

Natural Healing Express Weekly

Column Volume 29 Weigh Loss Program Week Eight

Here we are at the end of our 8 week weight loss class. I just couldn't be prouder of our class members! Major strides were made and there was much success to go around. One person is very proud to report she has lost 37 pounds! Several folks have lost at least ten. Our goal was to structure the weight loss over the long term meaning taking pounds off slowing but surely and for them never to return. However, we had some motivated people, so almost as soon as changes were made, weight loss was occurring. Woohoo! To make sure we weren't going too fast, we diligently checked nutrient panels on a weekly basis to make sure no systems were compromised.

Our goal was to educate and empower our class with critical knowledge relevant to managing there Bio-Individuality. Each week we presented a new topic ranging from balancing blood sugar to emotional eating concerns. And of course, everyone experienced the aspartame rant!

We supported the nutrition side with delicious recipes cooked by Lisa Hanson of Hanson Catering featuring the Tosca Reno Eat Clean Diet. And as one class member put it, "I came for the food". Hilariously honest, but so very relevant because so many of us just do not have time to cook for ourselves and our families. So we have a fix. Sort of.

I am happy to announce that Natural Healing Express will begin carrying nutritious food products such as Ezekiel Bread and Lisa's Protein Bar kits in the near future. Lisa's kit contains most of the ingredients for this recipe and all you have to do is add one or two more simple items and bake. This kit actually makes between 20 -24 Protein bars. Sound easy enough? Eat one out of the oven, make a plate for your family and then freeze the extras. Come in and ask us about it. We are taking orders on a weekly basis while we are getting our refrigerator and freezer lined up.

We were also fortunate to have Rev Brian Baron with us every step of the way while we ventured into new ground emotionally and spiritually. Support became crucial when challenges began to occur and everyone in our class stepped up while habits were being changed. In this last class, Brian provided us with ten habits for keeping weight loss off for good. Those are listed below; coupled of course, with some comments from the peanut gallery.

1. Moderate weight loss works best! (true, be the diesel, keep chugging)
2. Make a slow transition out of the dieting stage (work the calories, don't let calories work you)
3. Keep track of your health by using a professional network (nutritionists, trainers, dentists, MD's, ND's, etc.)
4. Stay Connected to your sources of support. (AMEN)
5. Continue to challenge yourself with new goals.
6. STAY EDUCATED – (yes, yes and yes, Knowledge is Power)
7. Become a mentor. (It's hard to concentrate on your problems when helping someone else)
8. Exercise. (move it cha-chi)
9. Eat Breakfast.

10. Weight yourself and/or keep other measurements of success.

I am also very proud to report that one of our students became Natural Healing Express's healthiest client according to our nutrient analysis. What this means is she has created such a discipline in her life that she is operating at mastery level according to her Bio-Individuality or in layman's terms, she is operating from efficiency, not deficiency. She represents the very essence of Natural Healing Express has set up to accomplish. She has learned and mastered her own Bio-Individuality She puts into her body what it needs, she manages her emotionally intelligence, she created an area of fitness and is generally hilarious once you get her talking. Congratulations to her and with that, our class has "graduated". For those of you who did the follow along program, we are wondering about your success.

For the next two weeks on Wednesday nights, (April 4 and April 11th), we will have "open class" which means if you want to venture to Natural Healing Express, you can chill with class members.

We will be starting another class soon, so please let us know if you have interest in participating. Please give us a call or an email. Until then, enjoy!

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

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