

Natural Healing Express Weekly

Column 269 Think Big

You made it to 2017! Congratulations! This is YOUR year. So, let's start it off right. One of my recent clients said, "Susan, if I had known I would have lived this long, I would have taken better care of myself." Although this man certainly has an enormous sense of humor and makes me laugh every time I am around him, I could sense sadness and regret.

He had faced several major stresses in 2016. And, let's face it, 2016 was hard on all of us. Hard in a way that we lost many great folks, and hard in a way that life seemed to just be hopping on the stress bus every darn chance it got. Good Lord.

And, then there were the biggies! For us, a near fatal accident involving a sibling—demolishing everything he owned! For my client, a tractor accident. These are not the usual, day to day stress where a Nutri-Calm or two will overcome, but the "I need a vacation, where did this crap come from" kind? And the "this is BS paired how many of those Nutri-Calms can I take at once stress." Ya, those. The ones you hope you only get once in a lifetime.

So in 2017, let's make it better. Let's change it up right off the bat. Let's make great stuff happen and THINK BIG! Do you think you can manage that? Life is short, folks, and when I look in my clients eyes and tell him, "we are going to get this under control and make life better," I mean it.

Yes, he has pulled a lot of crazy things in his life and of course has hilarious stories to back up each scar; except for that one on his upper left arm. He just mumbles something about "a long night in Texas" and moves past that one. But, I will get him to tell me about it sometime soon.

The great news is, starting now; he is going to be ok. He is going to flourish again and he will have a great wellness in his remaining days! However, the hard truth is, he is going to have to WORK at it! Probably more than he likes, but it is do-able. This one is going to come down to attitude and no putting limits on his health or his life. He has to THINK BIG. And I will have his back. He is committed to taking better care of himself in case he does live another 50 years!

Around here, we are definitely beginning to THINK BIG again. We are choosing to rise up out of the stress and emotional pounding we have taken. We are sticking to our purpose and our faith and we will deliver. That's that thing about getting your butt kicked repeatedly, you started learning how make the best of it. And sooner or later, you learn to thrive in what would normally be a disaster. You learn to cope, you learn how to pray and you learn to respect the life we are given. Then you learn to THINK BIG. Nothing ventured, Nothing Gained.

How about you? Now that you have been bloodied up and stressed to the be-jesus in 2016, isn't it time to make 2017 your year? You can do it!

For the better part of early January, we are encouraging everyone to come in and grab a taste in our new Café. My favorite chef is still being a little shy about setting an open date but I can tell you there

will be another “tasting” happening next week. I am just not being told exactly when, so check us out on Facebook. And hopefully by the next article, I will have full disclosure.

However, if the entire truth be told, there have been “tastings” almost daily, so if you are in Lena, just come on by and mention the article. Not sure if you will get a healthy pasta fagoli soup or an amazing protein ball or a two bite carb/protein pocket, but you will get something if we are around!

And, we are thinking BIG for you. It’s time. Take your life back! Let’s do it. I love high energy, power years like this! Have you always wanted to improve your diet, but you just don’t have the time or the knowledge? Well, it’s your year. Make an appointment and let’s start working on a plan.

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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