

Natural Healing Express Weekly

Column Volume 1667 Merry Christmas!

I can't believe Christmas is here already. This seems ironic because I feel like I have been marketed to since BEFORE Thanksgiving, but I am thoroughly shocked at how fast time seems to be flying. And what a year it has been. We've had several wonderful triumphs. Some highlights include many of our class members and clients improving their health significantly! We have three clients celebrating remission. We have several folks that have gotten their diabetes under control. We have three brand new bouncing healthy babies with equally healthy Mommies.

We have athletes hitting new highs with personal goals met and team championships won. I have to say when I return to Indianapolis and my colleagues there have heard of the teams that make up Northwestern Illinois High School Sports, I am humbled and excited to watch our youth continue to make a name for our area.

We have several people losing weight and many that are working on their blood sugar issues. It humbles me to see everyone doing their work. I love witnessing them taking charge of their health and improving so significantly. I feel very blessed to work with each and every one of you and I can't wait to see what the future holds.

We've made more great memories and had lots of laughs! In our classes, fellowship is encouraged and you all have made our "Natural Whole Life Institute" a sacred place for learning and sharing. Thank you for that. Each member of our classes is near and dear to my heart and over time has become like family. I feel very blessed to witness the growth and improvement that you all are making.

We were blessed to have renowned Trent Blanchard host a workshop in October. Many of you who attended are applying the learnings to your own life and making productive changes. This is the key to keeping it real ---Learn to Grow and you have the world at your feet.

And yet sometimes learning to grow is marked with the pain of stretching yourself. This year for me was one of the most challenging. For those of you thinking you have it rough, try this on. One emotional break up, (great for the diet, I lost 300 lbs. that weekend, Get it?...giggle), Anyhow, One big relocation, two broken bones, three miles short on RAGBRAI, four funerals, five appliances breaking, six raccoons laying crap in my "new" old garage, seven vacation days not happening, eight broken wine glasses, nine U-Haul trucks, 52 columns written, 223 days of hospitals and ONE empty bottle of Patron. (Wink, wink) And, how was your year? Feel like you were running from event to event? I feel ya.

This year was also sprinkled with the sorrow of losing a few wonderful people including my dear, dear friend and a familiar face at Natural Healing Express. Our Miss Rita Lob dell is never far from our hearts. She has a very funny way of letting us know she is still around, but it just not the same.

There are a few others gone too soon including a classmate. You all are missed. You mattered and we think of you often. Many of you out there lost parents this year. There is just something about losing a parent that makes one more of an adult. It's that awful feeling of knowing you can never again pick up

the phone to gain their wisdom. I don't like it and I feel your pain. For those families in grieving during the Holiday season, we will be praying for you. Godpseed.

It is difficult this time of year to move forward and try to celebrate when loved ones are missing. Neither my sibling nor I have put up decorations since my parents' passing. Somehow something changes and it is most difficult to "reframe" the holidays when they were shared for many, many years with folks that are no longer there. It's just different, and sometimes becoming "the adult" truly sucks.

But, we have the memories. One of my favorite memories of Christmas' past was getting to taste the first batch of my mother's homemade fudge. She could certainly bake and made some amazing pies, but that fudge was something else.

And, of course, we would always have at least one night dedicated to "tackle Christmas" which was a slightly more physical version of White Elephant. You might be a redneck if you are willing to tackle a family member for the big can of cashews. Ok, so now it might be starting to make some sense why we receive very few invitations to other family's outings. This is definitely an Ah Ha moment. I get it now, you can take the girl out of the country, but you can't take the country out of the girl.

And, while I am on my Christmas rant, I do have to mention the reason for the season. It is called Christmas because of a little baby born a few years back in Bethlehem, not Birmingham. (A reference to our pal Toby's Christmas to Christmas album-check it out).

As most of you know, I am a Christian and I don't apologize for that. However, I don't believe in judging anyone else for their beliefs either. When I say "Merry Christmas" to you, I am celebrating the birth of Christ. I am having a personal party in my faith and with my happiness; I am wishing you many blessings for the coming year. No drama, no politically motivated BS, no hidden agendas, NO JUDGMENTS, just a simple statement of "I wish you well in the spirit of Christ".

For this Holiday season. I wish you the best and the merriest time of all! And, please enjoy yourself and your family and friends! Spread the joy. From everyone at Natural Healing Express, from our family to yours, we wish you a very MERRY CHRISTMAS!

***As usual, we have plenty of Nutri-calm for those "one-day-too-long" family gatherings and plenty of Milk Thistle for those parties' nights.

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.

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