

Natural Healing Express Weekly

Column Volume 168 Happy New Year

We have an early deadline this week. That means I am writing this article the day after Christmas in order for it make it to your lovely mailbox either New Year's Eve or New Year's Day. It also means no one here is recovered from Christmas and it appears we are ALL cranky. I am not sure there is enough Nutri-Calm to go around. Actually, I am sure, come get some if you need it.

Seems like everyone who is actually at their job is really not "happy" about being there today. Along with the day after the Super Bowl, I think the day after Christmas should be nominated as a National Holiday. I mean what can it hurt? Productivity is not taking place anyhow and for those of us who busted butt to make sure everyone ELSE enjoyed their day, well, go warm up your own leftovers. I think a day off before returning to work is warranted. Anybody with me?

So, let's talk about 2015 and getting things off to a good start. Or perhaps begin by recovering from the start if you are reading this a little later.

During the holidays everyone seems to over-eat, over-celebrate, over-drink and then eat some more. Maybe it's that holiday fudge, Grandma's special pie or even a few extra eggnog indulgences. You know what I have to say to that? So what!...Ya, so what! Maybe that seems a little hypocritical coming from a nutrition angle, but looking at the overall Whole Life Approach, a little something extra with family and friends during the holiday season may be good for the soul.

Life can change in an instant. We are not promised tomorrow. So, do yourself a favor, don't miss the opportunity to SHARE time, food and drinks with your family. Look at the bigger picture and be grateful for the chance, it might not always be there. And if I have learned anything from looking back at my recent memories, I haven't regretted having just one more glass of wine with precious friends, especially those now gone.

So, yes, this means its ok to go a "little" overboard sometimes. Obviously, moderation is the key for most of the year, but looking at all the stress we seem to be under (and let's face it, sometimes the holidays ADD to that stress) one or two extra desserts or cocktails are not going to make that big of difference over a year. But, be safe, be smart and set some ground rules. Know your Bio-Individuality, Monitor your stress and moderate it in positive ways. Take a walk, chat with a friend or indulge in a nice sea salt bath. And yes, we still have that Nutri-Calm which feeds the body instead of depressing or suppressing it. Come get some. Really...Before it's sold out again.

Here are some more hints. If you are diabetic, you don't have to eat the entire fudge tray. If you were that one drink drunk in college, don't suck down the entire bowl of spiked punch at the office holiday party and then demand an impromptu "Come To Jesus" meeting with your boss. Although slightly amusing for others to watch, that hardly ever works out for the positive. If you demonstrate addictive behavior or tendencies, it is not a good decision to drink at all.

A word spoken is a word you can never take back. And for goodness sake- don't drink and drive. Be Smart. For many people, it is OK to be a little indulgent during the holidays, but it is NOT ok to be stupid.

For the love of Pete, it is just never OK to be Stupid. (INSERT EYE ROLLING) So just don't be and don't take chances with your health. Your body is a wonderful tool designed by the ultimate Creator. It can recover from very dire consequences but rough housing it will take its toll over time. Remember the old saying treat your body as a temple, well, it's not too far off. So, as I am for the moment allowing a little well deserved indulgence, let's not allow that inch to become a country mile.

If you eat a bit too much, then, well, ok. It's America. We don't have to eat rocks. And, we live in one of the finest regions of the country with arguably the best farm land ever. Of course we are going to eat. I remember my grandma making those huge "farmer's breakfasts" that had enough protein to feed a village. And enough Carbs to send the gluten free folks into convulsions. But guess what, we all worked the whole day through and didn't have to take any "time outs" from the physically stand point. Sure farming was tough, but dag nab it, Grandma's breakfasts gave you the fortitude to run strong. Or something like that.

Anyhow, as usual, after our Longevity series, we'll do more columns about Weight Loss. However; for starters, use digestive enzymes to aid your system prior to eating those heavy proteins or tons of carbs. Breaking food down from the second it hits the mouth is quite favorable for digestion. And CHEW. Chew, Chew, Chew. This is one of the best things you can do for proper digestion. We have plenty of digestive enzyme products available so drop by and pick one up.

If you need help learning to slow down and chew, we can help, but will cost extra. Here's a simple trick: Set the fork down in between bites or count to twenty while chewing.

If you are experiencing acid reflux one of the fastest and easiest ways to help is to simply drink a glass of lemon water. When someone is experiencing this issue, it is a signal that your body is desperately trying to stabilize the alkalinity in the stomach. Adding lemon water to the stomach is not furthering the acid content as you might expect; it is helping to alkalize it.

If you have put on a few pounds during this holiday season, please check in with us for we will be offering classes after the New Year, many of which will be about cooking, learning your own Bio-Individuality, balancing herbs for the body and weight loss.

And now, the holiday issue about which I get the most questions: HANGOVERS. There are many, many theories about this and since this column is already too long, I will just share mine.

Step ONE – Balance your Liver BEFORE consuming using Milk Thistle. Your liver will thank you for not having to work triple time battling those rum and cokes (NOT rum and DIET sodas, you know that by now, right?) Do not consume products containing ASPARTAME. When you have an hour to hear my rant on that subject, come to the store. For purposes of this article it is sufficient to say that aspartame is not healthy and it is IN most Diet Sodas. One can actually take Milk Thistle before, during and after alcohol consumption to help your liver. It's never too late. And add in Vitamin B.

Step TWO – Drink lots of water before, during and after drinking alcohol. This helps to cut down on the blood alcohol content as it digests.

Step THREE – EAT SOMETHING.

Uh – Oh are you ALREADY way past steps 1-3 and can barely read this?

MORNING AFTER-- HURTS LIKE HECK RECIPE – (all ingredients are available at NHE)

Milk Thistle, Men/ Women’s Multi-Vitamin (doubled) or Vitamin B, Spirulina. Take with at least 12 ounces of ANY electrolyte replacement drink. We use Spark and mix it with Rehydrate. You will feel better in twenty minutes. We can explain all of these products, just give us a call.

Also, if you are the party host, (Lord knows how many times I have been in this position over the course of my lifetime), go ahead and make a “remedy” blend and have it available at your party. Mixing Spark and Rehydrate in a pitcher and setting it out about the time the ball starts to drop never fails. Your family and friends will thank you.

Come see us. As always, we welcome your questions and comments. And Happy New Year!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express