

July 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

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

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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.



Calendar

July 4 -5: **CLOSED** for the holiday.

Will reopen Saturday, July 6 at 9a.m.

Many Americans celebrate July 4 with picnics, BBQs, and fireworks. How many of us remember the true meaning of this celebration? I suggest you and family take time to re-read (or read for the first time), the Declaration of Independence this July 4. Take time to remember and appreciate the fear the Founders must have felt knowing that if the Revolution failed, their lives, those of their family members, and all that they owned may be lost. The Declaration opens thus:

The unanimous Declaration of the thirteen united States of America, When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed....

<https://www.archives.gov/founding-docs/declaration-transcript>

FYI: This is an excellent example of argumentative writing for you students of English!

Thyroid Health, part 1

Dr. Mark Schopp, contributing writer

Thyroid problems are second only to diabetes so far as glandular problems. Of about 20 million Americans, most are hypothyroid (underactive thyroid), but a smaller percentage are hyperthyroid (overactive thyroid). However, because symptoms are often mistaken for excess stress, depression, signs of aging, or are simply ignored, many cases of thyroid imbalance are missed. An estimated 8 million are not identified. One reason for this is that health care providers simply do not run a full thyroid blood panel.

Most practitioners only run TSH. Some may throw in one more test. TSH is the pituitary hormone that tells the thyroid to release thyroid hormone. When TSH is high, the patient is prescribed medication, and blood is drawn periodically to check the TSH to adjust the medication. This unfortunately does not address the real problem.

Women are affected by thyroid conditions more often than men. Often the tendency for thyroid imbalance runs in families. A malfunctioning thyroid can affect and damage other organs. Many times, when I run a full hormone panel, the TSH is normal, but findings reveal that the patient has Hashimoto's Thyroiditis, which is an autoimmune disease. This is one reason why an entire panel is necessary. Because only TSH is ordered, patients are told their thyroid is fine, but it is not. Many times when the TSH is normal, other findings that are not.

The three "active" hormones produced by the thyroid are: thyroxine (T4), triiodothyrene (T3), and calcitonin. Secretion of thyroid hormone depends upon the feedback loop involving the hypothalamus, pituitary, and thyroid glands. These glands will tell the hypothalamus to secrete hormones to the pituitary which tells glands to make hormones.

Many different symptoms can occur with thyroid problems. Every patient will present differently, and of course no one patient will have all those symptoms. Everyone is unique in the symptoms that they have. Below is a list of common possible symptoms that may present:

Fatigue, low body temperature, dry skin/hair, inappropriate weight gain, brittle nails, insomnia and/or narcolepsy, poor short-term memory and concentration, headaches, migraines, menstrual problems, menopausal problems or irregularities, depression, hair loss (including outer third of eyebrows), low motivation and ambition, cold hands and feet, fluid retention, dizziness or lightheadedness, irritability, food intolerances, hoarseness, eye conditions, (bulging, drooping eyes), skin problems/acne, infertility, miscarriage, dry eyes, blurred vision, puffiness around eyes, heat and/or cold intolerance, low blood pressure, elevated cholesterol, digestive problems (irritable bowel syndrome, acid indigestion, constipation, etc.), poor coordination, diminished sex drive, reduced or excessive sweating, frequent colds/sore throats, slow healing, exaggerated post-prandial, response, itchiness, food cravings, decreased appetite, recurrent inflammations, angina, changes in kidney function, carpal-tunnel syndrome, slow speech.

Low thyroid activity may be likened to an engine that idles too slowly and, when it is time to move, it just does not want to run properly. The horsepower (functioning ability) is depleted. Because of this, fatigue is a common symptom with thyroid problems. Decreased thyroid hormone can reduce the strength and resistance of every cell. This includes the immune system.

Some overweight people are convinced their “metabolism is slow” because of a thyroid problem. Yet the vast majority do not have underactive thyroid. Conspicuous weight gain may not occur in many people with hypothyroidism. A sufferer is likely to get a little heavier because of the slower metabolism, but the average gain is only five to ten pounds. When seeing weight loss patients, we look at the thyroid, but it is more likely that it is a hypothalamus problem. We treat many overweight women who have difficulty losing weight. In those cases, we support the hypothalamus to help with the weight loss. The hypothalamus is the gland that instructs the pituitary to tell the thyroid to release hormones.

If you think you have a thyroid problem, get a complete thyroid panel, even if you have been told that your thyroid is normal. Look at your blood test that you currently have. If it only says TSH and maybe one other finding, it is time to get a complete thyroid panel. Contact Dr. Schopp at 314 843 9355 to schedule your appointment. See ad on p. 4.

An Informative Read on Thyroid

After having your thyroid tests completed, you may have questions about your diet. Check out Dr. Kinsey Jackson’s book *Thyroid Reboot*. Dr. Jackson suggests foods to eat to help support a healthy thyroid, which foods to avoid, and which herbs may help support healthy thyroid.

Lymbic Stress Assessments (LSA)

Post-“cov”, more people are now searching for alternatives to allopathic medicine to stay healthy. Pet owners have expressed their frustration with current veterinary availability and care, due to a shortage of vets. Whether you are searching for an option for you or your pet(s), the LSA scan may provide helpful information.

Developed by Dr. Vaughn R. Cook, OMD, the LSA has been used for several decades by healthcare professionals. The LSA is made by the ZYTO company in the USA. The scan is done by resting your hand on the cradle which looks like a giant, space-aged hand print. The cradle has sensors which measure electrical signals. From their website:

Your skin, and much of the rest of your body for that matter, conducts electricity. If your body didn’t conduct electricity, touching a high-voltage fence or sticking a knife in an electric socket would have no effect on you. We wouldn’t be alive without electricity because body functions are controlled by electrical signals.

The skin in particular is a good conductor of electricity, so even a weak electrical signal introduced to the skin can be measured. By applying a constant, unperceived level of voltage to the skin, we can get a baseline reading of the skin’s conductance. Skin conductance (SC) is a term that’s often used interchangeably with electrodermal activity (EDA) or galvanic skin response (GSR). <https://zyto.com/what-is-galvanic-skin-response>

Over the years I’ve done these scans, we’ve often seem remarkable test results! One of my cats was diagnosed with a severe case of congestive heart failure, The vet wanted to kill her. Phooey! I ran an LSA on her and determined her needs. That was 5 ½ years ago, and she’s going strong!

If you are interested in scheduling an LSA, please contact Nan at Natural Health and Home. I have the equipment to run the scan, and Dr. Paul Oden or his associate Linda will do the actual evaluation and make suggestions for detoxing, nutrition, emotional release, allergies, and more.

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R. Cook, OMD, the LSA has been used for several decades by healthcare professionals.

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Kandice Steitz

Sound Practitioner

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