

Natural Healing Express Weekly

Column 301 I'm baaaaaccckkk -----Vitamin L, Sixth Anniversary

Hello...Did you miss me? I am hearing that you did, if only a little. So here I am, easing back into to article mode. If you have followed my previous 300 articles over the last six years, thank you. It has been my pleasure to be of service to all of you, and I am sincerely grateful that you care. Also, thank you to my friends at the Flash who are patient souls to say the least.

It does seem ironic to me that my first article back falls on the week of my Dad's passing, but I know God always has a plan. If you have been around a while, you know that I run the Vitamin L article one time each year as a tribute to my Pops. So, thank you for reading my work and I hope this article helps soothe at least one soul out there. I still miss you every day Dad, but I rejoice that you must be having a fabulous time. Your spirit lives on.

Here is the condensed version of the Vitamin L articles.

October 2016- It's here. Again. The anniversary of my father's passing. I never look forward to this week, even though it's my favorite time of the year, this date on the calendar will now forever be a memory of a great man and all the learnings he afforded my life.

For whatever reason, God positioned me to write these articles and create a healing diary of sorts through this medium. And I am thankful for that. Kudos to the fine folks at the Flash who give me great liberty.

This year, (2016) I have decided to include only the original article "Vitamin L" which was written hours after his passing and last year's article with a small update. If you want to see the full anniversary articles, please go to our website www.naturalhealingexpress.com and look under newsletters. Search Vitamin L. Everything is there.

The intent of the original column was to somehow in darkest hour begin the healing process. I plan to run the original column each year for those of you who may now be experiencing loss and walking through the turbulent waves of grieving. I offer you hope.

This year, on the Fifth Anniversary of Dad's passing; I can say with full truth, he is still around in spirit and showing me signs. How do I know? Well, my Dad and I spent a lot of time listening to Cubs Games. And Dad was quite a strong man and an athlete. He was a pitcher. And for many analogies in his life, he related back to the sandlot game.

"Sometimes you get up to bat and strike out. But you still were swinging for the fence! And sometimes, you step up and knock it out of the park. On those days, you know the sweet difference of winning and losing! And, one thing's for sure, you don't get anywhere if you don't swing. Sure, there is pleasure and there is pain, but playing the game is better than not playing, and such is life ---just keep swinging."

I very much miss the days we would ride on the tractor or do chores while listening to WGN on that old radio. I can still hear the booming voice of Harry Caray. "As sure as there are green apples". Feels like yesterday. So, when I found Dad's mitt this week after looking for it for five years, I knew it was about timing. I would find Dad's mitt when I was supposed to find it--- according to God's plan. And I knew Dad was smiling because it still had a ball in it from the last time he played catch with someone. Dad was showing me another sign that everything will be ok. Keep swinging, kid. Keep Swinging.

I put that mitt near my TV to watch like everyone other Red Blooded American with anticipation that the Cubs may win the World Series. And I smiled. It's taken years and years and years and years, but we haven't lost faith, it's just about timing. And, in my case, timing was about finding something so precious when it was meant to be found.

And that's the important part. Just keep the faith. Keep swinging. Keep on keeping on. You will find your way and you will get what you need when you need it. God will come along side of you – if you let him.

October 2015 -For everyone who has lost someone this year, especially those recent and unexpected

passings, you have my sincerest condolences. There's just something harsh when a girl loses her Daddy - no matter what age. Godspeed. I hope the void lessens. And, I humbly offer this article as a way to heal, slowly and surely.

Through hope, patience and support and as my own healing continues I plan to share my learnings each year if only to provide some proof that life can and does go on. Life becomes what you choose to make of it. And you gotta believe. I also know full well through signs, (mostly very large hawks) that your loved ones never truly do depart you. They are around if you are brave enough to look.

I still grieve and I still feel the pain of loss, but I also have hope and newfound wisdom which brings peace. That might not make sense unless you have been there, done that and bought the refrigerator magnet if you know what I mean, but for those who do understand, you know how it feels to find another layer of yourself that you didn't know existed. Maybe it's the reward for walking through darkness.

So, on this fourth anniversary of Dad's passing, I look back on this year as one of growth – and yet another layer. However, this one may have been much more so than I ever really desired. I guess it works like that. What became broken within our immediate family with the loss of my parents has somewhat transitioned. That “inner circle” that had ceased to exist became “live again” – but with new players.

The passing of time and roles have begun to shift. I have found myself surrounded with youth – a very special Great Niece, children that are not biologically mine, but ones that I treat as if they are my own; and an amazing “Godson” who popped into my life (and my spare bedroom) in December. These young guns have pretty much turned my world (and my focus) into a “hey, it's not really about YOU anymore” environment – all within about a week's time.

For those of you who don't have kids, you KNOW how awesome your life is and the freedom that comes from being able to do whatever you want really without regards for others schedules and needs. My GOD, hold on to that as long as you can. LOL. For one day, when you are not looking and your guard is

down - a crazy band of wildness will come your way and POOF ----There's a family that maybe isn't blood, but is just as tight. There's a transition and suddenly you find yourself experiencing another level of Vitamin L.

Now, It's the giving back time, it's the watching out for other people's kids' time, it's the "adult" time (although I am still looking around for an "adultier" adult (you know - one that is older and more responsible than me.)

I guess to be perfectly honest; it's the time when I have REALLY learned how much my parents sacrificed for me. I now realize the many things that they gave up so I could have a CHANCE to have what they did not. Their patience and resilience was absolutely amazing, mostly because my brothers were brats.

To all you parents out there, you already know what I am talking about. But I am late to this party and at my age dealing with kids has been equivalent to earthquake turbulence. But we are all learning a lot, ok, mostly me. And to the man who watches all this and slyly giggles, well, please believe when I said I had a life once that seemed really cool. Or so I thought. You are a patient soul. The things you get me into. But that's a whole 'nother article.

So, as a tribute to both Mom and Dad and a reminder to all of us that we can choose on an everyday basis to be kinder and gentler to each other, here's the original column on Vitamin L. I hope you can enjoy it and use it as you see fit in your life.

October 28, 2011: I wasn't certain there would be a column this week. But something deep inside, as I connect to my father's farm tough heritage and survivalist roots I am encouraged to press on and be determined.

On Monday, I lost my best friend. He was the one I could turn to for anything and who could talk to me without exchanging words. A most patient man, he was a wise and hilarious buddy. He was also my father.

As my heart is bruised, I find it difficult to speak with passion about topics for this week's column that seems so sterile. So, hoping you will indulge me, I will write what comes forward in my heart, honoring the lesson without judgment.

In Natural Health, we follow the Whole Life approach, which recognizes all aspects of a person; those being: Behavioral, Physical, Intellectual, Emotional and Spiritual. It is our belief that if one aspect is in disharmony, all other aspects are as well. We move forward in healing by focusing primarily on balancing the unbalanced aspect while continually supporting the entire being.

Even though the many supplements, protocols and nutrition we may utilize support more than one aspect, only one "supplement" appears to support all. Through the gift of being with my father throughout his process of passing peacefully, I have learned its priceless value.

What I am talking about is a "supplement" so powerful it can overcome most challenges of the body. I am calling it Vitamin L.

I have learned Vitamin L can cure in an instant as I witnessed peace come between parties who have had painful differences for years and reunited only at my father's bed. Vitamin L can soothe a dying body as I watched an irregular heartbeat stabilize with the touch of a hand. Vitamin L can work miracles where there are seemingly none to be found. It can bless us with the gift of time when moments grow small. Vitamin L can lessen the stabbing pain of loss while coming forward through words and actions of others. It seems to work for and through pets as they sense one needs care.

I know of no medical contradictions for Vitamin L. It can be taken or given anytime, anyplace, anywhere and in any dosage. Vitamin L can nourish the body, mind, soul and spirit simultaneously and it works on all body systems.

Through Christ, Vitamin L can lessen the fear of death, as it promises us a better life when this one is complete.

Vitamin L, if you haven't already surmised, contains only one ingredient: Love.

The even better news is Vitamin L is abundant. You don't have to drive to a store to buy some. You already have it at the house. Maybe it's on the shelf, but I would strongly encourage you to find it, complement it with forgiveness if necessary and use it daily.

Maybe best of all, Vitamin L is free. I have seen if forcefully move hypothetical mountains and quietly accompany a last breath. Vitamin L is meant to be given and it is also meant to be received. Reach out and see what miracles it can unfold in your life. And see if you can comfort someone else. Vitamin L works best as we recognize we are all brothers and sisters.

Vitamin L seems circular. When you bless someone else with it, it comes back tenfold.

I am sure over the next few weeks, as the fog clears and I further understand the lessons of Dad's passing, I will have even more appreciation. For now, I only want to honor the man that throughout the course of my life and even through his own death was the greatest mentor and peaceful warrior I have even known.

Rest in peace, Poopsie, I will carry on your wishes. I know you and Mom are now dancing in eternity in God's kingdom. Godspeed.

October 28, 2012 FOOTNOTE- It isn't always easy to be the person that can stay in their authentic self and display Vitamin L when you really want to whack someone over the head. Remember, most people challenge you because of their own LACK. I can promise you, if you can at least hold an honest space and take a look at the true reason for what is causing you the upset, you are on your path to Freedom. Bear in mind the saying-"Hurt people hurt." This means it is probable that whoever is lashing out at you is doing so because they are hurting deeply for another reason. It's not personal.

It is possible to make a CHOICE to change any given situation. You may be the one and only person who displays Vitamin L to another soul in distress. You may be the only person who can make a difference. And you can help yourself, as forgiveness begins from within. Why not give sharing Vitamin L a chance?

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

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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