

Natural Healing Express Weekly

Column 285 Listening to Your Body

First of all, thank you to everyone who participated in the Grand Opening of the Silver Fox and Vitamin M Lounge (Kelly's) We had a ton of support and lots of fun. Even though it was a rainy day and night, you made it out to see us and we thank you so much for that! Thank you, thank you, thank you.

Many thanks to performers Deziray Haight and Corey Cox for christening our lounge. You were amazing and the sound is impressive. And, thanks to Pastor Mark from Shapville who blessed our location and members. Perfect timing.

To our friends at Lena Brewing Company, especially Jaime and Ross, thank you for believing in us and bringing out some of your amazing Beers! Also, it was wonderful to have many family members present as well as the Schrecks, parents and siblings of Kelly for whom the lounge is named.

There are two others who worked tirelessly to make our event a success. I am not sure how many times we have moved a certain table or found a "better angle" for this or that but Bonnie Smythe; you are a dear friend and one heck of a decorator. Thank you crazy one. And our dear, dear Denise who just did whatever it took to pull it together, thank you!! We love you!!

So, we are open and ready to serve you!!

This week, it seems appropriate to start a two part series on listening to your body. We all know when things don't seem right or we feel sick. This can start with headaches, backaches, vomiting or nausea. These are the obvious ones. But how do we switch on our "energetic " buttons so we start to "tune in" before things get too far.

Let's start with a real life comparison. Like a switched on radio receiver, your body constantly receives a vast amount of data and information for the external world. Not to mention how much we purposely bring on ourselves by talking on the cell phone, checking Facebook. Our universe, stars, life forms and basically everything around us that IS alive radiates certain energy.

Your body registers this and works continuously to process to maintain balanced functioning and stability as we work in harmony with the rest of the universe and our environment.

Everything alive "buzzes". Light, warmth, air, earth-electric fields, cell phones, plants, radioactivity, etc., etc., etc. For everything that is visible, there are millions more items that are invisible. In response to these, your body produces concrete messages, which work quickly to tell your body how to adapt to each and every circumstance. Brain waves are a large part of this, but there is also an "energetic field" that is constantly communicating items such as when to sleep, when to eat, etc.

These natural urges in your body are proof that your internal radio is "switched on". This means you are in tune with the natural world, so don't allow anyone else to tell you differently. All of us are constantly challenged to listen to and act upon the messages we receive.

When you think this through you will recall times when your intuition told you to act on something and you did not. The ones you remember are those that caused you regret. Pay close attention to your intuition as it is the barometer of sorts for these energetic fields.

Further proof of their existence lies in the times when we are no longer in tune with outer forces, such as the sun and the moon, we begin to feel out of balance and many times fall ill, or further ill. This happens when we work from sun up to sun down without actually seeing the sun or its light. Sad cases such as confinement, over-responsibility and even abuse can begin this vicious cycle.

This is the time for reflection for to take more self-responsibility and work on balance.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

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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