

Natural Healing Express Weekly

Column 231 Those Asian Beetles / Bone Broth Challenge

I trust you had a pleasant Easter and enjoyed the family and friends around you. Ours was fun filled and hectic as usual but all in all, a quite charming weekend. We cut down/out much of the negativity and spent time focusing on the meaning of the holiday – what Christ did and continues to do for us – the sinners of the world. I hope that you found a little time to be grateful to him for his supreme sacrifice.

To be reminded of the beauty around us, we decided to get out and enjoy nature with a 17 mile Fat Tire bike ride accompanied by my “Irish sister” from Madison. Rumor has it we are preparing for the G.O.A.T.S ride in early May, but I can neither confirm nor deny at this juncture. However, if you are a cyclist and enjoy scenery, check out their ride at <http://www.goatscycling.com/events.html>. You just never know who you will share pedals with – or drinks after.

So, as we welcome Spring by getting back on the bikes and stretching out those “winter legs”, I want to chat with you about an invasion that is occurring in my own home – those DARN Asian Beetles. The little sh\*ts are EVERYWHERE. And although my precious German Godson has a theory that they only attack white houses, maybe you are suffering as well and this article is intended to help!

Even though everyone in my home would tell you that I am late to the game, I believe I have finally found victory over the maniacs. Not sure why it took me so long, but last week, I began by sprinkling every door and window sill with LEMON essential oil. They hate it! Many of them have moved on. I do not believe it actually kills them, but the masses have exited. Not sure where they went, possibly to another white house according to “Justinhausen”, but they are high-tailing it out of mine.

If you are having the same exasperation, I have ordered a boatload of the Lemon oil and have it on hand. I think its 10 bucks per 5ml oil and you can dilute it with a spray bottle and go at it. It should last you well into the summer if you don't live in a 10,000 square foot mansion, if you do, but two bottles.

Anyhow, I don't know why it took me so long to figure it out, but there is the Asian Beetle solution. I hope it helps. If you are unfamiliar with Asian Beetles but do have a lot of “ladybugs” coming in, you are sharing our issue. They look similar but are not the same. Lemon Oil = Bugs Gone.

*Last week, we mentioned our bone broth challenge and described it as follows: As I have studied this ever-developing trend, I found a quite interesting 21 day bone broth “diet”. Now, I hesitate to really call it a diet, but since we research everything here before we endorse it, I am forming a 10 person “board” to work with me on this 21 day endeavor. The gist of it is that we will follow her 21 day “diet” utilizing our broth and analyze the process and the results. I am carefully selecting this committee and am looking only for those volunteers who are willing to work at this with me, be positive and provide great feedback. I would like to encourage those who truly are desirous of a change in their own life to get in touch this week. We will meet twice a week for three weeks and start in April.*

*There is no cost to be part of this and our broth will be provided. I am looking for folks with joint concerns, surgery/injury recovery, 10-25 pounds of weight loss or low energy. Again, I plan to work with*

*a very small group on this, so if you are not chosen, please do not take it personally. This is intended to be a specific and task oriented group. There is no compensation involved, only the broth provided.*

With that said, we have just finished a batch of our bone broth and will have several for sale when this publishes. We will be in the store Wednesday from 10:00am to 8:00pm and Saturday from 9:00am to 1:00pm. If you need to make arrangement for pick up at other times, we always accommodate. Just reach out at any of the numbers provided.

As of this date, I am still looking for three more candidates to take part in our Bone Broth Challenge. If you have questions, feel free to reach out.

Also, we are planning to schedule our **Building a Natural Medicine Kit and Essential Oils Seminar** at a few locations in April. We have scheduled Indianapolis and Nashville but would love to have one both in the Galena Area and the LaCrosse Area. If you have ideas or would like to be a “host” (someone who gives us recommendation for site selection/promotion) for either area please get in touch with us ASAP. We are looking for positive team members that are passionate about educating folks about Natural Healing methods!

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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