

Natural Healing Express Weekly

Column Volume 99 Back to School

Seems like just yesterday we were breaking out the swimsuits and looking for ways to lose those last ten pounds for summer, and here we are getting the kids prepared to go back to school already! And, with that, we begin to prepare for fall and winter. Where does the time go?

In this article I thought it would appropriate to create a Natural Health “Back to School” list for the kids and a “Prepare for fall” list for all the adults. Notoriously, when returning to school, one worries about the kids continuing to get the proper nutrition they have been getting at home. There are a couple of ways to accomplish this; number one being – Pack a Healthy Lunch and Snacks! You know what they are getting if you pack it yourself! Number Two, add a super nutrient to the mix and of course, I suggest Spirulina tablets or some healthy snack that contains Spirulina. Spirulina adds super nutrients to the body which can only help aid in concentration and energy along with giving them a head start regarding nutrition.

A well balanced Children’s Multi-Vitamin from a good manufacturer is a must. Several varieties are now available in the “gummy” version which makes it a heck of a lot easy for kids to enjoy. These are the only two supplements that I feel are extremely necessary to start. If your child is participating in athletics, good protein intake is recommended, portion specific to the type of activity of which they are participating. This can be accomplished by a good protein bar, which can be made at home if you like to bake. Also, hydration is a must. Make sure your child is getting at least 6 glasses of water a day and preferably more.

And, the old “stand by” when the community colds and flus begin to set in – Echinacea Elderberry tincture. Use this at the FIRST indication of cold or flu. This is Nature’s antibiotic and when used correctly can immediately lessen the effects of these “shared” times.

So here are the basics of our CLIP & POST

BACK TO SCHOOL KIT -KIDS

- 1.) Healthy Food – Spirulina
- 2.) Children’s Multi Vitamin
- 3.) If in athletics- Good Protein
- 4.) Water
- 5.) Echinacea Elderberry

Now what about everyone else as we move towards fall? If you are a parent, this can be a stressful time in getting your child ready for school. We have a lovely product called Nutri-Calm that aids the body significantly in dealing with this type of stress. It’s all natural and can be taken daily without contradiction to any other pharmaceutical based “helpers”. Nutri-Calm is also nice for those school competitions that can send any parent on edge.

Aside from school and child related stress, notoriously, when harvesting, more allergies than ever seem to creep up. At Natural Healing Express, we have a wonderful tincture which helps to aid in the suffering. It's called Allertonic and usually a dropper full or two will do the trick.

And, like the kiddies, proper nutrition is recommended, along with a Super Nutrient such as the previous listed Spirulina or our more blended version – Very Greens.

And remember, Water is your Friend! Proper hydration is necessary in keeping the body in proper function. Hydrate, hydrate, hydrate! Preferably, 8 glasses a day! If you need a jump start on your metabolism, we have a great tea called Get Burning, which helps to energize the body and the best part is it is allowed to be counted as one of your daily glasses!

For those aches and pains if you have been running around a lot or perhaps practicing a sport with your child at home, we sell a topical pain crème called Nano Relief which is a great reliever of soreness and can come in handy as the weather begins to chill.

Also recommended is a well manufactured Multi Vitamin to keep those essential vitamins and minerals up to par. It is amazing how much better a body feels when working properly. And of course, if you begin to take on the symptoms of the cold or flu that your child may have acquired at school, be sure to grab the Echinacea Elderberry at the first sign.

And finally for those of you who are really tired at the end of the day, but still can't seem to fall asleep we have a wonderful tea called Get Some ZZZ's. This helps to shut off the mind and aids in getting the proper amount of sleep.

CLIP and POST

PREPARE FOR FALL KIT– ADULTS

- 1.) Nutri-Calm
- 2.) Allertonic if needed
- 3.) Healthy Food-Spirulina/Very Greens
- 4.) Water/Get Burning Tea
- 5.) Nano Relief
- 6.) Multi-Vitamin
- 7.) Get Some ZZZ's

Hope this helps for those of you who like a simple list. To make it even simpler, you can call us and we will be happy to prepare your "kit" ahead of time so all you need to do is pick it up- minus the water.

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

