

Natural Healing Express Weekly

Column Volume 112 Detox Review and Candida Albicans

We have had several requests over the past three weeks regarding our Detox Program. I am choosing to run the Detox Questionnaire again. **CLIP AND POST ALERT!**

Are you suffering from a Toxic Overload and Need A Detox?

- 1.) Are you constantly tired and lethargic?
- 2.) Do you have difficulty getting a good night's sleep?
- 3.) Do you suffer from frequent headaches or migraine attacks?
- 4.) Do you suffer from bloating or gas?
- 5.) Do you suffer constipation or diarrhea?
- 6.) Do you suffer from chronic sinus problems?
- 7.) Do you have difficulty maintaining concentration?
- 8.) Do you suffer from frequent mood swings, anxiety or bouts of depression?
- 9.) Do you frequently feel stressed or irritable?
- 10.) Is your skin spotty or dull, or do you suffer skin problems such as eczema, psoriasis or dermatitis
- 11.) Is your hair dull and lifeless?
- 12.) Do you sometimes have aches and pains in your joints?
- 13.) Do you suffer from frequent colds and other minor illnesses?
- 14.) Do you smoke or live in a house with a smoker or a smoky work environment?
- 15.) Do you drink alcohol heavily or regularly?
- 16.) Do you drink more than 3-4 cups of coffee, tea or cola drinks a day?
- 17.) Are you addicted to chocolate?
- 18.) Do you crave sugary and snack foods?
- 19.) Is your diet high in processed foods/fast foods or convenience meals?
- 20.) Have you developed food sensitivities?

If you answered YES to three or more of these questions, your body could benefit from a detox. If you answered YES to five or more of these questions, you are most certainly in need of one.

So, there is the re-post for the Detox quiz. Quite possibly you are in need of one. Or your spouse or relative may be. Here are the suggested next steps.

1. Give yourself a pat on the back- you are taking the first step in controlling your health.
2. Call or email Natural Healing Express at 815 990 8732 or skscham@aol.com to let us help you.
3. We'll help you decide on a simple and easy detox or a more extensive 24 Day Challenge.
4. Schedule the time period when you would like to begin.
5. Decide if you would like to do this with our class for multiple layers of support or work one on one with an expert.
6. Begin the journey of taking back control of YOUR health. Good Job!

Like the Home Depot Ad says – You can do this and we can help.

It's time. Many of you are losing coverage on your current health care policies. Several of us are wondering where things will end up. It is my personal belief that taking responsibility for your own health and being proactive will lead to a better outcome. Simply put, if you have your health, you truly have everything. If you don't, well, we have all seen the consequences this can bring about. Doing this starts with having a clean vessel or foundation to begin healing and building wellness.

Call, email or come see us. This task is not too great with support.

One of the realizations that may come up after taking the above quiz is how "addicted" one really is to sugar. Over use of sugar wreaks havoc in the body and can lead to many unpleasant disharmonies including an excess amount of Candida Albicans, which is yeast in the body. This is a long, sordid story in itself, but suffice it to say that overgrowth of Candida in the body is harmful as are the dead yeast cells which produce dangerous toxins.

If you scored low on the previous quiz, yet are a heavy or frequent "sugar" consumer, please take the quiz below. **CLIP and POST ALERT!**

Do you have Candida Albicans?

- 1.) Do you feel tired most of the time?
- 2.) Do you suffer from gas, bloating or discomfort?
- 3.) Do you crave sugar or bread?
- 4.) Do you crave beer or other alcoholic beverages?
- 5.) Do you suffer from mood swings or depression?
- 6.) Do you have anxiety or panic attacks?
- 7.) Are you irritable or are easily angered?
- 8.) Do you have trouble thinking clearly?
- 9.) Do you suffer occasional memory loss or have difficulty concentrating?
- 10.) Are you dizzy or light headed?
- 11.) Do your muscles ache or stiffen with normal activity?
- 12.) Have you experienced weight gain without a change in diet?
- 13.) Are you bothered with a burning or itching in the private area?
- 14.) Do you have a loss of sexual desire?
- 15.) Have you ever taken antibiotics?
- 16.) Are you currently using the birth control pill?
- 17.) Have you used the birth control pill or over three years?
- 18.) Have you ever taken steroid drugs, such as cortisone?
- 19.) Have you had a major surgery in the last 3 years?
- 20.) Do you feel nervous a lot or have a lot of stress in your life?

If you have answered YES to five or more of the above questions, it is likely you are carrying an overload of Candida and would benefit from a detox.

I am aware with the holidays approaching you may feel like putting this off until January. That is alright, but I ask you to consider how much more you will add to this issue during the holidays resulting in harder work later on. You can do this now and we welcome you to speak with any of our clients who have worked the program, now enjoying a healthier lifestyle.

This Saturday, November 23rd, we will have a table at LADIES DAY OUT held at Lena High School. We will have information on hand at that event. Stop by and see us there. We will also be offering great discounts at the store along with complimentary consultations regarding this topic. Bring in your quiz and we'll help pick a path. Store hours will be extended from 9:00am to 3:00pm.

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