

August 2024 edition: Back to School!

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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.



Be a life-long learner! We won't learn everything we need to know in 12 or 14 or even more years in school. Real learning is a process throughout our lives. We learn by reading, by hearing, by doing, and by observing.. We learn as we identify and overcome mistakes. Thomas Edison said he hadn't failed all the times his light bulb didn't work—each "failure" was a step toward success.

Stephen Covey, PhD, founder of the Covey Leadership Institute, and author of many books on leadership and family, reminds us that we are not products of our circumstances but of our DECISIONS. "Live, Learn, Love, and Leave a Legacy"—these words remind us to live with purpose each day. **NEVER QUIT LEARNING!** Check out his "7 Habits" series of books and you tube lectures for families, individuals, and businesses.

NEW BOOKS AND PRODUCTS

- Elections are just a couple of months away. Educate yourselves on issues and candidates. New books from the John Birch Society are IN STOCK. Stop in to see the new books.
- Barlean's now offers a gut health powder—Intestinal Repair in a tasty berry flavor. It contains a number of herbs as well as MSM, quercetin, aloe vera, berberine, fiber, and more. In stock now.
- If you or someone you know is struggling with blood sugar issues, Doctor's Blend blood sugar formula is getting good reviews from my customers. In stock at Natural Health and Home.

BACK TO SCHOOL--ARE VACCINES REQUIRED FOR MISSOURI PUBLIC SCHOOL STUDENTS? NO! According to Missouri law, students are NOT required to be vaccinated to attend public (government) schools. Religious and medical exemptions apply. Go to NVIC.org and click the "law and policy" tab for links to Missouri laws on this matter. The website also provides sample exemption forms and information about the various vaccines and their risks. For additional information, consult your natural health care provider. Pick up a free Westin-Price brochure on the risks of immunizations at Natural Health and Home or Dr. Mark Schopp's office.

IDEAS for ADD, ADHD, and SPECTRUM CONCERNS

A few years ago, I completed a course in nutrition and health for individuals on “the spectrum.” That, in addition to other classes and books I’ve read on the topic, resulted in a handout that I will have available for interested customers this month.

Also, invest in **Judy Gray’s *Kids Need Care: Nutrition, Natural Remedies, and Life-Guidance***, available at Natural Health and Home. Her book includes healthier recipes, food choices, and supplement information specifically geared toward children’s needs. Dr. Cass Ingram recommended this book.

Other fine books on family health is ***Dr. Mom’s Healthy Living* by Sandra Livingston Ellis**, recommended by Dr. John Christopher, and ***Herbal Home Health Care* by Dr. John Christopher**. Both are available at Natural Health and Home.

NUTRITION FOR HEALTHY KIDS, AGES BIRTH AND BEYOND!

by Dr. Mark Schopp, contributing writer (see ad on p. 4)

One of the most common questions I get from patients is what to feed their children. At this time in our country, we have traded good whole food for processed foods. Our children are constantly led to eat improper foods whether that be by the schools they go to, parties, church events, commercials and the entire food industry that has their profits in mind over your children’s health. Western medicine should be responsible and get our nation back on track. The few that do speak out are criticized. Many people do not realize that feeding children poorly will with time cause health problems. One example is feeding children hot dogs increases the chance of leukemia 700 percent. Shouldn’t we hear western medicine and oncologists shouting this from the roof tops?

However, we hear nothing of the sort. Western Medicine has abandoned the principles of healthy eating and teaching people how to be healthy in favor of more and more medication. Even the surgeon general has said 90 percent of the disease in this country is from our diet and lifestyle. Our food has been adulterated to such an extent that it is no longer capable of nourishing the human population. We see the results of this in all the sickness throughout our population.

The United States is the sickest country in the world out of wealthy countries. Our diet is made of mostly processed foods. We are approximately 3.6 percent of the world’s population but take over 50 percent of the world’s drugs. It all starts with our children. If children get sick, drug them; chronic illness, drug them. There is very little education or conversation about their diet. The fact is food is our best medicine.

Breastmilk is the first and most beneficial sustenance for newborns. When the infant drinks breast milk, this stimulates the areola. This will signal the pituitary gland in the mother’s brain to release two hormones, prolactin and oxytocin. Prolactin causes the mammary glands to absorb nutrients (proteins, sugars, and fats) from the blood supply. As the child’s life continues, it is time to introduce real foods and not processed foods. The right foods will set up that child for a healthier life; the wrong foods a sicker future.

Start and keep your children as close to a whole food diet as is possible. Eat locally grown vegetables when available. Meat choices need to be from local farmers (grass fed and antibiotic free). If you can include some organ meats that is great but may be difficult with children. Muscle meat proteins should be introduced after the first year. Fish should be wild caught, not farm raised. Stay away from wheat or rice. Organic raw fruits are great but lean more toward the berries. Organic nuts and seeds are good in small amounts. These should be soaked first before consuming. Peanuts are not nuts but legumes and hard to digest. They should be avoided. Peanuts, unless organically grown, are very heavily sprayed with pesticides. Nut and seed butters such as almond, cashew, and sesame butter (tahini) are easiest to digest. Also feed your children eggs. Eggs have gotten bad press in the past saying they are high in cholesterol. Of course, we need cholesterol for brain function and to make hormones. Sprinkle Celtic Sea salt which is a healthy salt (never table salt) on the eggs, and they will taste great.

There are more fat metabolizers in eggs than cholesterol, so it is not a problem. Dairy products should be raw, not processed.

We have become a culture that no longer honors the life-giving bounty of what God put on this earth. Instead, we have become a culture that consumes foods laden with chemicals, bleached white flour, high fructose corn syrup, pasteurized dairy, and trans- and hydrogenated oils. All contain little if any nutritional value, yet they make up 90 percent of what most of us eat. If we continue to feed these to our children and not teach them what to eat and why, we will continue to become a sicker nation.

Food and eating comes down to awareness and choice. The body is either blessed or cursed by the one who is in charge. It is simply based on the laws and intelligence of nature. Choosing wisely or poorly affects our health and starts at the table. As western medicine continues to abandon health principles your natural health care practitioners, health coaches and health food store owners are more committed than ever to teach what will drive our country towards better health, less disease and less reliance on medications.

Recommended reading: *The Nourishing Traditions of Baby and Child Care* by Sally Fallon and Thomas S. Cowan.

CHIROPRACTIC IS FOR KIDS, TOO!

Good quality chiropractic care is essential for the overall health of everyone, including infants and children. Proper spinal alignment aids the entire by helping the neurological system properly communicate with every part of the body—from the brain to the organs to the immune system. We in Jefferson County have a number of well-educated and experienced chiropractors, several with specialized training to work with infants' and children's special needs. If you need a place to start, check page 4 of this newsletter. Ask your chiropractor for advice in nutrition, healthy lifestyle, and supplementation. In Missouri, chiropractors can do school and sports physicals, too!

PATRIOTS: FROM the PAGES OF HISTORY, 1960s

While flipping through a small file box from my parents' house, I found a letter from the *Belleville News-Democrat* complaining about the new seat belt laws. In part, the write presented the following:

What has become of the freedom-loving American who cherishes the liberty that made American the most envied nation in the world? He seems to be an endangered specie, especially among those we elected to represent us in government.

I am alluding to the despicable and unAmerican seat belt buckle-up laws that three states have enacted, thereby regulating their citizens to the role of wards of the government, to be treated as minor children who must be compelled to protect themselves according to the "enlightened" judgment of their guardian, "big brother." I cannot believe that freedom-loving Americans want that kind of representation in government. I shall certainly keep that in mind the next time I cast my ballot.

We cannot long maintain our enviable position in the world as "the land of the free and the home of the brave" if we allow such erosion of our liberties to continue.... Now our "big brothers" in three states have decided that the possible saving of a few lives is vastly more important than freedom and liberty.... (Do) you need a "big brother" to dictate your actions?

Yes, "times have changed." Attitudes about liberty have changed as laws and ordinances have been passed gradually limiting our liberties and moving us into socialism and communism. Don't believe me? Read Karl Marx's *Communist Manifesto* and Adolf Hitler's *Mein Kampf*. Delve into Dr. Cleon Skousen's *The Naked Communist*, or Dr. Ezra Taft Benson's *An Enemy Hath Done This*. Listen to Dr. Benson's 1965 speech on socialism (you tube) and his work with Robert Welch "Man, Freedom, and Government." Go to **JBS.org** to listen to or watch educational videos and podcasts. If you home school, these videos may be very helpful in teaching American civics and history.

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