

Natural Healing Express Weekly

Column 265 Catching Up!

Firstly, thank you all for the fabulous turn out we had for our Hometown Christmas Parade last Friday in Lena. To me, Lena is beginning to get fun again as we breathe new life and create new businesses that are all happily working together. People are beginning to realize a greater good for our community. That's what it takes folks. We are all in this together and as soon as we ALL realize this, things get easier for everyone. Sometimes it takes some ebbs and flows to get the right chemistry, but we seem to be on track this time. Prayers answered!

As for us, this year has involved many changes. And, we have been keeping a little mum and perhaps even a little to ourselves as we work to prepare our healthy Café, but last night, the secret got out. Thank you to everyone who came in for product and then enjoyed the food, music and lively conversation. Thank you to those who gave us such wonderful feedback. You have lifted our spirits and been quite encouraging. Thank you for your support!

I cannot give you all the details in this article, but just know that you readers will be the first to know when we hold our VIP tastings. Yes, healthy, tasty food along with healing, delicious drinks coming very soon to Lena.

I have just been notified that our new "chef" would like to host a "readers" tasting day for all of you! I have will dates and details next week, but I was told it will definitely be in December. How exciting!

Also, for all of you who have been praying for our family since my brother's accident, we have received a small bit of good news this week. We have finally (after 90 days) been given the green light to order his specialty built replacement wheelchair. Many of you are knowledgeable as to why wheelchairs are made to fit their occupant and specifically fit their bodies, but for those who are not here's the process/reasoning.

Imagine if we able-bodied people were forced to sit in the same position for 12 hours a day without getting up and stretching. Most of us would be stiff and sore. And, sooner or later, the "pressure" areas (the spots on the body that come in contact with the sitting device) become irritated and can break open in to sores that are extremely difficult to heal. And, then, if infection happens to set in, a vicious cycle begins. So, in the case of most paraplegics and quadriplegics, the wheelchair has adjustments that are contoured specific to their bodies to lessen the gravity on these pressure points. Air cushions are often used to help adjust as well. The whole point of this is to create mobility for those in this condition without putting additional strain on their body or create additional risks to their health.

So, since the accident, we have been utilizing a rental chair to get by and doing extra labor to make sure none of the aforementioned things happen. My brother has amazing caregivers who make it their business to keep him going strong. Dealing with this situation (which will now be remedied) has added extra tasks to their already full days. They are all amazing in their own right and come together as a

group when needed. (It does take a village sometimes). So here's to Amanda, Jenny, Louise, Shawna and Nicki! You guys rock!

So, next article, I am hoping to have the entire scoop on the new café, perhaps even a menu and more interesting Health Tips!

Happy Holidays. 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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