

Natural Healing Express Weekly

Column Volume 180 Looking Back, Looking Ahead

Here we are at the start of Spring, with Easter just around the corner. Even though we will still have our chilly days, hopefully the worst of the winter season is behind us. I, for one, am ecstatic that warmer weather is on the way. I have shoveled one too many times and have been out walking my dogs face first into the nasty north wind in sub-zero temps. NO thanks. And, although it is fair to say I am the poster child for the Eddie Bauer winter accessory catalog, I have still found a way to be cold. Very cold. I think there really could be some truth to the old wives tale that living in warmer climates thins your blood. Born here, but never remember being this cold. See ya later, Old Man Winter! Time to fly.

With the Spring season on its way, many of you have started planning the garden. The book, Carrots Love Tomatoes comes to mind. There is a certain knack for getting the most yield out of everything planted and that book makes a pretty good case. We have a copy at the store if you want to check it out. Lots of great ideas for laying out a stout garden.

There are also a few wonderful organic seed companies that will ship not only first class seeds, but live plants as well. This is a lovely shortcut for those of you in the gardening mood that simply do not want to deal with sprouting. My most favorite is Horizon Herbs which is located in Oregon. Their website is www.horizonherbs.com and their phone is 541 846 6704. They are quite helpful and will give good solid advice for whatever growing area of the country you find yourself. Or here, where it's still cold.

Now, back to the theme of this article. Today, I write the 180th article. First of all, I thank Mark and everyone at the Flash for giving me this opportunity. I was certain at the onset; no one would really care or find our tales helpful or amusing. However, you, our dear readers, have had a lot to say about this. I thank you from the bottom of my heart for finding what we do beneficial to your lifestyle. I am also grateful that you find us interesting and on a rare occasion – funny. YOU are who makes writing these articles each week a privilege and a joy. So, THANK YOU. I love the feedback and the emails. Keep 'em coming.

As for looking back, four years ago this week, I was at my home in Indianapolis when I received a call no one ever wants. My mother, who was the primary caregiver for both my father and my brother, had suffered a massive cerebral hemorrhage. Prognosis was grim. I grabbed a clothes bag and Cabo then headed North. My mother passed the next day.

I have never returned to live in Indy again. My family needed me and according to my ethics and upbringing, I am here for them. Of course this has brought about many changes. On every level. Much too much and too many to discuss in one article.

What you all may find interesting is the history of Natural Healing Express. A few days prior to that call, I had been in Nashville, Tennessee and agreed that my first “store” would be located there. But, God had other plans.

I suddenly found myself back in my hometown that I had left at age 17. I was tending to family, essentially living out of a bag and missing my life in Indy. Yet, no one could predict the future. My brother encouraged me to establish our primary shop, NHE, here in Lena. After a lot of thought, I reluctantly gave it the go ahead and we haven't looked back since.

It's been quite a ride, plenty of ups and downs- meeting fantastic people, learning to live without the big city instant gratification, peaceful rides in the country, connecting to my roots, seeing people I used to know with 25 years of age on their faces, finding new loves, losing old ones, making life-long friends, tears of joy, tears of loss, and trying to shove my wardrobe from a large walk in closet into one designed in the 1930's for three dresses. But, you know what; I have found this area truly is God's Country. And there isn't much one of our fantastically colorful sunrises or sunsets can't fix.

And foremost, I am enormously grateful to all of you who share my vision of health, wellness and education. I know it would be much easier to be in a bigger market where these concepts are a daily practice. But, you all have made it easy to share our knowledge and products. You have made the difference on difficult days. Your attitudes and encouragement has kept us going when it would be easier to think differently.

I feel blessed to bring our expertise to the area and watch first hand each and every individual winning back their health. It also gives me great pride to see our area athletes mastering their bodies and their sport. One person winning the battle makes all the effort and sacrifice worth it. Keep Rocking It, you guys. You never know how much your improvement inspires others.

One challenge we have encountered is marketing our growth. So far, we have operated by word of mouth, this column and social media. These three alone have done wonders, but now as we are expanding yet again, we have a need to build a wider audience.

As luck would have it (or as we know, the man upstairs directed) a friend came in and offered us a great opportunity to be on the radio. After thinking it through, I accepted his proposal. How fun is this going to be? More details will follow.

So, as I look back on what made me return to the area, I feel a certain sadness that will never fully abate; yet, I am highly encouraged that Natural Healing Express is doing alright. I hope what we do here makes a difference and that our philosophy, education and expertise can soon make a positive impact on your life or a close associates. This is what Spring is all about, new beginnings. We encourage you to make an appointment someday soon.

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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