

Natural Healing Express Weekly

Column 266 That Café

As I sit here typing this article on my birthday, I am watching the beginning of what is supposed to be a very large snow over the next 24 hours. I always feel blessed to see snow on my birthday, as I heard it was snowing when I entered the planet. I cannot imagine how my parents must have felt driving to the hospital some 21 years ago (OKAY, that number may or may not be a BIG LIE). There they were in a Chevrolet Caprice with slippery roads, not knowing whether they were having their third rowdy boy or an energetic girl.

And, back then it was uphill to the hospital (both ways) and mothers and babies spent days there. They also had no idea what a birthing “suite” was and that it is ok to go home the very next day. My how technology and medicine have evolved! My mother was quite healthy, but birthing a 9 pound baby can wear even the hardiest of souls out. However, she prepared with nutrition as best as she could during her pregnancy. She was a quite strong farmer’s wife and learned to make the best dishes of out what they had. Farmwives are smart like that. And, never doubt how many times the pie or cookie recipe has been “handed down”. You will be stunned. Ancestry.com you have nothing on that practice.

So, with that Segway into Farming Nutrition, we are getting closer to announcing the name and opening date of our new Café. The chef has made a ton of progress this week. He has been preparing healthy and delicious soups, sandwiches and breakfast items.

I was not feeling well myself this week and I was treated to a specialty soup which paired with his Scratchy Throat tea with a shot of Immune Blend tincture, helped me rebound rather quickly. This soup was made from scratch and included a rotisserie chicken (done on premise), kale, carrots, celery and noodles. I am not privileged to know what the name of it is, but I know I hope to be eating more of it.

Our concept is to make it easy to get healthy and stay healthy. Café goers will have access to wonderful bone broth, coffee, protein drinks and teas to which a tincture can be added. For example, one could need some uplifting on metabolism, so one could order the Get Charged Tea with a shot of Chi Charge tincture. Or you could order Get Healthy tea; add a bone broth ice cube with a shot of Immune Blend. For those stressed folks, you can grab a Calming Tea with a shot of the Nerve Support tincture.

Then have a healthy cup or bowl of soup (or take a quart to go) paired with a tasty sandwich. And, as has been rumored around our downtown, we are happy to announce that we have once again begun working with those beautiful Sisters of Sinsinawa. Yes, the “nun buns” are back just in time for the holidays.

As promised, our chef has named Saturday, December 17th as his “tasting day” for our readers. Come on down to the store anytime from 10:00am to 3:00pm and have a sample of his wonderful treats. Come and enjoy our Christmas atmosphere and our antique nativity scene.

And, just have a relaxing time. During our chef's sampling for readers, Denise, our lovely friend will be doing some "pampering" if you would like a hand massage. It will be a fun day, and all you have to do to get your free sample is mention the Flash Article!

Beginning on that Saturday and culminating on Christmas Eve, enter your name in a drawing for a Christmas Basket of Goodies and a gift certificate!

Come spend this exciting time of growth with us. And, heck I might even celebrate my 22nd birthday with you! LOL.

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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