

## Natural Healing Express Weekly

### Column Volume 50 Aches, Pains and Classes

After last week's article about our upcoming "Surviving to Thriving- Getting Your Life Back" workshop,(more details coming soon, email us if you can't wait) I forced myself to enact some of Trent's legendary advice ([www.trentblanchard.com](http://www.trentblanchard.com)) and set a few small goals for myself that were do-able and easy (just so I felt good about it). I was reminded to start out slowly, with the goal of moving just three boxes and gifting two more boxes to goodwill. Sounds simple enough, but after I emotionally committed to moving items and actually had some time to accomplish my goal, OF COURSE I got on a huge roll and went for broke. This is otherwise known as the ripple effect. I now have other words for it. After sorting and moving 15 boxes with an additional 6 bags gifted to new homes – I noticed things hurt on my body. Large things – like my hips. And not the funny haha every once-in-awhile ache; more like a holy nutz this feels similar to three a day workouts PAH-AIN. Yowzer...As I was about to crash the couch and pray to the ceiling for relief, I remembered there was a great place nearby to help with these treacheries.

And because I somehow found the keys to this store, I managed to limp there on Sunday. Upon unlocking, I remembered my newest best friend. It's called NANO Relief – A natural pain relieving gel. On the label it promises, "Great for strains, sprains, arthritis, back pain, sore muscles and aching joints"; or in my case, all of the above. I applied it and in about fifteen minutes I was feeling much better, able to stretch without screaming aloud. The active ingredient in NANO Relief is menthol which at 6% is approximately 42% more than most topical pain relievers at 3.5%. Not that I was a math major, it was on the label and at that moment in time I did actually care about those percentages. MORE is BETTER. I carry NANO Relief at Natural Healing Express because it is a natural pain reliever, it doesn't smell horrible and I can verify it works. Come by and get some or order it on our website. I am so confident you'll love it for those minor aches and pains; I'll offer a money back guarantee for first time purchasers.

A couple other products we carry for pain relief are Muscle Relief essential oil and Lavender essential oil. The muscle relief oil is a blend of cajeput, ginger, juniper, lavender, chamomile, marjoram and rosemary. It smells great and works like a champ if the culprit is sore and strained muscles. And, our good ole standby, Lavender oil, works on just about anything. It is nature's foremost pain reliever and can be used on almost any application. It's the first oil I would put in my natural medicine kit.

After beginning to feel better, I realized our Weight Awareness classes were right around the corner and it would be good to include more specific details in this article so you all could make some plans. Our Advanced class will begin Wednesday, September 12<sup>th</sup> at 530pm. The class is "scheduled" until 7pm. Cost of the class will be \$10 per class and will run 8 weeks. This includes the "food" as you guys put it. We prefer total payment (\$80.00) for the 8 weeks at the first class, but don't not take the class if that is a struggle, pull me aside and we'll work something out. Pre-requisite to this class is completing our first class. Curriculum be more aggressive and focus on fitness, body awareness, hormones, cooking at home, teaching others and more. Call or email me to let me know you're in.

Now, for those of you ready to take our first class, let's do this! Our beginners class is an 8 week class starting the same evening, Wednesday, September 12<sup>th</sup> from 630pm – 8pm. Cost of the class is \$10.00

per class for the 8 weeks. Again, we prefer total payment (\$80.00) at the first class, but if not do-able, please see above.

Our curriculum includes learning your own Bio-Individuality, setting reasonable goals, blood sugar regulation/ nutrients, the eat clean principles, revving up metabolism, the power of breakfast, emotional eating, overcoming challenges/plateaus and maintain long term support. And, you will get samples of the Eat Clean Diet Principles "Slightly adjusted to our meat and potatoes region" by Lisa Hanson. As many folks from the first class have said, "I come for the food."

It's an opportunity for you to gain knowledge regarding weight awareness and produce long term results. If you are interested, please, please get in touch with us in short order; this class is almost full already and we cap it at 22 people. Call or email us TODAY if you are interested.

This week it's Lion's Fall Festival time in Lena and the start of our smoothie/tea/healthy breads side of the business. Come out for samples from 2-7 pm on Wednesday, September 5<sup>th</sup>. We will begin serving on Friday, September 7<sup>th</sup> from 2-7pm and from 10:00am-3pm on Saturday, September 8<sup>th</sup>, with our regular schedule of Wednesday, Fridays, and Saturdays from 7am – 10pm starting the next week.

Also, Corey Cox ([www.coreycoxmusic.com](http://www.coreycoxmusic.com)) will be performing on Saturday evening. Come on out and enjoy the festival. Stop by and say hello, we're always happy to see you and now LOVE showing off our new building.

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.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express