

## Natural Healing Express Weekly

### Column Volume 105 Wellness Recipes

As we get ready to embark on our 10 Week Wellness Class, I thought it would be appropriate to share some reasons to take the class other than an obvious desire for wellness in your life.

Many people ask me what are the “signs” of your body needing a change? Fortunately, we have a great software system that does a nutrient analysis on site at our Lena location, so we can easily pinpoint the areas of direct need and begin to detain a “healing crisis.”

If you are interested in utilizing the nutrient analysis, please call and make an appointment for one in the near future. Cost is \$35.00 for the initial analysis and you will receive your report on site.

For those of you who have not done the nutrient analysis, here are some simple signs that your body can be in the midst of a “healing crisis.” This means that your body is attempting to heal on its own but is having some level of difficulty, quite possibly as it is attempting to release a buildup of toxins, which is a sign our Wellness Class could be of benefit to you.

Cut and Post Alert

Signs of a Healing Crisis (3 or more)

Elimination of Gas

Immediate and Frequent Bowel Movements

Skin Rashes

Acne Eruption

Discharge from Ears, Eyes, or Nose

Muscles Spasms

Headaches

Bloating

Stomach Cramps

Fever

Vaginal Discharge

Prostate Irritation

Emotional Upsets or Feeling Blue

## Exhaustion

If you have 3 or more of these signs, you could definitely benefit from learning more about your own Bio-Individuality and taking care of your body. It is possible to make the transformation into vibrant health. We never give up on the body; it will always work to heal itself when given the chance and proper support.

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.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express