

Natural Healing Express Weekly

Column Volume 162 Happy THANKSgiving

Wow, it's that time of the year again – already! Here we are diving into the holidays and I am still not positive everything that needs to be “winterized” (including me) is ready to take on this cold weather. So, where's the beach? I need a warm “time out” before Snow-magedden hits again. Who is with me?

And not to mention, time enough to knit about 14 more hats, sweaters, scarves, socks and mittens that can be layered. One further announcement, albeit pleasantly and graciously stated; to my neighbors who are all giddy and dancing around like Christmas elves by their palace on wheels, very funny packing shorts, flip flops and lawn chairs in the driveway. Rub it in. See ya in April you lucky snowbirds...

Now that I am done “cranking” on the season, let's take a look at what Thanksgiving is all about, and then of course add semi-serious and opinionated commentary. The intent of this article is to get us to a place where we can be truly grateful for all we have and not to obsess about what we have not.

Here's a quick history lesson regarding that first Thanksgiving. It was held at Plymouth, Massachusetts, between the surviving passengers on the Mayflower and English-speaking Indians and their families. If you recall, about half the original members on the ship passed away either on the voyage or during their first year in the new country. Needless to say, all the transition was rather difficult on many families, so this coming together event, our Thanksgiving, was celebrated hardily. It was the first successful harvest for the pilgrims, symbolic of survival with thanks going to God.

Just picture in your mind what the hardships must have been like to even get to that first Thanksgiving Day table; disease, malnourishment, grieving, new land, hostile neighbors, bad undergarments, etc. And we scream when the cable goes out during football. Give THANKS for them, their resolve, technology, spanx and DVR or whatever else floats your boat.

We live in a country, despite our political differences, where we have the right to live free and vote because our forefathers earned it. If you don't think this is reason enough to kiss the ground you walk on, flip on any news channel and see how folks live outside the US, where persecution and murder are legally justified for religious, political and cultural differences. This ISIS crap has to stop

Another way to find things to give thanks for is to just look around. Load up the car and take a drive around Stephenson, Carroll and JO Daviess counties to see our many points of historical significance. There are many examples pertaining to the Black Hawk War, the Civil War, Trade on the Mississippi and the founding of our counties which take their place in our National Tapestry.

And, PLEASE pass this knowledge on to your kids and grandkids; don't assume someone else is going to teach them everything about our place in history. Our local area is special and something to be proud of. Our teachers are doing their best, but when a student comes home with a history project, jump in and make it come alive. You have access to so many resources in the area and you are making a difference for the student which makes a difference for our future. The ground on which you traipse is sacred, and

many sacrifices have been made to keep it free. Give thanks for the opportunity to drive your car, teach, and to be able to live God's country -- Northern Illinois and Southern Wisconsin. And Iowa on good days.

And, as for that family, enjoy things as they are now. In a moment, they can change. Try to remember when you're aggravated that most things are small and solvable. In the long run, much of what gets under your skin now won't matter. Eat the pie, be happy and giggle. God has an enormous sense of humor, that's why he put you in YOUR family. Remember, how you RELATE to the issue IS the Issue! Give Thanks that your family tree branches.

One practice we have gotten into the habit of during this holiday is for everyone to go around the table, couch, or bar stool and say aloud one thing for which we are thankful. The results vary, some bordering on moronic, but some are sweet and beautiful. These times are what memories are made of. Maybe it's something you might like to try at your gathering. Give Thanks that you actually have someone to share your opinions with, as we are not promised tomorrow.

If you find yourself alone during this holiday, there are many, many opportunities in our community to serve. Serving is a great time to think outside yourself and do good for others. If you have your health, a little money in your pocket and some food in your belly, you already live better than 90% of the people in this world. Give Thanks you are an American and can celebrate, on your terms, this Thanksgiving Day.

As another item to celebrate, last week we began chatting about our upcoming series on Longevity. Here are a few tidbits from last week. In the summer of 2013, I ran a series on Longevity. During the process we interviewed four individuals who were shining examples of longevity. They symbolized the keys to a healthy, happy and long life.

The Longevity series not only taught me a lot about graceful aging but shed light on overall truths to living a full, long and healthy life. So, as with anything good, I said, what the heck? Let's do it again. Thus, over the next few weeks, I hope to interview a few hardy souls and feature their suggestions on living a long life in our column. We will look through their eyes, share their words of wisdom and hopefully have a few laughs along the way.

For your part, I would like your suggestions on folks who may qualify to be part of this segment. Our goal is to feature a few stories on these blessed beings who reside in God's Country (Northern Illinois, Southern Wisconsin and Eastern, Iowa) and get their perspective on a life well lived.

We ask that the person be at least 85 years of age, still living at home or functioning in the home of a relative/friend/caring facility and be willing to spend some time chatting with me about their successful longevity. I would like to also include a photo if possible. If you know someone who would be a great candidate, please email me your suggestion and their contact info to [skscham@aol.com](mailto:skscham@aol.com). If you do not have email, but would like to nominate a candidate (or yourself) please call the store at 815 990 8732 and ask to speak to the Longevity Hostess. We await your contact.

From the Natural Healing Express Family to you and yours, we wish you a wonderful holiday!

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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