

Natural Healing Express Weekly

Column 220 Holiday Recovery

By now, most of you have your Christmas decorations properly boxed, stored or simply thrown into the “Christmas Area” for next year. Sometimes taking them down seems like twice as much work as putting them up because the thrill or anticipation of the event has long since passed. I know the feeling. What was bright and shiny and hopeful is now in Red Ornament Box Number Three.

This year, we finally decided to put all the “Christmas Gear” into one big batch and low and behold, we have enough for about four families and a business...or six. It took a while and a few trips down memory lane when we opened our parents’ stash for the first time in five years. Remember those old red fork and spoon sets? You know about 14 inches long and felted? Ya, those. Well, we found some. And I found a nativity scene that my almost former mother in law must have hand crafted at some church event in Indiana. Long Story there, but the “Nativity Scene” included either four Joseph’s or perhaps Three Wise Man and a Dude that looked a Lot Like Them as a Spare. So, we picked the cutest one and sat him a little closer to Mary.

There were a lot of donkeys. Like a lot of Donkeys. And the camels looked like donkeys with humps. Anyhow, this fine treasure was dated (via clay signature) from 1980. How this ended up in my storage unit, I have no idea. And, since she has long since passed, this will give us something to chat about when I meet up with her again. I am sure we will have some laughs.

Anyway, we dug everything out boxes and sacks and dust and piles and thanks to my BFF Bonnie and about 10 trips to Dollar General, we made it all pretty. Note to self, next time we try to hang the Big Wreath on the Front of the Store almost Two Stories up, put the lights on it first. Ya, that happened. And if anyone in town finds a two foot piece of garland with a big Gold Metal bow on it, it’s probably ours. Last time we saw it, it was attached, but there are reports of it breaking loose and flying somewhere warm in these El Nino winds. We didn’t miss it packing things up, but we will come next year.

Well, I digress. If you are feeling like I do now, you could use a vacation from your vacation. We took one, but it wasn’t that great. And, certainly it was not relaxing. Did I mention we sold out of Nutri-Calm just prior to Christmas and as fate would have it, someone accidentally sent our second order to San Francisco. Where I might add, it was picked up and used. So, someone here didn’t have any to help through the Holidays. Note to Self-Number Two, next year, order EARLY and order OFTEN.

One thing we did learn over the holidays and partly inspired by no Nutri-Calm was how to make infused drinks. The hands down winner was the Lemon Drop. Now, we are still tweaking this recipe, but here is what has been passing inspection so far. *This is an alcoholic drink mixture recipe. All laws, rules and AA suggestions apply!!!!

Lemon Drop- 2 ¼ cups of water, 1 ¼ cups of Stevia (now we have some folks that are insisting on using cane sugar instead, so our measurement on that is 2 ¼ cups of granulated) .This part is called the “base”

Additional ingredients include: 1 ½ cups of vodka (I prefer Grey Goose) 1 cup of dry vermouth, and finely grated zest of about 10 lemons (I set the lemons aside for our alkaline water mixture).

So, the process of infusing goes a little like this. (You will find your own style on this)

1. Muddle (which means stir) the vodka, vermouth, and lemon zest with a wooden spoon in a half gallon jar. (I like the glass ones so you can see what you are actually doing)
2. Seal the Jar and put it in a cool dark cabinet until the liquid smells and tastes strongly of lemon, we recommend 7 days, but in recent trials, during the holiday stress and lack of nutri-calm, 5 days will suffice, or 4.5 days so you can have it the day your in law show up. Anyhow, if it taste like lemon, you're good.
3. Strain the mixture with a mesh strainer into a clean quart jar. Do NOT push on the solids to create more liquid.
4. Stir in the base as previously discussed.
5. Seal and store in a cool, dark, cabinet.
6. Seriously now, you can pour it directly over ice and have yourself a LEMON Drop, but the taste gets better and better over time. So I highly recommend you make two. One that you can enjoy now and one for a little later down the road. This infusion stays good for up to a year in a cool dark spot.

Now, about those lemons, keep adding them to your daily water intake to help balance that gut and keep you alkalinity going in the right direction. And also, with the consumption of any alcoholic beverages, I recommend taking Milk Thistle which helps the Liver to Detoxify.

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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