

Natural Healing Express Weekly

Column Volume 104 Our Wellness Class

First of all, thank you for the well wishes regarding Bella Lena. She has recovered wonderfully and as of about 15 minutes ago, she has had all stitches removed and all restrictions lifted. This means her ever present glamour cone has been retired. Many thanks to the Rockford Emergency Animal Clinic and Orangeville Animal Health, both of which have been great caregivers during her surgery and recovery. It's wonderful to have such great caregivers within a reasonable drive. Kudos.

During this article, I will discuss our upcoming classes which are scheduled to begin on Tuesday, October 2nd. This class is going to be a fairly intense "Get Healthy – Change Your Habits" Wellness program.

There will be three distinctive levels of participation that the individual will choose during the first week of class. This tri-level approach affords everyone an opportunity to participate at their desired level of change.

The Level One Program will be an all-encompassing event of intense nature. There will be a detox, nutritional reform, an individual work out plan and spiritual components. Level One is designed for folks who are ready for an overhaul and need support and coaching to do it.

Level Two will be a fairly rigid program which will encompass a moderate detox, nutritional education and diet change, a moderate exercise program and support.

Level Three is a more basic program that will provide a simple detox, nutritional education, a light workout program, team support and learning opportunities.

Please don't worry if you do not currently know which level appeals to you, there will be assistance and an easy quiz to help determine the level of participation during the first week of class.

This one of a kind class is being taught for the first time. It will include tidbits from Tosca Reno's "Eat Clean Diet", Dr. Joel Furman's "Eat to Live" and Dr. Mark Hyman's Ultra Metabolism along with several protocols by yours truly.

And, I will be participating in this program right along beside you, so it will be interactively based, not the traditional "teacher/student" classroom environment. The class is designed to assist you in making the needed changes in your lifestyle to get the results you desire.

The class is designed to be a 10 week program which will take place on Tuesday evening beginning at 6:15pm and end at precisely 8pm. On Wednesday nights, there will be an opportunity for a make-up class if you miss on Tuesday. This is if we can actually find a way to video tape the previous class and all class members agree to be videotaped. If not, it is possible we will have a class leader who will volunteer to do the recap. Also, if anyone out there is an expert or pseudo expert on videotaping, please get in touch with me.

We will be hosting our first informational meeting on Tuesday, September 24 at 615pm and a second on Thursday, September 26 at 615pm. Our plans are to begin classes on Tuesday, October 2. The cost is \$10.00 a class, with a 10% discount if paid in full during the first two weeks of class.

This price does not include supplements or nutrition; however, it will include samples from time to time.

If you are ready to make a change and take charge of your health and wellness, this class is for you.

If you are interested, please get in touch with us soon. We will cap this class at 20 people. This is not our typical weight loss class or a cooking class.

I anticipate this class will fill up soon, so please email, call or stop by to let us know you are interested, especially if you cannot make one of the two informational evenings.

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