

Natural Healing Express Weekly

Column 264 Holiday Season

As I write this, I am looking around saying, yes, it is quite wet out, and thank goodness all that rain wasn't snow! But, I think we are secretly wish for snow for the holidays, just not when it gets in our way and needs "cleaned up" or prohibits us from attending some event we have been looking forward to. We live here in God's Country, most of us on purpose and we have come to expect the "four seasons". But, if the whole truth were to be told, we have about two and a half seasons. Sprummer (combining Spring and Summer) one half of a Fall Season and WINTER, WINTER, WINTER.

I always think there is going to be a great time to wear my cutesy, Ariat walking shoes or my don't break my ankle heels sometime in the Spring or Fall, but it NEVER happens. I seriously have reached the point in my life where I move directly from Flip Flops (Flips, in my world) to UGGS. There is no in between, my feet are either hot or cold. Ever notice that?

I am either in a JC Penney sleeveless or bundled up looking like the Eddie Bauer poster child. Don't get me wrong – I LOVE the extended summer, but it always feels like we are pre-paying something when that happens. Like someone is in your garage going – better set another gas can by the snowblower because you are sure gonna need it after I gave you the 70 degree days in November. But, heck, if that's what it takes to get a World Series Title back where it belongs, then bring it on.

So, enough of being the weather channel girl in here weather channel world - Here's the newsflash – we are once again in Holiday season. SO what does that mean? Usually – a tad bit of over eating , over celebrating and too many stressful events with relatives that we should consider seeing every OTHER year.

How do we handle all this? Three things – Grab an Acidophilus/Probiotic for all those knarley digestive issues. The gas, the bloating, the I should be pooping but I am not moments. Seriously, for 12 bucks, we can help!

Secondly – for those of you who may over celebrate (or use booze as a coping mechanism) do YOURSELF a favor. Come in and get some Vitamin B and some Milk Thistle. Trust me, you will feel a lot better and your liver will thank you.

And third – for the stress and all that goes with it, we have a wonderful product called Nutri-Calm. It will provide nutrition and keep your stress level at a place where you can manage !

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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