

Natural Healing Express Weekly

Column 250 – A little California Dreamin’

Many of you know that I lived in Playa Del Rey, California for about ten years. And, I loved every minute of it. Ok, except the one day the Bloods and Crips decided to have their once a year “Peace Day” in the park outside of my house. It was pretty freaky seeing 200 gang members dressed in Red and about 250 gang members dressed in blue hanging out in the same place. But, they did. It was conducted peacefully; however I did not walk over and ask for chicken or potato salad.

Anyways, my time in Los Angeles was well spent and I enjoyed it. I know this article makes its way somehow to a lot of my pals still living at the beach, so here is a shout out to you and that healing ocean breeze!

One thing that I learned in LA was the power of eating Whole Raw Food. Not many of the folks living there have the afflictions of our Midwestern family. One of the reasons for this is that it is a little easier to grocery shop with variety of places that carry whole foods. Also, the offerings of fresh produce year round are abundant.

But here are some extra hints towards living Wholly.

1. Gradually eliminate all products from your life and home that have chemicals.
2. As much as possible consume fresh or organic food.
3. If you are transitioning or consume animal products like eggs, butter, goat cheese, goat yogurt, or goat milk, make sure the animals are organically fed with no hormones or antibiotics given.
4. Exercise regularly.
5. When possible, expose yourself to 20 minutes of sun a day (with sunscreen).
6. Get adequate rest.
7. Eat whole foods coming in the form God made them, not invented or processed by man.
8. Try to eat your fruits and vegetables mostly raw as to increase enzymes.
9. Practice good eating habits including good food combining.
10. Drink plenty of good and clean filtered water. I really like electrolyte enhanced.
11. Include a green drink a least once a day.
12. Make fresh juice if possible.
13. When eating oil, make sure all sources are organic if possible. Or in the case of coconut oil, make sure the manufacturing process includes being cold pressed.
14. Avoid the many hazards of microwave cooking.
15. Take time to listen and get quiet.

I loved walking the beach each morning with my favorite Shiba pup, Cabo. For a long time, that white puff of crazy thought tennis balls came from the ocean! We gathered many tennis balls every morning straight off the beach. We collected so many that when we moved they filled an entire contractor’s garbage bag!

See, the Beverly Hills Tennis Club's creek drained into Ballona Creek which drained into the ocean. Ballona Creek splits Marina Del Rey and Playa Del Rey (watch the opening scene on any Gilligan's Island Rerun and you will see this landmark when hearing the lyric –The Ship Set Sail that day... (You know before everything turns to poo)

And at the end of the jetty there is a strong undercurrent which flips everything from the Creek back onto the beach. Hence, tennis ball-a-po-looza. And my precious Cabo couldn't wait to chase them down!

If you are bored or would like to see the beautiful jetty that we frequented, google "playa del rey" for many fine shots.

Well, here's one of my favorite recipes from LA that was inspired by Sandra Wand.

This is simply called the Breakfast Jump Start and it would accompany me and the Dingo on most tennis ball rescuing excursions!

#### Breakfast Jump Start

Ingredients = 1 cup of sunflower seeds, 2 tbsp. flaxseeds, 1/3 cup of pumpkin seeds, 6 dried apricots, ¼ cup of raisins, 1 tsp cinnamon, 1 ½ cups apple juice, 1 banana, 2 cups of almond milk.

Make it easy by doing steps one and two before bed.

1. Soak apricots, raisins and cinnamon in apple juice.
2. In a separate jar, soak sunflower, flax and pumpkin seeds in water. Drain and rinse after one hour. Let sprout overnight
3. In the morning, blend seed mixture with the apricots and apple juice until smooth and creamy.
4. Next, add the banana and milk.
5. Fill a glass with the mixture, Leash up your pup(s) and take a stroll!

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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