

Natural Healing Express Weekly

Column Volume 48 Building Update, New Classes & Smoothies

This week we'll chat about a few new things happening at Natural Healing Express. Before we get too far, a building update is due. As most locals know, our building has been under construction. A "new façade" which emulates what our building looked like over 100 years ago is being created.

The façade is now looking quite awesome do to the hard work of all involved, especially the guys at Bonebright Construction who have braved the intense heat and "helpful" suggestions. Kudos to all, especially the Leamon family who agreed to take on such a big project in the first place. Lena is lucky to have such fine folks who have invested back into our community.

The new Natural Healing Express front door will now be located in its original spot from yesteryear which is diagonal on the corner of Center and Main. As we speak, concrete is being poured for the outside step. Note to anyone needing handicapped assistance, we have ramps inside and are happy to help you into our store. Please call and we will accommodate.

As the outside changes, our inside will follow. We are expecting outside completion to occur the week of August 22nd. Corresponding with that approximate day, on the inside, we will be creating a lavender section featuring new products such as lavender mists, soaps, lotions, essential and massage oils. And of course, we didn't forget the pups – a great new lavender pet shampoo is on order.

But don't worry; we haven't gone all lavender all the time just yet. For those of you who already love our olive oil soaps, we are increasing our product line from 24 to 48 which means you will have even more scents to choose from. Anyone want to come help label?

In the gourmet section, we will now be carrying the Olevano Olive Oils along with our seasonings and sea salts. In addition, we will begin carrying the world famous Sinsinawa bread. Sinsinawa Bread Company offers wonderful multi grain breads, healthy breads and a few others. They have bread very comparable to Ezekiel bread which we plan to offer one day a week. We are still unclear whether we will bake, warm or freeze, so we'll keep you posted on that. And let it be heard here first, I have completed caved and we will be carrying the Sin-A-Mound bread which is their answer to CinnaB*n. And, it is, well, sinfully delicious. So, come indulge, I promise not to lecture too much.

As for the Smoothie/Coffee/Tea side of life, it is our plan to begin small, offering healthy and good choices three days a week- Wednesday, Friday and Saturday. We'll have somewhat limited hours at first, those being 7am-10am. If all goes well, we will expand accordingly. We'll debut on Lena Fall Festival weekend with beverage hours that weekend ONLY being Friday 2pm – 7pm and Saturday 10am-3pm. Regular service hours, 7am-10am will begin on Wednesday, Sept 12th.

Our hot and cold teas will be available during that time as well and we are happy to announce we will be offering outdoor bistro table seating for our customers until the snow flies. So, come enjoy a tea or a smoothie with some awesome healthy bread and sit either inside or out. Somehow word is getting around town that we are friendly to impromptu euchres games. Not sure how that happened.

Now for the classes, we will begin our 8 week Weight Loss Class again on Sept 12th. This will be held on Wednesday nights. We are not sure of our start time/exact cost as of yet, but class size is limited to 20 people, so if you have interest please call, email or stop by to get on the list while we work out details. There is no charge to be on the list.

For those of you in our first Weight Loss Class we will be offering a Class Two which will be on Wednesday nights as well, just not sure of the time as of yet. And, LISA IS BACK. WOOHOO! Please call, email or stop by if you want to join next class. The pre-requisite is having attended the first class. Costs are still being determined.

As you can tell, we will be quite busy getting everything in order over the next week. 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: Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

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