

Natural Healing Express Weekly

Column Volume 72 Happy Valentine's Day

Happy Valentine's Day everyone! I really enjoy this holiday because it gives us all a chance to do something special for folks around you. Now, I know Hallmark and other card companies count on us to lavish mushy cards, chocolates and gifts on each other but I think the spirit of the day is deeper than the need to shop!

The "history" of our current Valentine's Day celebrations stems from many inspirations and folklore. First and foremost, The Roman god of love is named Cupid. He is a boy with a bow and arrow that dips the tip of the arrow into an elixir and then shoots it into the hearts of unsuspecting lovers to be.

Then there's the Christian Priest, Valentine, who performed miracles including restoring sight to the jailor's blind daughter the evening before he was executed. As a privilege, he was allowed to leave notes to all his loved ones, appropriately signed, from your Valentine, before he was beheaded. Egad.

Word also has it that an Italian Bishop, Valentino, secretly married couples at a time when Roman law prevented it – and all participants were subjected to being burned at the stake. This "kind of, sort of", goes along with my theory that it should be much harder to get married than it is these days. Make the lovebirds work at it a little bit and prove their love to each other, and it might cut down on our 50% and higher divorce rate, provided you are willing to risk your life to get hitched in the first place.

And although there were many legends to choose from, we choose this as the grand finale. It became customary throughout Europe to declare your sweetheart on February 15th, simply because that is when the birds seemed to choose their mates. So in AD 496, Saint Pope Gelasius I declared February 14th to be Valentine's Day. This traditional date, most Americans agree, is our current recognized holiday.

So, to keep this Holiday as lovely as possible and perhaps to follow the bird's example, here at Natural Healing Express we stock a couple of products that help ones "performance" in the mating shall we say "ritual". For men, we carry a great product called quite simply, Super X. The unique formula helps to adjust the pituitary gland, (the area in the brain responsible for sexual behavior). Safe, strong and prescription-free, it puts many others like products to shame. Without going into more detail, suffice it to say, "Sustainability" is the operative word regarding Super X.

For herbalists, it contains cordyceps sinensis, panax ginseng and epimedium brevicomum.

For the ladies, we have the Herbal Healer Libido Enhancer. It provides potentized nutrients for impotence and frigidity. Safe with all supplements and medications. It contains glycerin, passiflora incarnate, pulsatilla, turnera diffusa and vanilla planifolia.

Also from Herbal Healer, we carry Maca Maca for the ladies. It is an herb that is cultivated at 14,000 feet in the Andean Mountains. For generations it has been a very valuable commodity to the Andean Indians. Native Peruvians have traditionally used and traded it because of its nutritive value and medicinal qualities. It is known as the "Women's Ginseng." The medicinal properties are anti-fatigue (due in part to its high content of naturally assimilated iron, aphrodisiac (helps move the Chi, like Ginseng), Nutritive,

(very high in minerals as the tuber roots are used), Immunostimulant (large amounts of amino acids, vitamins, minerals and calcium), Steroidal, (naturally helps balance hormones) and also helps all menstrual disorders. In a chemical analysis conducted in 1981 the biologically active substance p-methoxybenzyl isothiocyanate was found, and this is reputed for its aphrodisiac properties. Initial analysis of Maca Maca indicates that the effects of fertility are the results of the glucosinolates. Yes, it does enhance fertility.

I hope you do enjoy your Valentine's Day with the ones you love. Please remember the folks in your community that may have lost a loved one recently or long ago that was their true valentine, you would be surprised at how a little thing like a candy heart will cheer the soul.

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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