

Natural Healing Express Weekly

Column Volume 118 Happy New Year

Happy 2014! I hope this next year is prosperous and a very happy one for all of you. If you are like most of us, this is the time for renewal and reflection. And many of you are getting ready to or have already made a “new rules package” for getting your life in order and doing better in 2014.

So, like last year, I plan to share with you a few ideas on how to bring success to fruition. As some of you know, we host classes and seminars on various topics. One of our main topics is wellness. For many of you, this involves weight loss. And I guess it’s the time of year to talk about this again – as the New Year’s Resolutions abound.

Many of our clients have lost weight, gotten healthier and only check with us on occasion for maintenance. God bless them, they are doing everything right and it is making a difference in their lives. And many are on their journey simple putting one foot in front of another and doing their best day after day, one day at a time. And this is how we begin a successful journey into wellness. Many people ask why are classes are successful. It’s fairly simple. We make a plan that works for each individual, we provide support and we overcome the obstacles together. This life is pretty dang hard on your own, so we provide an instant support group that helps one focus on their goals – even when they seem fairly far off in the distance.

How do we start off? Well, we begin by balancing blood sugar and adding a super nutrient. The client can then experience what it “feels like” to be in a body that is functioning with energy, high metabolism and efficiency. Many of us have long forgotten what it’s like to have boundless childlike energy and to be “awake” in our bodies. Unfortunately, we know the feeling of having to drag it around kicking and screaming. At Natural Healing Express, we help folks to awaken, in a kind manner.

Then we do a “challenge” supported by everyone in the group. It detoxes the body and rejuvenates the mind and soul. We pair this “awakening” with knowledge and samplings of our modified “eat clean” meals. Nutrient dense food gives the body what it is truly asking for – NUTRIENTS. By eating nutrient dense food, the cravings fall away.

We discuss the psychology of losing weight. This is where the rubber hits the road. We discuss emotional eating, how stress affects weight, how emotions affect the body, and we understand the female maturity process. We strive every day to give folks old fashioned encouragement. We let our clients know that they DO NOT HAVE TO STAY STUCK! Everyone can change their circumstances if desired. And we provide individual/group support where applicable.

We encourage body MOVEMENT. Fitness, any kind of fitness/activity/action is helpful. Your body is meant to move. Only in America have we termed ourselves couch potatoes, labeling the vegetative state in front of our TV. We ask clients to come up with their own fitness plan, learn their bio-individuality and use supplements as needed to help bring the body back in balance.

With this process success can and does happen, with long term results. And congratulations to those who have worked this process, it sure as hell wasn’t easy, but you’ve done it.

So what about when doesn't happen? What about a long term disconnect? In our focus group, we have learned obstacles showed up as the following – we run out of time, we are the one and only person in our family/group that is thinking/wanting to be healthy and active, we have done everything right and discovered an emotional issue that is blocking progress, we are occasionally lazy and need to be held accountable, we need concrete measurements, we are re-inventing ourselves and need to set the bar higher, we are too hard/critical with ourselves, we have lost motivation.

With all that said it is time to re-evaluate your process. It is time to start creating a better life for yourself. This is the time of year for a “fresh start”. So, first and foremost, if you are on this path and you truly want to make 2014 your best year yet, then let's do it.

We begin by figuring out the one thing holding you back, your proverbial “weak shot”, and bring it up to the A game. If you believe there is more than one weak shot, we begin with the “weakest” shot and make that better first.

For example, if you need accountability, we put that measure in place, if you run out of time, we figure out time management. If you need help learning what to eat, there are several stored articles about the super foods on our website under newsletters. If you're lazy, then you probably won't even see this, because you stopped reading the article already.

Try out our program of weight loss, it does work. This is what we are truly committed to do, creating a better healthier life for all of us.

Our next set of classes is scheduled to begin in mid-January. Please get in touch with us if you are interested as this class fills very quickly as we limited the number of participants to 20.

Happy New Year!

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.

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