

Natural Healing Express Weekly

Column Volume 117 Merry Christmas!

Wow. 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. Including one member who brought her cholesterol down 100 points! We have five clients celebrating remission. We have two brand new bouncing healthy babies with equally healthy Mommies.

We have athletes hitting new highs with personal goals met and team championships won. We have several people down 30 or more pounds and many that are working on their blood sugar issues. It humbles me to see everyone doing the work, 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 many great memories and had lots and 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.

Speaking of which, our dear Rita was awarded Lion of the Year becoming the first female to ever receive this award. We are very proud of her and all the effort she puts forth in helping people and encouraging folks to help themselves. Congratulations Rita!

Yet the year was sprinkled with the sorrow of losing a few wonderful people including a man I consider a Patriarch to our Lena area businesses and one of the reasons we are able to do what we do at our location as he and his dear family own our building. Mr. Jack Leamon is/was a wonderful role model and mentor. He has helped make Lena what it is today through his forward thinking visions and commitment to bringing the best to our thriving community. He will be missed but his legacy lives on.

There are a few others gone too soon including a couple of guys I am not sure I will ever be able to wrap my head around their shocking demise. Godspeed. You will be missed. For those families in grieving, we will be praying for you.

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 parent's 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 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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