

Natural Healing Express Column Volume 1

Hello Northwestern Illinois and Southern Wisconsin!

I am so delighted to have been blessed with the opportunity to write a column for the Flash. Mark, Caroline and everyone have been very supportive since the Grand Opening of Natural Healing Express here in Lena, Illinois this past August. Thank you guys!

Since is this essentially Volume One of the Natural Healing Express column, discussing format seems to be of the essence. I am of the belief each client becomes a teacher of some sort in my life as we cross paths. With that said, I would like to keep this column as interactive as possible so I can be of assistance in answering the questions and discussing the topics which are of the most interest to you, the readers and actually learn as we go.

So what do we actually do and what is the point of this column? At Natural Healing Express, we are bringing forward Natural Health Products and Services along with Natural Health education under one roof. Our purpose is to get to the root cause of health concerns as quickly and as effectively as possible and to be of assistance in getting our clients to their optimal wellness. We look at Bio-Individuality as the primary factor in a client's wellness plan.

Bio what? The fastest way to explain Bio-Individuality is this. Everyone is as unique as their fingerprint and even though we as humans are all built essentially the same, we have all had different experiences, environments, stresses, pre-dispositions and adaptations. Why did George Burns who drank, smoked and pushed himself to the limit and lived to be over one hundred years old while others who try that are gone by forty? Because of Bio-Individuality, George knew a lot, and he knew how far he could push it. We'll go into Bio-Individuality in depth on Column Two, but that's where we start. And the point of this column is to help us all learn, together, about our own health and wellness.

So, back to the format of our new column. We are intending to be as interactive as possible. And, how do we go about this interaction? My first suggestion, for those of you who are on Facebook, is to "friend" us or like us at Natural Healing Express and leave us a note either on the wall or by private message. Another option is to email me directly susan@naturalhealingexpress.com. The third option, for our more old school folks, is to pick up the phone and leave a message at 815 990 8732. Careful though, sometimes we actually answer.

As for content, this column is intended for discussion and education regarding Natural Health and Natural Health topics which may include: hints, recipes, products, services, questions, answers, miracles and sometimes a story or two that comes across my path intended for betterment. Humor is utilized or at least attempted on occasion and my apologies in advance, just in case. We hope to hear from you soon!

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