

Natural Healing Express Weekly

Column Volume 58 Happy Halloween

Don't you just love Halloween? What a great opportunity to step outside ourselves and have a little fun. Maybe you are indulging a bit in the "kids" candy. Or perhaps you are spiking the apple cider. Or as I have unwittingly noticed with some of my "soon to be cougar" girlfriends, using Halloween as a good enough reason to dress up in a half-naked costume and parade around private parties seeing if they still have it or not. Whatever "it" is, or perhaps was.

No matter how we "wear" the holiday, it is a good time to share some laughter with friends and family. Let's face it, we've had a long, hot dry summer with a big drought and just when we think we have adjusted to dealing with that reality, along comes the rain and then an Indian summer with a 35 degree temperature change. No wonder our bodies are confused and no wonder our immune systems are getting compromised so early this year. Not to mention the allergies from corn remnants and plants and weeds blooming out of season.

So let's look at the "tricks" first, beginning with those allergies and respiratory concerns. Most of the time, allergies are a reaction to toxins building up in the body causing inflammation and increased sensitivity. A lot of people say, "I have had allergies my whole life", and yes this may be true. However, we have also had toxins our whole life.

One of the ways to eliminate allergies is to first and foremost calm and clean the lymphatic system. This is where most allergies/toxins tend to park themselves. At Natural Healing Express, we use a formula called Respiratonic which comes in capsule and tincture form. For the Herbalists out there, Respiratonic contains Echinacea, Osha Root, Licorice Root, Yerba Mansa, Yerba Santa, Pleurisy Root, Grindella and Ginger. This helps to drain mucus, build and strengthen the immune system and reduce inflammation.

Once the mucus clears and the immune system is at the very least stable, we begin attacking and metabolizing those toxins which caused the inflammation in the first place. That is done with a product called All Cell Detox. We measure the immune system and toxins level by conducting a nutrient analysis in our office (\$30.00 for the initial analysis) and then suggest a small time period for which to consume the All Cell Detox capsules to remove those agitators. Simply, we help the body metabolize and discharge the toxins so they no longer create issue.

To further strengthen the immune system and to keep the body rocking and rolling, we suggest a daily multi vitamin. These capsules contain the vitamins and minerals we are not able to consume by our dietary choices. If you are currently taking a multi vitamin but are not sure of its effectiveness, feel free to bring it by the store. We are happy to explain the ingredients, their effects on the body and whether or not your particular brand is meeting your current needs.

The very instant we sense a cold or flu coming on, reach for Echinacea Elderberry which is nature's antibiotic. We have it available as a tincture for quicker ingestion.

Now for the “treats”. We are currently carrying a lovely Hot Apple Cider Tea. This is available in a tin containing 36 teabags. So, instead of having to make the cider and wait, you simply boil the water and through in the teabag. Easy and yummy. Spike as needed.

Secondly, it seems as if all the critters from outside are beginning to creep in. We carry Peppermint essential oil which repels spiders and bugs of all shapes and sizes. Drop some along your window panes and entrances to keep them out of your program. Also, peppermint oil can be used to calm and soothe digestive issues including stomach aches caused by eating way too much Halloween Candy.

Enjoy your Holiday.

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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