

Natural Healing Express Weekly

Column 326 Six Essential Keys to Outstanding Health, Part 5

As you may know, we are involved in a six-part series regarding the Essential Keys to Outstanding Health. We have recently discussed Parts 1 and 2, Creating Emotional Mastery, Cleansing Your Body and addressing the Health of Your Gut/Super Nutrition and how to create a more energized lifestyle. This week we will chat about Boosting your Energy levels with Energy medicine.

For those of you who think Energy Medicine is just “part of the woo” in society, please open your mind to think again. A lot of Americans are naturally apprehensive because our society doesn’t generally work with well with things that we simply cannot see. So, here is an amazing quote from Albert Szent Gyorgi, MD, recipient of the Nobel Prize and the man who discovered Vitamin C. “In every culture and in every medical tradition before ours, healing was accompanied by moving energy.”

There is now available a device called electrodermal screening which accurately detects energetic imbalances in clients’ organs and acupuncture meridians. Results of this include:

Identification of a key toxin that is weakening the body, identification of allergies, detection of food sensitivities, determining if a negative emotion is preventing healing, finding the correct herbal, homeopathic or nutritional supplements for a client, finding the best antibiotic, finding the best antidepressant, finding the best blood pressure medicine, ability to testing all supplement and pharmaceutical drugs a client is taking to determine if side effect will occur.

Now lets just think about that for a second. Who wouldn’t want to know any of the above?

Another strong example of energy medicine is Acupuncture which smooths out the Body’s energy flow. Benefits of Acupuncture include helpful treatment for acute and chronic symptoms of the following disorders: respiratory, circulatory, musculoskeletal and neurological, gastrointestinal, urogenital, gynecological, eye, ear, nose and throat, post- operative and a host of other concerns such as fatigue, adrenal burn-out, headaches, insomnia, addiction and skin problems.

My personal favorite is reflexology where massage and essential oils are applied to various meridian points (nerve ending) on the body. This pressure and release during massage get the chi (energy) of the body flowing again. We personally utilize a Korean hand therapy in our store and home. We also go every 90 days for a reflexology massage.

Another example of Energy Medicine is Reiki. There are a couple of good Reiki masters in our area if you have never tried it. Next week we will conclude our series, by discussing healthy hormones!

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.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express