

## Natural Healing Express Weekly

### Column Volume 122 8 Week Wellness Class / Kale Recipe

Alright everyone, its class time again. On February 18<sup>th</sup>, we will begin an 8 week journey to wellness. This class will help you to learn good nutrition, utilizing several examples and great recipes for you to take home. This class will help you to understand your required caloric intake according to your BIO-Individuality.

Your BIO-Individuality is as unique as your fingerprint and your wellness plan should be just as specific. Ever notice that a co-worker can drink, smoke, eat whatever they want and still be healthy as a horse? Yet, you take one bite of potato chips and have a couple of cocktails on Friday night and suddenly you are up 12 pounds? Doesn't seem fair, does it?

Well, the difference is your unique make up, which in Natural Health terms, we call BIO-Individuality. We consider the following aspects: Behavioral, Spiritual, Physical, Intellectual and Emotional. And, if one is out of balance, just like the spokes of a wheel, all are considered to be out of balance.

In our upcoming class, you will learn how to identify your own BIO-Individuality. And, what exactly does that do for you? Well, are you the only person in the room that feels cold when the temperature is 76 degrees? Do you feel hungry for salads at 8:00am? Do you get tired at 2:00pm for no reason? Do you and your spouse eat the same things and he/she hasn't gained a pound and you are, well, not exactly at your high school weight? Learning your BIO-Individuality is like having the Cliff Notes for that big exam. You will get a "cheat sheet" of sorts that will help you to understand why your body does what it does WHEN it does what it does. And, chances are, your nutrition has a lot to do with WHY.

And so does STRESS...And so does LACK OF SLEEP....And so do TOXINS....And so does SUGAR....and well, so does...A LOT OF THINGS...

Then guess what? We can CHANGE the negative stuff. It's easier than you think. Learning your BIO-Individuality is kind of like learning your pin number for your debit card. You don't really want to know about it, but once you learn it, it comes in handy when you really need something.

During this class, we will set sail with a wellness journey that you can utilize for the rest of your life. Potentially, what you learn can save you thousands in health care going forward. In addition, we will address your specific health concerns. Sometimes along the way of life, we all go "off course" which can bring up emotional/mental disharmonies such as guilt, depression, anger, etc. And what usually happens?

If these issues are not addressed, we fall into a pattern and cycle downwards. Here's an example. Something happens; you get upset, so you eat. You gain weight, you get more upset and feel guilty, so you starve yourself, then become VERY hungry (because you are) so you eat—whatever is in front of you and it all starts again. Sound familiar? THIS vicious cycle continues despite having work, school, children, church, marriage commitments, and BAM-O, you are burnt out, you are misunderstood and guess what? You are probably still HUNGRY !

Well, we have answers. If you want to lose weight, this class is for you. If you are serious about working on some of your chronic health concerns such as diabetes, pain, arthritis, elevated cholesterol, obesity, depression, etc. This class is for you.

Perhaps just want to learn better nutrition to get more out of your life. This class is for you. Contact us and sign up. Let's do this.

I probably will not conduct another class like this until the fall, so if you are the least bit interested, come to our information meeting on February 11<sup>th</sup> at 6:15 or contact us and get more info. I cannot guarantee you that the class will not already be full as this one fills very quickly. We limit space to 20, so you receive individual time and attention. Class will be conducted on Tuesday nights from 6:15pm to 8:00pm and you will have support, and LOTS OF IT.

If you want to be in the class, but cannot make Tuesday nights, let us know. I am considering holding a smaller class on Saturdays.

Here's the skinny on dates:

Today-February 11<sup>th</sup> – Registration is Open

February 11<sup>th</sup> – Information Meeting and Pre Class Check in

February 18<sup>th</sup> – Class Begins

Here's a quick recipe similar to what you will receive during class.

#### KALE CHIPS

Ingredients: 1 bunch of Kale, 2 TBSP extra virgin olive oil, 1 tsp Sea Salt, Pepper to taste, 1 TBSP Oregano (sometimes I substitute Herbes' De Provence)

Rinse and clean Kale. Drain well and chop into bite size pieces. Heat olive oil in large skillet. Add chopped Kale and sauté until wilted. Season with salt, pepper, oregano or Herbes de Provence. Serve Hot.

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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