

Natural Healing Express Weekly

Column 316 Happy Saint Patrick's Day

It's here! It's here! Finally! My absolute favorite holiday of the year! Now with my double German heritage, you may wonder why this particular holiday comes to the top of the list. Well, last week I mentioned my bestie best friend that I call a sister. And, by the way, thank you for all of your lovely comments and congratulations regarding my friends' wedding in Indianapolis. They are astounded and overwhelmed that people who don't even know them are wishing them well.

I tried to tell them that folks in God's country are genuine and mostly happy people that want others to do well and have a good life. Something gets lost when we move off to the big city and don't even know our neighbors' names. Out here, we know them, their kids, their favorite NASCAR driver, their favorite beer and well, a host of other things that maybe we don't even want to know. But, in times of trouble or joy, we share! So, thank you again for your well wishes. Heck, maybe we will even get them up this way for a second or third or fourth home.

Anywhooo, back to St Patty's day. Almost everyone close to me these days is well, Irish. And, that's cool because growing up when I was freed up from farm work and able to spend the night at my sister's house, I learned to love the Irish. So, Irish that their fore name, if I am saying that correctly {their name upon descent into the US} was Gallagher. Almost as Irish as Magee and yes, I know and love of few of those wild Childs as well.

But the Gallagher's brought me up on those fun weekends with Irish Stew. The best-ever! And, of course corned beef. No one cooks it better than Dot, Although the other Irish man in my life, Donny, now comes in at close second.

So, the saying is if you leave their house hungry, its your fault. And no one ever does, but there is always a to go box or six in your car when you pull out of the driveway. Did I mention they have an interesting

relationship with leprechauns? Well, they must, because someone small and mighty is loading up your vehicle while the family is hugging you “till next time”.

And perhaps the best part of the whole Irish experience, is the love and fellowship of course. And the Irish Crème. The secret recipe that only real family knows. But you can bet your bottom dollar that you will never taste a better Irish crème in your life. And, that my friends, is a good enough reason to love the Irish Holiday.

Now, for all of you who may be out there participating in shenanigans this week, please remember that at Natural Healing Express, we have two wonderful items that you need to have in your party kit. Come get yourself some Milk Thistle and Vitamin B so you can be in Top Form when the bag pipers roll through. Shout out to Doctor Dan! Have yourself a time and celebrate the luck of the Irish.

As I have said many, many times in the life and including once already this morning, “it is better to be lucky than good”.

Love to all my Irish Family!

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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