

November 2024

Serving Jefferson County Since 2006!



## 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

[www.NansNaturalHealth.com](http://www.NansNaturalHealth.com)

636 937 0526 (no texting or email available)

**Hours:** OPEN Tuesday and Wednesday, 10am-6pm  
Thursday, & Friday, 9am-5pm; Saturdays 9am-noon.  
CLOSED Sundays, Mondays, & major holidays

Visit us online: [www.NansNaturalHealth.com](http://www.NansNaturalHealth.com)

To join **Young Living** or to purchase online, go to [www.youngliving.org](http://www.youngliving.org). Code #985266, or phone  
1-800-371-3515

**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.



### Calendar

**Nov. 27: Open 9-noon; Closed Nov. 28-29.** The store will reopen Saturday, Nov. 30 from 9am-noon.

**Nov. 9, 9am-11pm:** "Introductory Iridology" at The Green Lady's Hermitage in downtown Cape Girardeau with Emily Anderson, CAHP

Do you find eyes fascinating and often pay attention to the colors and patterns in your friend's and family's irises? If so, this class is your gateway to a whole new way of seeing and understanding people! We will learn basic iris features, colors, rings, and how they relate to physical and behavioral tendencies. A digital copy of the lecture slides is included.

After class, there will be an opportunity to have your eyes photographed! I will process the images in 1 to 2 weeks and e-mail you an analysis (with emphasis in your emotional/behavioral qualities). To reserve your place **text: 573-225-7245, or email: emlander3@gmail.com**

Class fee: \$50. Class & iris photos: \$100

**Book Review** by Nan Backes: *Moving Beyond the Covid-19 Lies*, by Dr. Bryan Ardis

What might arthritis, autism, cancer, gout, type I diabetes, psychoses, swollen legs, several heart problems, migraines, tinnitus, hearing loss, vision loss, mental decline and a long list of other conditions and symptoms have in common? SNAKE VENOM--one of the known ingredients of "the shots." Now, a growing body of evidence links these problems with the so-called "virus" itself, according to Dr. Bryan Ardis in his recent book *Moving Beyond the Covid-19 Lies: Restoring Health and Hope for Humanity* (Sept. 2024).

AVAILABLE IN NOVEMBER AT NATURAL HEALTH AND HOME!

It received my copy hot off the press and began reading it on a Monday, had to force myself to close the book to go to bed, and finished at the end of the same week. Dr. Ardis' writing style is engaging in spite of all the scientific terms in the numerous quotes from medical and scientific journals from around the world--which he

thoughtfully "translates" for the average reader. He even sprinkles a bit of humor throughout--"Ask your doctor if \_\_\_\_\_(fill in with the natural remedy he recommends) is right for you or your child!"

In the first couple of chapters, he tells his tragic personal story concerning his father-in-law which led Dr. Ardis to his research on covid and medical/hospital protocols--and not just for covid.

God has inspired this man to do this work, pulling together research dating back to the 1950s when our politicians gave our tax monies to the University of Pennsylvania to research SNAKE VENOM for medicinal use!. The researchers won a Nobel Prize in medicine--knowing that snake and other venoms CAUSE CANCER and a long list—nearly four pages in Dr. Ardis' book--of chronic symptoms and disease. He also lists over ten commonly prescribed medications made from SNAKE VENOM! Researchers also noted high levels of *e. Coli* in 100% of the "covid" patients they checked.

As the title says, there is hope. God hasn't abandoned those who pray and search for answers. The last few chapters include specific herbs and products--all inexpensive and readily available, most (with one exception) at natural health stores and most naturopathic and chiropractic offices.

This will be a terrific book for health-minded friends and family for the holidays! I'm sure each of you will want a copy for your health book collection. It can only benefit you and your loved ones!

We were all put on Earth at this time for a specific purpose. At the 2024 Eagle Forum conference I attended, several speakers said they feel a bit like John the Baptist, issuing warnings and speaking truth before Christ comes again to Earth. Be warriors for truth, my friends! Continue to educate yourselves and then others!

**Right Bright News** By Alex Bond, Staff Writer for *The Flame*

A strong wave of new books, documentaries, and other programs are now providing a higher standard of enlightenment and information in the last quarter of 2024. Barriers to truth and reality are often just plain relative. They could actually be those stubborn kin who wish only to trust what they hear in the media. After all, only around 60% of Americans got at least one jab. Is it time to look beyond current safe and effective programming from an army of well-paid pundits?

Fortunately, that fragile bubble of awareness has expanded for many. As many new media offerings have been helpful, those of the Hollywood and the MSM (Main Stream Media) still dwarf this output. Why have films like *Sound of Freedom* (Angel Productions) and books by Mark Levine, Peter Schweizer, and several FLCCC (Front Line Critical Care Consortium) doctors made the impact they have made?

Here is a working theory: The closer to the truth one gets, the stronger the impact upon a person's level of understanding and awareness. One such book is cardiologist Dr. Peter McCullough's newest book on covid.

*The Courage to Face Covid-19: Preventing Hospitalization and Death While Battling the Bio-Pharmaceutical Complex* by John Leake, Dr. Peter A. McCullough with a forward by Robert F. Kennedy, Jr. (Skyhorse, 2022). This 238-page effort is divided into 48 succinct, focused chapters. What the MSM has held back in telling you about the inside efforts to save millions of lives from injury and death from the so-called vaccination is between the covers here. Doctors who began fighting against ignoring good solid scientific evidence from the field have been gaining ground. Along with thoroughly explaining the history behind the controls on treating the virus, a group of four of the most astute and recognized doctors formed the FLCCC. The four core doctors in this group not only worked with Covid-19 patients but also were attempting to actually treat the virus with rational, logical, scientific tools in combinations they found actually worked.

Silence and no interest from Anthony Fauci's NIAID and the NIH was a reinforcement to the previous mantra from the elite government authorities. That mantra was the cure was going to be a vaccine to solve everything. The solution yielded a much bigger profit to the pharmaceutical companies and key employees of both corporate

and government positions. One has to wonder why the public fell for a solution with no officially endorsed actual treatment option--especially when proven options existed. This book fills in a lot of blanks, even if you thought those wearing the lab coats behind government podiums knew what they were talking about. It will make a fine addition to anyone's personal library or a holiday gift this season.

### **Breast Cancer Testing and Prevention, Part 2, by Mark Schopp, DC (See ad on p.4)**

Mammography is the standard of care for diagnosis of breast cancer. The effectiveness of reducing mortality is controversial. To reduce mortality prevention is what is missing. Over diagnosis is a huge problem. In some cases, a screening mammogram detects a cancer that would have neither caused death nor presented clinically during the woman's lifetime. Women are not informed that ionizing radiation is a major contributor to cancer and that routine testing can increase their risk of breast cancer. "It's one of the most potent risks for breast cancer and its effects are cumulative. This means that the damage done to the breast tissue doesn't disappear with time, each dose of radiation to the breast adds to the last one" (John Lee, MD, *What Your Doctor May Not Tell You About Breast Cancer*).

The question is what the options are. In no way do I suggest that one goes against medical advice. Each woman needs to make her own decision based on the facts. I never suggest which decision one should make. Below are some options:

**Thermography:** Thermography can spot physiological changes years before a tumor is able to be palpated.

**Galleri Test:** Galleri test scans for 50 types of cancer in one blood draw.

**The Cancer Profile:** Cancer Profile is a blood test. It looks for hormones that are associated with cancer.

**PerfeQTion Imaging:** This test is 40 times more accurate than MRI, It has no contrast or radiation.

**Signnatera for Breast Cancer:** A blood test that can monitor growth. Healing of recurrence.

Prevention includes what we put in our body. Soybeans have organic compounds called phytoestrogens which produce high levels of estrogen-like effects. Phytoestrogens of soybeans have been studied the most when linking foods to breast cancer (*Breast Cancer and Environmental Risk Factors in New York State*, Cornell University, 2010).

Birth control pills are always the wrong choice. "A large analysis of oral contraceptives published in *The Lancet* found that the use of the Pill before age twenty doubles the risk of breast cancer."

Estrogen dominance describes a condition where you can have normal or excessive estrogen, and consequently, too little progesterone to balance estrogen's effects in your body. It can occur with inappropriate HRT (hormone replacement therapy) and Bio-identical hormone use. The BC Pill contains seven times the amount of estrogen naturally occurring in the body. This increases risk. It can occur with environmental /xeno-estrogens, estrogens in commercial animal raising. Excess body fat will store estrogen in the fat cells. Also, skin care products can have hormonal disruptors as well as carcinogens.

The risk of breast cancer is lowered by consumption of whole cruciferous (Brassica) vegetables. Organic brussels sprouts and kale are effective for normalizing estrogen ratios in premenopausal women. If it is in a concentrated food supplement it should be made from the aerial parts. (*Alternative Therapies in Health and Medicine: A Peer Reviewed Journal* MAR/APR 2009, Vol. 15: 2)

Recently, it has been reported that zinc may play role in chemoprevention, and its level may be associated with cancer risk. "Conclusions: We observed that serum zinc level is associated with breast cancer risk in BRCA1 carriers and noncarriers. Analysis of serum zinc concentration revealed tendency to increased risk of breast cancer for unselected breast cancers and BRCA1 carriers with zinc level  $lt;750\pm 50$   $\mu$ g/L. Probably high zinc level reduces cancer risk especially in BRCA1 carriers" (*Hereditary Cancer Clinical Pract.* 2012; 10 (Suppl 4): A6). The correct zinc is necessary in a supplement form but can also be obtained from foods like pumpkin seeds. There are other things to do for prevention but too lengthy for this article. Whatever each woman decides it is always their choice. Looking at all the facts, what they reveal, and prevention will be very helpful along the way.

**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, **Live Blood Cell Testing**, Brain function evaluation, **Heart Sound Recording**, and More!

**NEW! Lipomelt Red Light Slimming and Body Contouring Technology**

**Dr. Mark Schopp**, Chiropractic Physician  
**Phone: 314-843-WELL (9355)**

[drschopp3@gmail.com](mailto:drschopp3@gmail.com) schoppnutritionclinic.com  
11144 Tesson Ferry, Suite 201, St. Louis, MO 63123

**Hillsboro Chiropractic**

Dr. Tammy M. Hansen

**636-789-2400**

10814-A Business 21



**\$35 Student Physical**

**\$25 New Patient Consult & Evaluation**

**\$15 Foot Scan & Report of Findings**

*Neck Pain, Back Pain, Headaches, Arthritis, Numbness, Arm & Leg Pain, Muscle Manipulation, Sinus Treatment, Orthotics & Sports Injuries.*

**Expires Nov. 30, 2024**

**HEALING HANDS CHIROPRACTIC**

**Pediatric and Family Chiropractors**

**Drs. Charmin and Ryan Gans**

1185 Scenic Dr. Suite 141, Herculaneum, MO  
(located behind Cracker Barrel in Herculaneum)

**(636) 479-6700**

**New Patient Exam Only \$47**

Includes Consultation, Computerized Nervous System Scan, X-Rays (if needed), and Report of Findings with Doctor.

**Emotional Release**

**Natural Fertility & Acupuncture Treatments!**

**Expires Nov. 30, 2024**

**Got Stem Cells?**

Try LifeWave X39 Age Reversing Patch! This is a game changer. A patch that is patented and clinically proven to activate your own stem cells. It is noninvasive and works with Photosynthesis. No drugs or chemicals and is a medical breakthrough. For more information or to purchase the patches visit: [www.lifewave.com/](http://www.lifewave.com/) 2513783.

Tammy Newkirk @ 314-221-0968, Email: [info@trusttammy.com](mailto:info@trusttammy.com), [www.trusttammy.com](http://www.trusttammy.com)



**Kandice Steitz**

Sound Practitioner

314-288-5723

[HairandHealingLLC@gmail.com](mailto:HairandHealingLLC@gmail.com)

*for more information and booking visit:*

*[www.vibrationalpatterns.com](http://www.vibrationalpatterns.com)*

Fresh-made

**Gluten and Dairy Free Menu**

Wraps, quinoa and rice bowls, salads, fresh juices, smoothies, cookies, and more!

34 East Main Street, Festus

NEW HOURS! Wed., Fri. 10am-4pm

636-201-8411 [Daily-flavors.com](http://Daily-flavors.com)

Catering & Delivery available!

<https://marketwagon.com/collections?vendor=13616&trk=pj95323j>



**Advanced Foot Care**

Foot & Wound Care Specialty Nurse (RN, BSN)  
2376 N Truman Blvd, Crystal City, MO

**Your First Step to Healthy Feet**

Ionic Cleanse Full Body Detox

Diabetic Foot & Nail Disorders

Medically Necessary Routine Foot & Nail Care

Acute & Chronic Wounds

(636) 638-0042

