

Natural Healing Express Weekly

Column 268 Happy, Healthy New Year

I hope your Christmas turned out fantastic and that you were able to be surrounded with love and joy, yet most of all PEACE. Don't we all need a little peace in our lives? Or a LOT of peace in our lives?

With that said, as we look to the New Year, it's a time of reflection and resolution to "do better". And who even sticks to those resolutions for very long anyway? They seem completely believable at the time, but then without a good, solid plan and support of loved ones, those high flying great ideas become tough to implement, much less stick to and make a healthy change.

So, with that said, we will again be offering our Weight Support Class beginning in late January (more details to follow). If you are even remotely interested, please email us and save a spot at our introductory meeting. My email is skscham@aol.com.

These classes fill up so fast as they are designed to help you make permanent changes towards a healthy life. They meet for 6-8 weeks, and one gains triple support. One level occurs between the instructor and the client, the next occurs between the client and their small group (usually four to five people) and then between the client and the entire class (approximately 25 people).

This triple layer of support assists everyone in accountability and participation. The Weight Support class assists folks in getting to and maintaining a healthy weight for their Bio-Individuality. Go to www.naturalhealingexpress.com for more info on Bio-Individuality.

We also plan to do some more seminars in 2017. I would like to hear your desires on the topics. We have a wonderful one which is Building Your Own Natural Medicine Kit. Also, we are planning on teaching a lunch and learn where we discuss the benefits of our Bone Broth. And, I usually facilitate an Art Therapy Class once or twice a year. Other ideas include: making your own tinctures and soaps, learning the Super Foods, Making a Happy Brain and Designing a Family Menu. Please, please, please send your ideas and feedback. It makes it soooo much easier for us to schedule if we know there is interest out there!

OK, now for our Café update, we will be doing another tasting shortly after the New Year. We will have full details in next week's article. Our first tasting was wonderful and we thank everyone who braved the snow to come out and enjoy the time together. Thank you.

And as for New Year's, if you plan to imbibe, do yourself a favor and stop by for some Milk Thistle (your liver will love you) and some Vitamin B to help reduce those hangover symptoms.

So, let's make 2017 the best ever!!!

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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