

Natural Healing Express Weekly

Column Volume 93 The Long Week

In racing, we have a saying about the time period spent preparing for, qualifying for and eventually racing the Indianapolis 500 which traditionally takes place on Memorial Day weekend. That saying is “Welcome to the 90 days of May”. The meaning of this is that the days in May are three times longer than the normal day because they are so action packed and many times difficult – and that’s just getting to Race Day itself.

I remember this time with fondness as our team prepared to race, but it would take an act of Congress, the Pope and probably Mother Theresa herself to talk me into ever doing it again. Those days were joyful, heart-wrenching, difficult, rewarding and mostly – darn long. And I have to tell you, I haven’t pushed myself to those limits in a while, that is until this last week.

Let me give you a brief run down. As many of you know, our Main Street store is currently under construction ---as in major “re-construction.” The contractors are doing a mighty fine job, salt of the earth guys hammering it out and yes, I do mean HAMMERING. Not only is the outside being made beautiful by “restoring” the building to its original glamour, but we are making several changes to the inside as well. More on this will follow. Natural Healing Express is a pioneer store in Natural Health and my goal is to continue to bring the very best products and services to our customers wherever they may be. We are constantly evolving our business model and intend to franchise soon. At least that’s what our attorneys say we should do because so many folks are turning to Natural Health and Nutrition these days. God Bless you! And I thank you!

So, how much fun is it to be under construction both externally and internally while meeting with attorneys and potential franchise investors? Slightly more fun than a sharp stick in the eye. Bring on the Nutri-Calm. Especially after having two close, non-related friends being hospitalized within hours of each other.

We also suffered a tragedy this week of a best friend’s child passing. Nothing in any way, shape or form can prepare a family for their child’s passing. Such deep pain, unanswered questions and sheer anguish that may only over time slightly improve. There just aren’t any words. We love you Little Joe, Godspeed.

Shortly and I do mean shortly after, I had the opportunity to take my brother and his guests to a country music concert hoping to relieve some of the stress. We learned a few short hours after the show that one of Toby’s tour buses had burnt. Thank God the firefighters in Indiana were expedient and courageous and no one on the bus was injured. That was a very short night and I began my morning with 2 Spirulinas, 2 High Potency Women’s Vitamins and 2 spicy tuna sushi rolls. (Don’t judge, I needed the protein).

Then for us, came “race day”. The actual day when it’s all about to happen and there is nothing left to do but race. This marathon of sorts—encompassing several hours -- so maybe more like and enduro race for those who know about those --had arrived just in time to cap off this already long week.

The adrenalin of “race day” started and we were off to the hospital once again, but this time, for joyous and spectacular news; the arrival of a long awaited family member after hours of labor. Tears and tears of joy in holding that little bundle in my arms made every up and down, every tear of sorrow, every sleepless moment and every worry evaporate into the wind. My heartbreak for others was replaced with hope for all. I guess God has a way of doing that when you least expect it.

Out of respect for this spectacular baby and parents I won’t mention names but rest assured this little munchkin is loved by several families, uniting them and healing many generations; all the while making a dramatic entrance on the day of our country’s Celebration of Independence. What could be more ironic and perfect at the same time?

Oh little one, the lessons you have taught me in the mere hours you have been on the planet.

So, as of this writing on a couple hours sleep, it appears our race has been run and we took the checkered flag this time around. So, let’s get on with the spraying of champagne and best of all, the “spoiling”.

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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