

Natural Healing Express Weekly

Column Volume 65 Merry Christmas and Happy New Year

Doesn't it seem like time is flying? Here we are at Christmas time. Seems like just yesterday we saw folks driving through the gorgeous hills of Jo Daviess County observing the fall leaves. As of this writing, I am at the store, watching the street being pummeled by big white flakes with blizzard warnings coming over the cell phone. Quite an interesting age that we live in.

The craziness of the school shootings, the end of the world parties, highly paid athletes taking their lives and others, suicide from bullying, the ability to know in precise detail when the storm is going to hit via a text message, all of this craziness; I am not sure my grandparents would have understood any of it. Well, maybe my grandpa, who farmed all his life and could tell you within five minutes when a storm would hit. Those old farm boys knew the weather and they didn't have satellite technology. But he sure would not have understood people doing these crazy things to other folks like what's been happening lately.

One day I asked my grandpa if he ever considered divorce throughout his 65 years of marriage and he looked at me very strangely as if that was the dumbest thing he ever heard and said, "Honey, your Grandma and I were raised in a time where if something was broke, we learned how to fix it. Sometimes we had to get creative, but getting a new one was out of the question. So, if something breaks, just go fix it, and for goodness sake, if it ain't broke, don't try to fix it. Way more harm than good comes that way, too. Kiddo, best thing going is to learn to be happy with what you got and you'll be happy your whole life." He was a pretty smart cookie.

So, please pray for all of our families this holiday season. The ones who are broken, the ones that need fixing, the ones who have lost loved ones, the ones who are struggling, the ones who are hurting, the ones who are just beginning and the ones who are trying to make a difference and the ones that aren't broke and don't need fixing. Just everyone, what could it hurt? I think we all need a universal big HUG this year.

As for those school shootings, I believe I have now heard every opinion under the sun of why this happened. Gun control, video game control, mental illness, evil, a mix of all of that; who really knows the true reason? But I do know this, there were warning signs. And that's where I caution all of us to take regard, and to do so with compassion.

It's soooo easy to judge, but that's not what really makes a difference, is it? And judgments usually find a way to come back and haunt the person who hangs on to them. So, what does make a difference and how can we stop senseless tragedy like this?

Here's an approach that seems to get overlooked. How about we step outside ourselves and offer a helping hand to those families who have been broken in one way or another? Perhaps give of ourselves a little time; an offer to listen or sit with someone who really needs a friend. Sometimes that's all one needs to clean their soul – a friend or someone who will listen to their concerns. From old to young, from high risk to the empowered, receiving a smile and a hug can go a long way.

If you know of someone who is alone or is pretty much a “loner”, I challenge you to reach out to that person this holiday season. Just this once, you have permission to give them gooey sugar cookies if you wish. You might save a life and who knows whose life that may be. We’re all in this together.

For this Holiday season. I wish you the best and the merriest time of all! It is the season to let go of our ego and reach out. Pay it forward and enjoy yourself while doing it.

As usual, we have plenty of Nutri-calm for those snow days and plenty of Milk Thistle for those parties’ nights.

From everyone at Natural Healing Express, from our family to yours, we wish you a very Merry Christmas and Happy New Year! May 2013 be your best ever.

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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