



October 2017 Anniversary Edition Wellness Warrior Dispatch

Your Source of Natural Health News & Tips

Compliments of **Natural Health & Home, Inc.**

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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.

Celebrating 11 Years in Jefferson County!

Yes, I can hardly believe I've owned and run a health food store for 11 years this month! I've seen so many changes in the industry, in people's choices in their health and nutritional, and in the number of holistic practitioners and healers now in Jefferson County!

In September, I hosted a Meet 'n' Greet at the shop. SIX holistic practitioners met one another and spoke with customers who attended. How exciting to meet Dr. Sue Overkamp, an osteopath who also studied herbs, nutrition, and chiropractic to help her patients reach their optimal health levels. Also in attendance were Lori Langhans, RN and holistic coach who is opening her new office here in Festus this month; Tonya Crady, Reiki Master; and Dr. Ike Bear, naturopath, herbalist, and Oriental medical practitioner. Drs. Mark Schopp and Charmin Gans also shared their expertise in chiropractic and nutritional care.

If you would like to contact any of these individuals to explore you options toward better health through nature, please call or come by Natural Health and Home for their contact information.

➔ MARK YOUR CALENDAR FOR OUR NEXT EVENT!

Join us on Monday, October 16 at 6pm to learn about your immunity and "comfort" products before winter ickies hit your house. I will share information about herbs, essential oils, and some old-fashioned methods of reaching your personal best winter health. Class begins at 6pm. Bring a notebook! \$5 per person. PLEASE register by Saturday, October 14 at noon.

➔ Fun, New Products

Betty Lou's Probiotic bites in three flavors: Maple Oat, Apple Cinnamon, and Chocolate. Gotta LOVE these! Keep Healthy brand Low Glycemic Protein Bars in lemon and coconut crunch. These are sweetened with dry fruit—nothing else!

Remember to ask about FROZEN FOODS when you stop by Natural Health and Home! Wild cod and salmon, organic vegetables, Ezekial sprouted bread and wraps, and MORE.

→ Is Your Family Sniffling, Coughing, Congested, or Achy?

Keep a supply of herbal teas to help soothe and comfort fall and winter flu and colds. Our own blend of **Breathing Tea** is always a hit, and I just got in a fresh batch! Drink it as a tea, or shake the jar and sniff the herb dust. Yes, you'll cough, but those herbs really help open congested noses, too! **Traditional Medicinals Gypsy Cold Care**, Cold Care PM, Throat Coat, and Echinacea Plus are always favorites with Natural Health and Home shoppers. Don't wait until someone is feeling lousy to shop for your teas. Keep your favorites on hand so you're ready if the flu or a cold hits your family and friends.

If you prefer capsules or liquids, **Dr. Christopher's Sinus Plus** and Immunity formulas are stellar. Another winner is NOW Foods' **AlliBiotic CF capsules** with garlic, elderberry, oregano, and olive leaf—you can hardly miss with that blend! LA Naturals also offers their **WOW herbal blends** for congestion, sore throats, and tummy discomforts.



It's time for PUMPKIN SMOOTHIES! Blend pumpkin puree, your favorite milk (coconut, almond, other), sweetener of your choice (I like a spoonful of sorghum molasses and honey), and pumpkin pie spices. Add protein or beef gelatin for extra protein. Great for breakfast or a healthy snack after school or the gym! Get your **protein and gelatin products** at Natural Health and Home to support your muscles, bones, and joints! I also have gelatin recipes at the shop.

→ Tanka Buffalo Bars aren't just for snacking!

Add chopped buffalo bars to salads or bean soups for added protein and flavor! I added some spicy buffalo bits to split pea and lentils soups this fall, and it was delicious. Enjoy them with crackers, too. I like to keep a few of these tasty protein bars on hand for trips to St. Louis (no need to stop for a fast food burger) or at home to add to quick meals.

→ Harvest Celebrations and Halloween Treat Alternatives

Skip the artificial colors and flavors and high sugars of typical fall treats. This year, GO NATURAL and HEALTHY! Yummy brand **fruit juice pops** are a fine alternative for your children and grandchildren. Or swap out those unhealthy candies for fruit juice sweetened carob cookies and brownies; **Betty Lou's fruit bars, protein balls** (excellent for your little sports players), or probiotic bars; or **Tanka buffalo bars** or sticks. At Natural Health and Home, I also carry low glycemic protein bars and gluten-free treats.

Happy Halloween!

→ Why Proteolytic (serrapeptase) Enzymes?

Many of us know that enzymes are important to digest foods, but what are enzymes, and how else can we use them to benefit our health?

Enzymes are proteins which act as catalysts to break down foods during digestion. Most people are aware that we take digestive enzymes to help digest food when we eat, help support good immunity, and help detoxification.

However, enzymes are valuable for much more. Karen DeFelice's *Enzymes for Autism and Other Neurological Conditions*, as well as Dr. Edward Howell's *Enzyme Nutrition*, and articles by Tom Bohager, founder of Enzymedica, present stunning data on the value of enzymes to help the body manage or even overcome a number of common health challenges.

Specific enzymes (proteolytic) may also be taken BETWEEN meals or just before bedtime on an empty stomach to break down "excess" proteins, such as parasites, scar tissue, and even inflammation. According to Dr. Michael Murray, "Proteolytic enzymes (or proteases) refer to the various enzymes that digest (break down into smaller units) protein. These enzymes include the pancreatic proteases chymotrypsin and trypsin, bromelain (pineapple enzyme), papain (papaya enzyme), fungal proteases, and Serratia peptidase (the "silk worm" enzyme)."

In addition, Dr. Murray lists many other common conditions which proteolytic (serrazimes) have been found helpful, including the following:

- Digestive support
- Fibrocystic breast disease
- Food allergies
- Hardening of the arteries (atherosclerosis)
- Hepatitis C
- Herpes zoster (shingles)

- Inflammation, sports injuries and trauma
- Pancreatic insufficiency
- Multiple sclerosis
- Rheumatoid arthritis and other
- Sinusitis, asthma, bronchitis, and autoimmune disorders chronic obstructive pulmonary disease
- Cancer

doctormurray.com/healing-power-of-proteolytic-enzymes/

Other researchers add that these enzymes may be helpful to reduce or eliminate **early stages of cataracts**.

A few years ago, I attended a conference where we were taught that for “some conditions, take a handful of enzymes before bed”. When pressed, the lecturer suggested up to 20 enzyme capsules at night. Some of my customers have taken large numbers of proteolytic enzyme capsules at night for congestion and found relief. One of my cousins also began taking high doses of these enzymes to help with atherosclerosis and has reported slow but steady progress. I even read of a veterinarian who used it to help a cat with heart worms; it took six months to eliminate the worms. So do your research on the value of proteolytic enzymes and health! It’s a fascinating option.

While many of the above named conditions may also require nutritional and lifestyle changes as well as additional supplements (eg: fibrocystic breast often indicates an iodine deficiency), enzymes assist in the detoxification and healing process.

Find **Serrazimes** by NOW Foods at Natural Health and Home. I can also order products from Arthur Andrew Medical. I also carry a variety of **digestive enzymes** from several companies, including Daily, NOW Foods, and American Health.

→ **Andropause and Low Testosterone Levels**

A couple of years ago, I attended a conference given by Dan Purser, MD, who spoke on hormones. What a shock to hear him say that in nearly 100% of his male patients who came to him with a diagnosis of **bi-polar disorder** actually had very low testosterone levels! When corrected with natural products, the symptoms of bi-polar disorder disappeared. Also surprising was to learn that imbalanced hormone levels for both men and women may lead to **cardiovascular conditions, certain neurological problems, and even tooth problems**.

Additionally, Michael Murray, ND, links low testosterone levels (hormone imbalances) to **obesity, diabetes, and insulin resistance; chronic inflammation; increased risk of the effects of xenoestrogens found in foods and the environment; stress; and lack of energy**. (“Natural Solutions for Andropause and Low T,” *Vitamin Retailer*, Sept 2017, and www.vitaminretailer.com)

Thankfully, changing one’s diet and lifestyle and incorporating specific nutrients and herbs often help with low testosterone. Herbs such as maca, tribulus, horny goat weed, and longjack either blended or taken alone may be helpful. Zinc, L-arginine, and L-citrulline may also help. NOW Foods offers **Testojack 200 capsules** which includes longjack, maca, horny goat weed, tribulus, ginseng, and muira puama blended. As one customer put it, “I give it TWO thumbs up!”

If you’d prefer having hormone testing to determine more precisely what your hormone levels are, contact Dr. Mark Schopp (see ad on page 4).

→ **Holidays Are Coming—that means STRESS!**

ARGH! Just thinking about all the planning, decorating, parties, guests, work, and clean up can get stress levels UP! That may mean sleepless nights and compromised digestive and immune systems. What to do?

A number of ADAPTOGENIC HERBS are readily available to help you get through your stressful times: Rhodiola, Holy Basil, Ashwaganda, Catnip, and Lavender are only a few. They are available individually or in combination. At Natural Health and Home, you may choose from **Bell’s Calming Stress Relief, Daily’s Relax, Dr. Christopher’s Relax-Eze, Bach’s Rescue Remedy, or Natural Balance’s Happy Camper**.

For children, try Dr. Christopher’s Kid-e-Trac, Bach’s children’s flower remedy, or Natural Vitality’s Kid Calm. However, individuals with ADD or ADHD tend to respond better to the mint family.)

If you aren’t interested in taking yet another pill (ho hum), how about diffusing one of **Young Living’s essential oil blends**, such as **Stress Away, Peace and Calming, or even their Christmas blend**? Some people prefer diffusing **Thieves** (leaves a warm, cozy feeling while deterring mold and other “ickies”), **lavender, or lemongrass**, all of which seem very soothing to many people.

At Natural Health and Home, I carry over 100 essential oils and blends by five companies, as well as **diffusers**, diffuser necklaces and bracelets, and a variety of bottles and jars. Essentials oils and their accessories make **excellent gifts** for the host and hostess, your minister or boss, teachers, and friends. While I keep about 100 oils in stock, others are available by special order. If you want a particular oil or blend, please **order early** so I can have them in stock before the holiday rush!

→ Joint Health

Customers with knee or joint pain from arthritis and degenerated joints are reporting excellent results by eating **NOW Foods beef gelatin** daily for 2-3 months. Gelatin helps the body repair joints, soft tissue, and bone, as well as helping with hair and nail growth. According to WebMD, gelatin is a protein “...used for weight loss and for treating osteoarthritis, rheumatoid arthritis, and brittle bones (osteoporosis). Some people also use it for strengthening bones, joints, and fingernails. Gelatin is also used for improving hair quality and to shorten recovery after exercise and sports-related injury. Gelatin contains collagen, which is one of the materials that make up cartilage and bone. “

Because gelatin is a protein, be sure to increase your water intake to protect your kidneys. *If you have a known kidney disease, please consult your health professional before using additional protein, such as gelatin.

Beef gelatin can be added to smoothies, soups, stews, and gravies, and may also be used to make your own homemade gelatin salads and desserts. In the Fall, I enjoy making no-bake pumpkin “custard” and pies. I first dissolve gelatin in hot water. Then I mix pumpkin puree, coconut sugar, coconut or almond milk, a pinch of salt, a spoonful of unsulfured black strap molasses, pumpkin pie spices, and add to the dissolved gelatin. Pour into custard cups or a loaf pan and chill. Garnish with melted dark chocolate, chopped nuts, unsweetened coconut flakes, or a spoonful of coconut cream instead of whipped cream. De-lish!

Of course, gelatin is not the only food or supplement your body needs to repair and rebuild your joints and tissues. **Minerals** are also necessary (see last month’s article on minerals and health). Another plus to adding minerals to your supplement regimen is that as minerals “feed” the body, it often relieves pain. Dr. Christopher’s Complete Tissue and Bone capsules, Daily’s MinCol, NOW Foods’ Red Mineral Algae, and Natural Vitality’s Plant Minerals are only some plant mineral products available at Natural Health and Home.

Dr. Christopher’s Joint Formula is another winner for joint health and healing. It contains hydrangea root, which traditional herbalists use to help break up calcification in the body,

At Natural Health and Home, I carry NOW Foods’ Beef Gelatin, **bone broth**, and Dr. Christopher’s Joint Formula. When you try these products, tell me your success stories! See also: [http://www.treelite.com/articles/articles/hydrangea-\(hydrangea-arborescens\).html](http://www.treelite.com/articles/articles/hydrangea-(hydrangea-arborescens).html)

<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>
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