

Natural Healing Express Weekly

Column Volume 70 12 Simple Steps to Better Nutrition, Healthier Life

I learn from folks every day and I truly love what I do. Most of the time I giggle to myself when funny stuff occurs, but when something comes up that is too precious not to share, I ask permission from the “giftor” and then permanently add the incident to my ever growing arsenal of side stories.

This week one of my good friends from Los Angeles has begun working on his nutrition and life, partially because his failing health is demanding it and partially because it is going to make a great story. He is now aspiring to become a “better, healthier, more saint-like soul.” As you might have already guessed, he has a way with words, as entertainers usually do.

While speaking with him regarding this newly inspired endeavor, I felt specific detail would be critical, thinking he would want to know the “whys” behind my recommendations. However, I was quickly met with his abstract humor and charm when he interrupted by saying, “you gotta make this easier on me, kid. Me and all the other people who have been to rehab and probably don’t remember the 80’s just like to follow steps, we just get how the whole 12 step thing works. Tell me the steps and I will follow them. I don’t really want to learn anything; I just need to get better.”

And honestly, he was not trying to be offensive. As far as I know.

Now, most people don’t talk like that from our neck of the woods, but in essence, he had a great point. I fear how much of an instant gratification society we have become, yet some things do need to be kept simple to be effective. I get that, so I decided to give this follow-the-steps theory a shot.

I have borrowed and extrapolated on a “12-step program” and targeted it toward natural health and healing. I hope this helps. Feel free to paste the following on your refrigerator or your old Village People 78 LP, or the dash of your car or whatever works. Please note it’s a lesson in restraint for me not to be wordy. And no offense meant to anyone who is in, has been or is associated with any 12-step program; imitation is the sincerest form of flattery. Our version is intended to be inspiring. Here goes:

12 Steps to a Healthier Life by Natural Healing Express

1. DRINK MORE WATER
2. LEARN YOUR BIO-INDIVIDUALITY – do what works for you and your body
3. BE HONEST WITH YOURSELF AND OTHERS
4. GET RID OF ENERGY VAMPIRES AND DEBBIE DOWNERS - have relationships that support you
5. RECOGNIZE YOUR STRESS - learn to process and use it for good, supplement when needed
6. COOK HEALTHY 2- 3 TIMES A WEEK -do this in bulk, store in containers, eat all week
7. INCREASE WHOLE GRAINS, SWEET VEGETABLES & LEAFY GREEN VEGETABLES, LEAN PROTEIN
8. LEARN WHAT NATURAL SUPPLEMENTS WORK for your disharmonies and processes. Use them.
9. EAT LESS sugar, fake sugars, processed food, junk food and non-food. Less alcohol and tobacco.
10. FIND A PHYSICAL ACTIVITY that you enjoy and DO IT regularly. Once a month isn’t enough.
11. FIND A WAY TO LOVE THE WORK YOU HAVE or FIND WORK YOU LOVE. Make the changes.

12. DEVELOP A SPIRITUAL PRACTICE – Connect to God /Your higher Power.

And for the Bonus round – Nurture yourself First, THEN the ones you love.

Doing too much for others knocks you out of mastery for yourself. What I mean by this is easily demonstrated by what flight attendants tell flyers on a daily basis. When the oxygen masks drop, place yours on first, then assist the child, or those acting like a child. Doing this in reverse puts both of you at risk.

To set the intention of making good use of these steps, try to see the humor in life. Laughter truly is the best medicine and God does have a sense of humor, just look at who you are related to.

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 204 W Main St, Lena, IL 61048.

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