

Natural Healing Express Weekly

Column 221 Natural Healing Café

Well, we have been talking about this addition to Natural Healing Express for a while now. And from my vantage point this has certainly been more of an undertaking than I initially thought. However, since we have had so many requests for nutrition on the go, we decided to push through and make it happen or something like that.

OK, here's the back story. And I have to admit, if it weren't for some pretty special people in my life, I would have scrapped this idea – at least at this time. Now I am fully aware that I was being tested...and tested....and tested...But that's for a whole 'nuther article.

However, I will offer this, there is a lot of "darkness" out there these days saying "don't, can't, shouldn't, blah... blah.... blah....And, it's easy to get off track and distracted when you are tired and/or stressed, especially when there is that constant negative running around saying crappy things.

So, after a little, shall we call it "inspiration", I learned how to finally put that battle to rest. My suggestion is this...In your prayers, especially when you know you are weak (which we all are to some degree) simply Pray for Like Minded People (I say Christian) to come along beside you. If you are on purpose and your creation is willed - IT WILL HAPPEN.

The fun part is they may show up in forms you never considered. And they may say things you do not expect, but it is exactly what you needed to hear. Just saying....And, never buy into the negative or nothing will ever get accomplished. Every day we have a new slate. Wipe and it and make it great. And ask for God's help, he's already waaaaaayyyy ahead of us and delights in our success.

Anyhow, later this month, in the back "half" of our store, we will open Natural Healing Café. Our plan is to feature healing teas, a coffee of the day, a choice of protein drinks, our Lotus Drinks, hot broth and a soup of the day. We plan a "soft opening" first--- meaning just a few hours a week. We will build availability according to the demands of the business. So, please give us feedback, if you want to see more of us, let us know!

So, here's the BIG ANNOUNCEMENT and of course, I am giving the scoop to my readers of THE FLASH before I am posting this on social media. On Saturday, January 30th, we will open Natural Healing Express as usual at 9:00am. Natural Healing Café will open at 10:00am and stay open until approximately 2:00pm. On deck for that day are the following teas:

GET BURNING – Herb Tea for Accelerating Metabolism which enhances Caloric Burn Rate and Fat Oxidation and helps to Strengthen Stamina and Endurance.

GET ACTIVE—Herb Tea for Endurance which increase energy, stamina and endurance. It promotes resistance to stress and contains antioxidants can help protect from Free Radicals.

GET LIMBER—Herb Tea for Flexibility which aids in reducing Joint Swelling and Inflammation and enables mobility and helps the body to adapt to physical stresses that can cause pain.

GET RESTORED—Herb Tea for Recovery that is abundant in antioxidants and helps recovery by rebalancing acidity and increasing oxygenation. It also helps to protect from Toxin absorption.

GET HAPPY—Herb Tea for Lifting the Spirit, elevate mental and physical stamina and to reduce stress.

GET SOME ZZZZ's—Herb Tea for Rest, which promotes sleep, soothes, calms and reduces anxiety and stress and doesn't interfere with REM sleep.

MINUS SINUS-- Herb Tea that lives up to its title. Made with Spearmint, Mullein and Thyme.

We intend to have other tea offerings such as green, black and jasmine. In addition to the healing teas, we will feature three kinds of protein drinks. Flavors include vanilla bean, chocolate truffle and cappuccino. The protein drinks offer 24 grams of protein with zero carbs and zero sugar. Yep, zero carbs and zero sugar. The cappuccino flavored is served hot but can be placed over ice if desired. The Vanilla Bean and Chocolate Truffle are served cold and can be mixed with the coffee of that day.

We will also offer our version of today's Energy Drinks by featuring Lotus Elixirs. They are served cold and offered in the following flavors- Raspberry, Cranberry and Blue Lotus.

And on that Saturday, we will introduce our healing beef broth. It is designed to drink as one would drink a coffee. Sip and Go nutrition if you will. Garnishes will available for those desirous of an additive.

There will also be a soup of the day, although, I have no earthly idea what that will be at this juncture.

Everything is served in "to go cups" unless you specifically want to stay and hang out in our Café area. There is a comfortable sectional and several tables but we are not designed to be a "restaurant" where a server will be coming by to check on you at our tables. Think more Starbucks then Outback...Only with healthy and healing products.

In addition, on Wednesday, January 27 from 4pm to 6pm, we will participate in the recently revived Winterfest by hosting Wine Walk Wednesday with fellow businesses Fluegel's and DeVoe Floral. Come on in and try samples of wine sold at local restaurants Coach's Golf and Grill and The Rafters.

Lena, will be hosting Winterfest – a community holiday from January 23<sup>rd</sup> through Feb 5<sup>th</sup> with several events and specials held in town. Check out the LASER Facebook page or email [Jaime@lenabrewing.com](mailto:Jaime@lenabrewing.com) for more details.

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.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com)

Facebook: Natural Healing Express

