

Natural Healing Express Weekly

Column 290 Reading those Summer Books

After my wild week in Indiana during the Indianapolis 500, it's great to be back home in God's Country.

We raised a lot of awareness and mucho dinero for Team One Cure. If you haven't had a chance to familiarize yourself with this amazing cause, please go to www.teamoncecure.org.

On the ride home, I was catching up with friends and asking them what their summer plans might be. I received a few different answers such as riding RAGBRAI, running a mini-marathon, going to the beach and just plain relaxing. However, one of my friends said she is planning on catching up on all the books she has missed out on over the winter, probably 10 or 12 of them! What an endeavor.

After I thought that through for a moment, I was kind of jealous. It has been a long time since I have been able to read a book or even a lengthy article strictly for pleasure.

Remember in school when the teacher would say, "Ok, open your books to...such and such and such and such" and we all just went along with it? There was a time when we were actually LEARNING from books. That was before the era of the internet and the insipid cell phones that every kid seems to be holding. Distraction, distraction, distraction. We actually worked as a group and interacted with our educators -- centered on reading. Real reading, not the 30 second aptitude -- "I need-to-be-entertained kind." But, the "I might read one paragraph and you read another out loud and maybe we can LEARN something" kind. I am not sure that even still happens in schools today, but I digress.

So, let's chat about reading for pleasure. Not sure about you, but I am getting to the age where my eyes are either straining to see the fine print or I have to hunt down a pair of those magnifiers. On occasion, I squint a lot and my head hurts after an awhile if I can't find those glasses.

To prevent this, I suggest a supplement called SuperVision which contains Eye Bright, Lutein and Bilberry. All three of these herbs are blended to build strength, give great nutrition to the eyes and aid in circulation.

Lutein is a carotenoid which also helps with cataracts and macular degeneration. Lutein is commonly found in corn, spinach and carrots as well.

Bilberry is high in antioxidants and has shown in studies to increase night vision. It was reportedly used by the US Air Force to sharpen the vision of our fighter pilots.

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! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

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

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