular use of bioflavonoid-rich herbs helps restore vaginal lubrication, decrease or end hot flashes, improve pelvic tone, improve liver activity, strengthen the bladder, lower risk of stroke and heart attack, reduce water build-up in tissues, reduce muscle cramping, ease sore joints, improve resistance to infection."

Bioflavonoids are plentiful in many foods and herbs, including buckwheat greens, elderberries, hawthorn, horsetail, citrus inner skin, rose hips, Shepherd's Purse, Sea buckthorn, chervil, and white dead nettle. You may opt to use these in teas (infusions), salads, soups, or in capsule or powder form (great for smoothies).

Remember, caffeine, alcohol, some medications, pork, bottom feeding sea food and fish, and processed foods like white sugar and flour also contribute to menopausal discomfort.

Purchase your bioflavonoid products at Natural Health and Home where your health is our business—**NATURALLY!**

Join Natural Health and Home on facebook to get reminders of classes, new products, special events, and more!



Natural Health and Home will be open 9am-3pm on Saturday, November 25 for Small Business Shopping Day! Take advantage of specials that day!

New opportunities for Holistic Health in Jefferson County

If you're looking for holistic opportunities in Jefferson County, visit Body, Mind, and Spirit located at 1160 B. East Gannon Drive, Festus (across from Dobbs Tire). Lori Langhans offers ionic cleanses, infra-red sauna, and other "spa" options. These are terrific opportunities for yourself and to give as gifts. Why not schedule a small "girls day" for you and your friends or family? Relax, de-stress, and improve your health!

While there, meet Dr. Sue Overkamp, a family doctor who uses holistic means to help her patients achieve and nurture health. She offers acupuncture, herbal medicine, applied kinesiology and muscle balancing, acupressure, and more. For information or to schedule an appointment, go to SMODROSTEO@Gmail.com

<p>Schopp Nutrition and Chiropractic Clinic "Changing Health With Clinical Nutrition" 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) drschopp3@gmail.com schoppnutritionclinic.com 11422 Gravois Road, Suite 103, St. Louis, MO 63126</p>	<p>Fresh, local beef, eggs, and seasonal produce!</p> <p>For the best nutrition, buy from local farmers. Meats are sold in individual packages—You don't have to buy a quarter cow!</p> <p>Sandy View Acres 3843 Sandy Church Road, Hillsboro, MO 314-852-7173 Steve Christ, Proprietor and Farmer Eggs are available at Natural Health & Home</p>
<p>PV Printers Photocopies & Offset Press Professional Printing for all your printing needs. Business Cards, Letterhead, Envelopes, Newsletters, Etc.</p> <p>228 Bailey Road, Crystal City, MO 63019 8:00 a.m. to 5:00 p.m. Monday-Friday 636-937-8088</p>	<p>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 November 30, 2017</p>