

Natural Healing Express Weekly

Column Volume 73 Stress and Nutri Calm to the Rescue

For those of you who have visited the store in my absence, (can someone please figure out how to relocate Indianapolis closer to God's country?) you may have met either Carlie or Rita, and on rare occasions Dave, Butch or Roger. We have a fairly tight knit group that does their level best to help with whatever is needed to assist with your health and wellness.

Well this week I asked Miss Carlie what she thought would be a good subject for the article and she said "how about something to help folks deal with the stress of credit card bills from Christmas?" That seemed to resonate, so here we go.

Whatever the cause of the stress; financial, work, family, energy vampires, your body creates an immune response in return. I have previously written three articles regarding stress and body fat. If you would like to archive these articles, you can call the Flash for back copies or you can go to www.naturalhealingexpress.com , click on the newsletters icon and you will find all of our articles there under appropriate titles. So, in that regard, if you are primarily interested in the effect of stress and its relation to belly fat, take a gander at articles 33-35.

However, stress also has many, many more negative reactions in the body which can vary from anxiety attacks to adrenal failure and from migraine to muscle tension. So, what can we do? Numero Uno, attempt to find a way to relax at least an hour daily. Taking time for yourself to reason and meditate on your issues can do wonders. If you are constantly under the gun, it's only a matter of time under the gerbil falls off the wheel.

At Natural Healing Express we offer a fantastic product called Nutri Calm. This tablet is primarily a nutritional product that aids in assisting the energy and body chemistry elicited in the fight or flight response. How it works in the body is very, very different than anti-depressants.

Nutri Calm basically provides the chemical nutrition needed to adequately respond to the fight or flight response brought on by stress. When you demand energy, Nutri calm responds. The result is a calming effect on the body, not a sleepy effect, but a "calm, I can handle this effect", therefore preventing further negative physical effects on the body. Nutri Calm to the rescue.

Nutri Calm consists of Vitamin C (ascorbic acid) Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Biotin and Panthothenic Acid.

For those of you who struggle with daily stress, I cannot recommend this product enough to help you get through this issue in a natural, healthy way using a nutritionally based product. We have plenty of samples available if you would like to try before you buy.

Also, we are busy putting together our Spring and Summer seminar, class and workshop schedules. I would really love to hear from you regarding topics that may interest you. We will be holding our weight awareness class again beginning in Mid-March. This class helps those who would like to have assistance

in bringing their weight into normal range. As part of this class, we provide weekly samples from the Eat Clean Diet as adapted into Clean Cuisine for our area. Please email if you have interest, this class fills up very quickly.

We have already decided to hold an Essential Oils workshop which will probably be on a Saturday. This class will teach the basics of the usefulness of Essential Oils. We have also discussed doing a seminar on Women's Health discussing the rampant Estrogen Dominance issue and also a Learn your Brain Type workshop.

Please do me a favor and call or email us with topics that you would like to learn more about. We really do listen and look forward to your response.

Come grab some Nutri Calm and give your opinion on future topics! Thank you.

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.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express