



May 2018 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.

Calendar of Events

May 13: Mother's Day! Celebrate your mom with gifts from Natural Health and Home.

May 28: Memorial Day. Please remember the military and their families who sacrifice for our freedom. Send a Care Package of healthy goodies to your favorite service family member or friend.



Blueberry season is coming to our area. If you enjoy picking berries, contact Lalk's Berry Farm in Hillsboro. Wayne's number is 314.695.2142. The farm is on BB Highway between Hwys 21 and 30. The plants are minimally sprayed (not the berries).

Dear Wellness Warriors,

This month, Dr. Sue and I are focusing our writings on frequency, health, and healing. I enjoy exploring new (and old) ideas and learning how I might apply them to my life and to help others. The more I learn, the more I realize I need to learn in this interesting field of study! It's an ancient concept, yet modern science helps us understand how it works and how many ways we can use frequency in our lives, from music and sound, to prayer and thoughts, to essential oils, to acupuncture and QiGong and other practices—it's all quite amazing! Everything vibrates—even stones. In the Old Testament, we see references to twelve specific stones on the temple priest's vestments (ephod). They were there for more than decoration and symbolism. <https://www.pinterest.com/pin/292804413246686549/> and <http://www.jewishencyclopedia.com/articles/3668-breastplate-of-the-high-priest>

Perhaps you visit a chiropractor who uses applied kinesiology (A.K.) also known as muscle testing. This is based on energy (frequency). The great news is, **we can learn to use A.K. ourselves** to help us determine which herb, essential oil, supplement, food, or even body care product is best for us.

- ✓ **Dr. Bradley Nelson's *The Emotion Code*** and his class *The Body Code* each teach us how to use AK on ourselves and family members to improve our holistic health and well-being.
<http://www.drbradleynelson.com/five-things-you-should-know-to-use-the-emotion-code-correctly/>

- ✓ Another simple, VERY SHORT book on A.K. is **Becky Utley's *Doctors Could be Wrong*** (Healthy Sole-u-tions 2014).
- ✓ Finally, **Dr. Richard Gerber's *Vibrational Medicine*** is a much more detailed and scientific examination on the topic (Rochester: Bear, 2001). In his book, he addresses acupuncture, meridian-base diagnostics, Bach flower remedies, crystals, and much more. Gerber is a medical doctor.

So, here we go into the world of frequency!

Frequencies and Healing

When I was growing up, my dad had an oscilloscope. He built radios and televisions in the 1930s and '40s, held an amateur radio operator's license, learned Morse Code, and was always tinkering with something in the basement or garage. He used the oscilloscope to measure changes in amplitude and frequency of sound waves. As kids, my brother and I would play with this gadget, watching the varying sound waves on the small screen. It looked like an old fashioned television screen with a grid to identify the sound wave variations. We could use the knobs to adjust the size and frequency of the waves.

Since that time of playing with short wave radios and the oscilloscope, I've learned that everything in our universe vibrates at some frequency. In science, frequency shows "the rate at which a vibration occurs that constitutes a wave, either in a material (as in sound waves), or in an electromagnetic field (as in radio waves and light), usually measured per second." Frequency is measured in Hertz (Hz) and megahertz (MHz). <http://www.dictionary.com/browse/frequency>

In the 19th and 20th centuries, Drs. Royal Rife, Carey Reams, Nikola Tesla, and others researched frequencies as they applied to health and healing. Dr. Rife catalogued over 400 pages of healthy and diseased organ and tissue frequencies (<https://catalog.hathitrust.org/Record/009866334>). These scientists' research showed that by applying specific frequencies to a diseased or injured body, the body would often heal without the use of drugs or other interventions. You may watch a breath-taking QiGong video on a **bladder cancer healing** which took *seconds* to resolve at <https://www.youtube.com/watch?v=31rf74-DQfA>

We cannot "see" energy, yet we may feel or see the effects of energy. I am amazed when I think about each organ of our body vibrating at some frequency, and that when something causes that frequency to change—it could be an emotional occurrence, disease, improper eating or foods, or something else—we may experience pain, discomfort, or disease.

In Connie and Alan Higley's *Reference Guide for Essential Oils*, the authors include a chart of frequencies for various parts of the human body, food types, and essential oils. For example, the human brain vibrates at 72-90 MHz, high quality essential oils at between 52-320 MHz, various diseases and health conditions at between 42-58 MHz, food (processed/canned) at 0 MHz, and fresh herbs measure 20-27 MHz. Death begins when the frequency drops to 25 MHz. (2013 ed, pages 9-10)

Today we can access the **Rife frequencies online** or via special computer programs. I have successfully used Rife frequencies for pain or when I have felt ill. If you'd like more information or would like to try Rife, go to <http://www.rifetherapies.com/>

We can also influence our frequencies to improve and maintain health in several other ways: music, thoughts and prayer, essential oils, Bach remedies, and QiGong, to name a few.

Sound and Music Therapies

Sound has frequency and affects our bodies and minds either positively or negatively. Native Americans and other groups of people use drumming, crystal or brass bowls, or other sounds to aid in healing. Various religious groups, including Jews and Catholics, have used chanting to inspire their minds and spirits. During World War II, medical personnel began experimenting with certain types of music to help soldiers with combat fatigue (now called post traumatic stress disorder) with great success. Now, music therapy is used with individuals diagnosed with autism, depression, learning disabilities, dementia, behavioral challenges, and other conditions. I have used and witnessed the affects of certain types of music to help relieve pain, reduce stress, manage blood pressure, and more when I worked with late-stage AIDS and hospice patients.

Listening to certain types of music also enhances learning and study time. For example, listening to Baroque style music may help when studying certain languages. I listened to certain types of classical music when I studied English literature, and I found it helped me study. For more information, go to **The Mozart Effect:** <https://www.mozarteffect.com/> and <https://www.christs.cam.ac.uk/there-mozart-effect-effects-listening-music-cognitive-processing-ability>

Since the 1980s, Ms **Janalea Hoffman** has conducted research in music therapy and healing. Her music is used for pain relief, to aid in bringing blood pressure and pulse rates to more normal levels, and to aid with stress and anxiety. She has authored books on the topic and written and performed therapeutic music, called **musical acupuncture**. Her books and CDs are available at <http://www.rhythmicmedicine.com/>

Frequency, Thoughts, and Prayer

Thoughts and words have frequency—they are energy. Many religions, including Jews and Christians, believe that God spoke and created our world. His speech (sound) is frequency. Prayer “works” via frequency. A laying on of hands, a blessing, or an anointing “works” because of frequency.

Ella Wheeler Wilcox wrote a poem about thoughts:

You never can tell what a thought will do
In bringing you hate or love-
For thoughts are things, and their airy wings
Are swifter than carrier doves.
They follow the law of the universe-
Each thing creates its kind,
And they speed O'er the track to bring you back
Whatever went out from your mind.

Annette Capps, author of *Quantum Faith*, tells us:

Words are energy and energy affects matter. The energy of your microwave vibrates the water molecules and heats the water. The energy of electricity flows to your washing machine and powers the motor that spins the tub and cleans your clothes. So, we can rightfully say that energy affects matter. Your words are energy and they affect the matter in your life. When you speak the words, “This is the worst car I have ever had! You stupid piece of junk!” Those words are vibrations of energy that affect the atoms that make up that car. If you speak those words long enough, your car will obey you.

Hebrews 11:3 says: “Through faith we understand that the worlds were framed by the **word** of God, so that things which are seen were not made of things which do appear.”

http://housechurchministriesforjesus.com/wp-content/uploads/2012/10/BCR_121011_Wholeness-Call-5.pdf

Dr. Masaru Emoto also conducted experiments with words, prayers, and thoughts using water crystals. When a word was written and taped or spoken to a bottle of water, the water changed its structure. When “beauty,” “love,” “gratitude” were applied to water and frozen, the ice crystals showed great beauty. Likewise, when beautiful music was played near the water, the crystals changed to beautiful images. In contrast, when words such as “hate,” “ugly,” or “murder” were spoken to the water, or when heavy metal music was played, the crystals showed dark images. <http://www.masaru-emoto.net/english/water-crystal.html>

- ✓ **Considering our bodies are about 70% water, how are the words we use, the thoughts we think, and the music we hear affecting our bodies, minds, and spirits?**

Pure Essential Oils and Frequency

David Stewart, PhD, author of *Quantum Physics, Essential Oils, and the Mind-Body Connections*, explains:

Quantum physics has to do with things too small to experience or measure with our five senses... A chemical formula is not a complete description of a compound, even though today’s chemists and chemistry books will say so. Instead of describing an essential oil as “A Mixture of Chemical Compounds,” essential oils are better described as “**Vehicles of Living Energy.**”

<http://www.raindropttraining.com/messenger/v7n1.html>

Pure essential oils vibrate between 52-320 MHz. Rose and Frankincense oils have the highest frequencies. Interestingly, when oils are blended, they retain their original frequencies. Dr. Stewart explains that it is like playing a chord on a piano. Someone with a keen musical ear will hear each note as well as the chord. Essential oils, then, may help balance our frequency imbalances when correctly applied or correctly taken internally.

Vibration, Frequency, Energy: What Are They and What Do They Have to Do with Healing?

By Sue Overkamp, D.O., Contributing Writer

The body is not a one-note melody, but a symphony of many interactive components functioning synergistically. . . . The active-ingredient model does not stem from a strength of the scientific method, as often supposed. Rather, it stems from a weakness—from the inability of the reductionist method to deal with complex systems. --Sharma HM. Phytochemical synergism: beyond the active ingredient model. *Altern Ther Clin Pract.* 1997;4:91-96.

There is so much we don't know. That said, it's important to appreciate that our tools for knowing are evolving. In medicine today, an evidence basis is considered key to developing good clinical practice, so that we doctors can say to our patients, "This is a good treatment for you. We know this because we can duplicate experimental trials (the best are randomized and controlled). That means the treatment was found to be good in a trial, and then other trials had the same finding." Medicine does this because it needs to show that treatments are actually good in order to ensure the safety of patients.

One wishes that all the things we do medically would have a firm basis in scientific fact as determined by experimentation. But unfortunately, that isn't the case. For many, many medications we don't really know the method of action of the medication, for instance. That doesn't mean the medication must therefore be bad or ineffective, and it doesn't mean that experimentation is bad. It means several things, one of which is that human knowledge is evolving. The ability to determine the relative advantage of a particular treatment is limited. It's less limited than in the past, but it's still limited. And we also don't always agree on the quality of the evidence or the conclusions we draw, again, because knowledge is limited. What's important is to evaluate evidence fairly, and that can be very difficult to do, even for people who are committed to fairness.

Why all this talk about evidence when our topic is frequency? Glad you asked! There are many treatments, both inside and outside of standard medicine, that are effective, and we can't really show why. An area of particular difficulty is that of frequency or vibration. Sometimes the word *energy* is used as well. Let me give you an illustration.

Molecules, and the atoms that make them up, vibrate. Anything that vibrates can be described in terms of frequency, that is, how many times it completes a cycle of movement per unit of time. If two kids hold a rope and one kid moves one end of the rope up and down really, really fast, the frequency of the rope's vibration is much higher than if the kid moves it up and down more slowly.

Heat is lower frequency than light, and light is lower frequency than cosmic rays. It's fair to say that the vibration of something that gives off heat is slower than that of something that gives off light.

Why do we care? Because when our health is at stake, it's important to have good, accurate information. One thing—and by no means the only thing—that helps us do that is to be as clear as we can about what the terms mean. A case in point: as I mentioned in my last article, the Chinese word *qi* is often translated into English as *energy*, but it isn't the same at all as the energy we were talking about earlier, the energy of the electromagnetic spectrum—heat, light, cosmic rays, etc., which are electromagnetic frequency or frequencies (EMF). In fact *qi* doesn't appear on the electromagnetic spectrum. It can cause heat to be given off, it can cause light to be given off, but it is not those things.

For fun, look up the famous copper-wall experiments by Elmer Green at the Menninger Clinic. (You can find a nice summary in *The Way of Qigong: the Art and Science of Chinese Energy Healing*, by Kenneth Cohen.) They put controls (ordinary people) and so-called exceptional healers one at a time in a copper-lined room, insulated them from contact with the copper, and asked them to emit healing (uh oh, here comes that word again) energy. Let's use the phrase *healing*

power instead, because what the exceptional healers emitted wasn't EMF. But it caused EMF! The experimenters measured sometimes very surprisingly high electrical power in the copper, sometimes as high as 221 volts, as a result of the healers' activities.

So if by *energy* we mean *EMF*, then *qi* is not energy. We don't have an English word for it, and we don't have a scientific theory to explain it. Yet. Does this mean that *qi* isn't real? No. Does it mean we shouldn't use it clinically? Not necessarily. But it does mean we have to go to non-scientific sources for wisdom about how to use acupuncture, for instance, or how to best practice *qigong*, and even how to use herbs—though we are beginning to establish a body of scientific evidence for herbs. We struggle with it, though, because a typical herb doesn't have just one active ingredient. And when you combine it with other herbs, which is just what skilled herbalists do, things get too complicated for the active-ingredient model to handle, which means too complicated for the current capabilities of scientific studies.

So how do we understand things like applied kinesiology (AK, muscle testing) or essential oils or sound therapy or *qigong* or yoga? Very carefully. I've chosen the above list because they come from various cultures, which means that they come from different wisdom traditions. Are wisdom traditions always right and contemporary medicine, for instance, always wrong? Of course not! Where we humans get into trouble is by thinking that something must be bad or wrong or ineffective because it doesn't fit my paradigm, my set of rules about what is good and right and effective. History is full of examples of paradigm breakdown. In fact, just about every scientific breakthrough involved a paradigm breakdown. Paradigms are human constructs and so are flawed. They are also the best we have—until we get something better.

How do we understand AK? According to the principles of dowsing. How do we understand essential oils? According to the principles of herbal medicine. How do we understand sound for healing? As a discipline, sound therapy *per se* is pretty new. But indigenous peoples almost universally use sound for healing, in the forms of chant, song, and instrumental music, so we can go to indigenous cultures for wisdom about how to heal with sound. How do we understand *qigong*? According to the principles of Chinese *qi* practice. How do we understand yoga? According to Vedic philosophy and practice.

All this is pretty unsatisfactory to us Westerners. We want things to be understandable and explainable, and that's a good thing. But when things don't come from our culture, we must take care not to impose our cultural expectations on phenomena that we don't have language and constructs for. Instead, we have choices, and one choice is to sit humbly and learn, using our own inner wisdom and goodness as a way, in time, to understand and evaluate what we have learned. This doesn't mean that Truth isn't Truth. It does mean that no human has a lock on it.

Will Western science explain adequately and thoroughly how homeopathic remedies work in my lifetime? Probably not. Should people not use them because of that? Probably not (though individual cases do differ and should be carefully evaluated, as always when we are talking about treating real patients). At the very least, we

owe it to ourselves to investigate, using the very best information available—including experience—to reach good conclusions. And the more important those conclusions, the more open I recommend we be to being rationally convinced otherwise. And yes, I find having a curious and rigorous mind—a feat I manage for a few minutes in a good week—is one of the two or three most difficult and rewarding occupations of my life.

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Medical Thermography (DITI) “sees” inflammation, vascular activity, lymphatic activity, hormonal dysfunction, and other “functional” abnormalities. It takes many years for most cancers to develop to the stage that they can be detected with mammogram or ultrasound. DITI is a tool to detect changes over time earlier (sometimes as many as six years earlier) so we have an opportunity to intervene and change the outcome.

To schedule a thermography scan, call Linda at 314-566-0350. The office is in Fenton. www.medicalthermography-stl.com

Dr. Christopher's dream was to have
"an herbalist in every household."

To register for online classes, go to

<http://www.snh.ccljamaffiliates/jrox.php?id=1116>

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