

June 2024 edition

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Nan's Natural Health

Wake Up to Natural Health & A Better You!

Compliments of Natural Health and Home, Inc.

526 Bailey Rd., Crystal City, MO 63019

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Hours: OPEN Tuesday and Wednesday, 10am-6pm
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CLOSED Sundays, Mondays, & major holidays

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Disclaimer: All information in this newsletter is for educational and entertainment purposes. **It is not meant to diagnose, treat, or cure.**
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
Father's
Day

June 3-10: VACATION! Natural Health and Home will be CLOSED this week!

June 16: Father's Day

New Products

Simply Organic Sheet Pan/Air Fryer/oven **Mediterranean Lemon seasoning** mix packets! Excellent on meats and veggies!

Organic **Vegetable Grilling Seasoning mix**. Whether you steam, grill, or bake your summer veggies, this really puts some spark in your summer dining experience. I even sprinkled some on a beef patty—very yummy!

Tortilla Style Soup Mix—Just add beans, chicken, corn, and serve with your favorite chips!

Summer herb teas—served hot or chilled: **Watermelon, Orange, or Tangerine!** Place the bags in a jar and make sun tea, Drink as is, or add a bit of honey. Or add a splash of Perrier (or another sparkling water) to make your own version of orange soda to chill out on a hot summer day!

Electrolytes for Summer Health

Skip the big name electrolyte drinks which may be loaded with artificial colors, flavors, and sweeteners. Make your own for pennies! In a quart jar, mix ¼ tsp Celtic/French Grey salt, 3 cups water, and 1 cup grape, pomegranate, or orange juice. That's it! Store in the frig and drink as needed. Another option is to keep frozen orange juice handy. Mix a spoonful of frozen orange juice with a pinch of Celtic/French Grey salt in an ice tea glass. Done! Drink up and feel fantastic!

Health News

According to Health Freedom Institute, the government has a “womb to tomb” vaccine schedule. The CDC began publishing information about adult vaccines in 1969, and a more formal adult vax schedule was presented about 22 years ago. The ObamaCare policy includes a push for adult shots, recommending at least one shot per year, but preferring more than one per year. “A review of 100 vaccines in development by ‘Vaccines Today,’ found a staggering 80% percent are aimed at adults,” (qtd at <https://healthfreedominstitute.com/womb-to-tomb/>)

In 1985, two measles outbreaks occurred on college campuses, becoming a determining factor for new policies on adult vaccines. What wasn’t mentioned is that in both measles outbreaks, college students had just received their measles vaccines! Did the shots cause the sudden outbreaks?

In 1988, the National Coalition for Adult Immunizations (NCAI) brought together over 100 organization, including medical, pharmaceutical, private, and other organizations, to promote teen and adult vaccines. (This writer wonders if Bill Gates and his foundations help fund this, as in 2017, Gates wrote his business plan for CEPI, the Coalition for Epidemic Preparedness Innovations, in Norway—whose goals include developing vaccines to use during future “plan-demics.”)

My observations on adult vaccines suggest to me that they are questionable at best, dangerous at their worst (see *Murder by Injection*, by Eustus Mullens, 1980). I witnessed military members receive their annual flu shots and within a week were bedridden with “flu”, then get another round of “flu” during the winter months. A few years ago, a customer declined her flu shot, but agreed to a pneumonia shot. A week later, she was in the ICU with double pneumonia.

I’ve also met parents of two of three teen girls here in Jefferson County who received the first of a series of shots for HPV (Gardasil). After the first shot, all three girls showed reactions: one developed a severe rash which doctors could not explain or successfully treat, while the youngest experienced severe neurological injuries. I don’t know what happened to the third girl. The families are still in lawsuits against the manufacturer.

You can access the entire article in the link here: <https://healthfreedominstitute.com/womb-to-tomb/>
For additional information, go to NVIC.org and watch the documentary *The Truth About Vaccines* online for free. The current adult shots schedule is here:

<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

Protect Your Children

A May 2024 headline article in *The Flame* reminds parents to use the 1978 Hatch Amendment when concerned about the moral standards presented in school materials and after school clubs, as well as surveys or questionnaires school employees may present to students regarding “political affiliations, mental/psychological conditions, sexual behavior, illegal/anti-social behavior, privileged relationship, religious practices, or family income.” The Hatch Amendment creates an “opt out” opportunity for parents to “set limits within the education systems.”

To print a copy of a sample letter, go to ablechild.org. Please past this information on to other concerned parents to protect their children. To subscribe to *The Flame*, go to THEFLAMEUSA.COM.

Nutrition for Heart Health (by Dr. Mark Schopp, contributing writer)

When we look at nutrition and how it effects the body, we have to look at the heart. The Heart Sound Recorder is a great device to look at not just what nutrition will affect the heart but how that nutrition effects the entire body. The heart is a muscle. It is the one organ that can not shut down for even a moment. The heart pumps an average of 2000 gallons a day sending blood to the 60,000 miles of vasculature in the human body, including all the very small capillaries in the extremities.

The Heart Sound Recorder does not diagnose any condition. It simply shows us the rate, rhythm and tone of the heart. It is by viewing this we can determine certain nutrition needs of the body. By applying the proper nutrition, we can see the graph change.

When treating a patient, we always look at the entirety of the body. The viewing of the graph is just one part. We must always remember the organs and glands work together. In evaluating a patient for nutritional care, we must consider the entire function of the body and find the root cause of the problem.

The heart will be the first to get the nutrition it needs because of its importance to keep the body running. For example, if the heart and bones both need calcium, which they do, the heart will get the calcium first because of its importance. The heart cannot deteriorate and keep the body alive, but the bones can deteriorate quite a bit causing osteopenia and eventually osteoporosis while the body continues to live. Not so with the heart. It must have the proper nutrients. It must keep us alive and cannot stop beating. The heart will always get the nutrition first. When we see a change in the heart's rate, rhythm or tone and apply the nutrition, we are not treating anything. We are just giving the body what it needs. The body will know what to do with it.

The most common question I get is how we know these nutrients work when given to a patient based on the graph of the Heart Sound Recorder. One way is with time, we will see the graph change and of course the patient responding to those nutrients. Another way is when we take a graph on a patient and immediately apply the nutrients. When we repeat the graph in 10-15 minutes, we can in many cases already see changes. This is something that never ceases to amaze me and the patients that we do this with. It again confirms the power of whole food concentrated supplements and their ability to change the physiology of the human body. If we use certain other supplements, we can see the graph get worse. Any chemical may also worsen the graph showing us that our body is not meant for the consumption of chemicals.

If you have never had the Heart Sound Recorder performed on you and viewed your graph, we do these periodically at Natural Health and Home. But why wait! Schedule your Heart Sound Recording today at Dr. Mark Schopp's office. Phone 314-843 -0355. (See ad on page 4.)

Patriots' Corner

While de-cluttering a few bookshelves at home, I found a copy of E.G. White's *America in Prophecy: Will America Always be Free?* E.G. White (Ellen White) first published this 600+ page tome in 1888 (then titled *The Great Controversy*). Nearly the entire first half of the book gives detailed descriptions of the events leading to and including the European/British Reformation. The next several chapters tell the events of the Reformation country by country beginning with Germany and Martin Luther. White then gives detailed, often hellish, descriptions of martyrdoms throughout Europe and Britain as people began reading the Bible and joining the Lutheran, Methodist, and other Christian movements. The chapters on France are especially shocking as the French monarchy rejected not only the new Protestant groups, but eventually banished even mention of God or Jesus, reverting to paganism and forms of idol worship.

The last chapters focus on American history, Christianity, and the Last Days before the "advent" of Christ. America has some inspirational and inspired men and women in our history!

Throughout the book, White quotes from the Old and New Testaments as well as well-known religious and Bible scholars. The book includes a list of Biblical references in the Appendix. The book serves as a warning to everyone about the need to repent before Christ's second coming—repent and come to the Lord! At the same time, the history of the martyrs for Christ serve to vicariously strengthen hope and faith in Christ. (Alabama; Inspiration Books, 1988 reprint)

Take a copy on vacation to read as you lounge on a beach, deck, or boat this summer. The content will enrich your spiritual life, educate you on parts of Christian history you may not have learned in school, and give you plenty to converse about with family and friends.

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