

## Natural Healing Express Weekly

### Column Volume 191 Natural Healing Express Services

I have had a couple of shall we say “inspiring” conversations this week. I choose to believe that God puts people in each other’s paths at certain times according to HIS plan. Sometimes this occurs when re-connecting with old friends or perfect strangers. Or, when you meet someone at the store or waiting in line at the DMV. Sometimes it’s on that walk/bike/run or at a children’s event. Whatever and however, if you can put your trust in the BIG GUY, he will show you truth in the oddest of all places. So, bear with me here and I will share wisdom gained from being in the “right place at the right time”. Wink wink.

Much to the angst of those closest to me, including our dear Paula, I have a tendency to keep my life pretty flexible, staying available according to need and changing schedules on a dime. For the past year ending in May, there have been fairly intense family/close friend reasons that caused to me be present at hospitals spanning from Monroe to Mayo. Just looking around at the types of souls in the midst of their healing process can be quite inspiring, especially the children diagnosed with terminal diseases. And we think we have problems not being able to find a close parking space at the grocery. My goodness, we are so blessed if we just take a moment to see what other folks go through.

Such I am a fairly transparent and direct chick, I often find myself in honest and real discussions. Most of the time it is to help other folks, but sometimes the tables are turned. So, when I found myself chatting with this certain individual who has a like personality, it wasn’t long before the conversation turned to its given direction.

It went a little like this. “Ya, Susan, I get what you do there (NHE), well, kind of, actually, I have no real idea, I guess you just give people supplements and they feel better,” he said with a perplexing, don’t kill me smile. And then he looked straight into my eyes -- maybe almost to my soul and asked the 10 million dollar question. “Why DON’T I know?” And that hit me like a ton of bricks. Here’s a guy I come across at least once a week, in our small Village of Lena, we laugh and joke, and he had no idea what goes on here at Center and Main. And, that was MY fault.

So, in an effect to clarify a bit more on what we do at Natural Healing Express, let’s start with this from our website: At Natural Healing Express we make YOUR health and wellness our highest priority. It is our goal to quickly and efficiently assist you in locating the ROOT cause of your health concerns. We believe in and actively practice Bio-Individuality – meaning every client’s health and healing process is as unique as their fingerprint. At Natural Healing Express, we offer top of the line Natural Health services and products. Our products are constantly and consistently researched to help find the highest quality available at the most fair price.

At Natural Healing Express, we strive to stand beside you and discover what WORKS according to your own Bio-Individuality. We respect your own unique wellness journey. Our professionals strive to meet you wherever you are on your path and we consider no two paths alike.

We provide several modalities for creating and maintaining wellness which include Nutrition and Nutrition Analysis, Herbs, Oils, Supplements, Salves, Tinctures and a host of Natural Alternative and Therapies.

In layman's terms, we almost always start with the Nutritional Analysis which takes about 5 to 7 minutes according to a person's metabolism. This gives us a baseline so we can understand where that person truly is on their wellness journey. It gives us a great idea of what the body is needing/lacking. From there we come up with a wellness plan according to how quickly/aggressively the individual person wants to return the body to a balanced state.

Our ultimate goal is for each individual to MASTER their own bodies and its processes by utilizing nutrition. And if necessary, soluble, quality supplements. Our goal is to work hand in hand with your allopathic physician/trainer/coach/spouse/parent to create your own specific wellness "team".

We work with professional athletes from 7 states. We help many area high school/collegiate athletes. We have clients that are teachers, homemakers, pastors, farmers, factory workers, entertainers and executives. We also have a few that are happily retired.

We have clients with ages ranges from 2-103. They range in residence from New York to Indy. From Nashville to Oklahoma to LA, but most are from right here in God's Country – Northern Illinois, Southern Wisconsin and Eastern Iowa. The place I consider home.

So, get out and see us. Schedule your appointment today. After using my column this week as basically an infomercial and in Celebration of sweet Cabo's birthday this week, I will offer a two-for- one special. If you call / email for your appointment and mention you saw the article – you qualify. So, bring out your spouse, your BFF, your mom/dad/kid or team up with a perfect stranger. Doesn't matter to us, but if you mention the article, you will get a two-for- one initial consultation which means 50% off for BOTH of you.

And, if you are one of those super astute readers, who remembered I had a couple of "inspiring" conversations this week, here's a hint on how to get a quick lesson in the old saying "no good deed goes unpunished" – try taking someone else's kid as a favor to their "oral" appointment. Eye yi yi.

Come see us!!! Summer is the perfect time to work on your health!

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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