

Natural Healing Express Weekly

Column Volume 144 Sweet Summer

I am assuming we have all lived through that wild July 4th weekend. And, exactly what time of day was it when you realized why successful family reunions only occur a couple of times a year? And, for those of you who may have had a few too many adult beverages and are having trouble getting back on course, come on in and get some Milk Thistle to aid that over-taxed liver. It will thank you, and you will feel better. Promise.

So, we are now in full swing for the summer. Aren't these some of the sweetest days of the year? Seems like years ago since we were cursing that last big snow. That's what happens here in God's country. Summer's here rewards us with fantastic warm days when we can take advantage of the beautiful scenic views that are so unique to our area. Whether we are in a canoe/kayak on the river, walking a trail in our many forests, biking through those challenging hills or just staying home looking out from the front porch, we are truly blessed to live in a region where so many opportunities to enjoy nature abound.

Many of us enjoy being on the water or being in the water. Swimming appears to be the theme of summer. But, we need a little skin protection here and there; and for my new friends of Irish decent, you may need a lot more than a little—if you know what I mean. At Natural Healing Express, we have a lovely natural skin care line from Derma E. And, just in time for summer, they have released a wonderful new, all natural product called Anti-Oxidant Natural Sunscreen. It contains clear zinc oxide and made with a purified water base. It is also cruelty free, GMO-free and for those of you needing a snack, Gluten-Free. It is 30 SPF. This is a fantastic product that will prevent nasty burns and disruption of those fun summer activities. Also, remember Aloe to cool down the body after long days in the sun.

One of my favorite things about summer is eating, cool, refreshing food. One of my favorite recipes for summer is ceviche. Ceviche contains great protein and healthy fats such as avocado. Here is my favorite version.

CEVICHE:

½ pound of sea food – halibut, sea bass, shrimp, snapper, salmon, lobster, crab, scallops or any combination. (I usually only use shrimp and salmon) ½ cup of lime juice (I also squeeze fresh limes to taste), 1 avocado, 2 tablespoons scallions, 1 medium tomato, 3 TBSP fresh cilantro, 2 tablespoons green chile, 1 TBSP salad oil, 1 Bottle of Red Wine (for the recipe you will only need 1 TBSP, but let's not take any chances) 1 TBSP fresh oregano.

Cut seafood into small pieces, marinate in lime juice overnight. Gently toss avocado, scallions, tomatoes, cilantro and green chiles with fish mixture. Combine oil, 1 TBSP of wine and oregano. Pour mixture over fish and gently toss again. Chill for one hour. Enjoy the rest of the wine. Remember four hours later you actually made ceviche.

Also, during these warm summer days, it is essential to stay hydrated. When I say that, most people take it to mean get drink more water. Yes, that is part of it, but in order to stay properly and perfectly hydrated, one needs to be getting something with electrolytes. One of the best sources I have found recently is Smart Water. Smart Water is water that is infused with electrolytes. Another "fuel pack" that I have found to be very helpful, especially during work outs is a gel pack from Advocare called simply "rehydrate gel". Smart Water can be purchased from any local grocery store. If you are interested in the rehydrate gel gives us a call or stop by the store.

Next week the article will be about RAGBRAI – (the bicycle ride across Iowa). This will be my “before” article regarding my commitment to ride with my BFF and her husband during this annual event. If any of you have advice or just want to share your experiences regarding RAGBRAI, please send me an email when you get a chance. RAGBRAI takes place July 17-26. True to my normally lofty “standards”, my only goal this year is to finish. Egad.

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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