

Natural Healing Express Weekly

Column 373 Building a Natural Medicine Kit

As I am writing this, we are witnessing a nearly 40 degree temperature change, so for those of you having issues relating to the Immune system, rest assured, we have you covered. Ironically enough, I ordered a good supply of Immune Blend to help fill our Natural Medicine Kits. And once again, Mother Nature took a swing at holding winter over for a few days. If you are feeling puny because the Barometric pressure is jumping around like a lottery winner, come get some Immune blend and protect yourself before the big Easter Holiday. No one needs to be sick and miss out on Easter Dinner!

Last Saturday, we held a seminar here at Natural Healing Express that is one of my favorites to teach. It's called Building a Natural Medicine Kit. Thank you to all who attended. I just loved that class. You all were quite astute folks with great questions and fun attitudes and an easy bunch to teach! Again, thank you to those who attended. I am hoping you enjoyed it as much as I did.

And thank you to the Silver Fox himself, Gracie and Mr. TJ Crothers for opening the Silver Fox Broth and Tea Company, so everyone had wonderful food. Also, we just finished a huge batch of Bone Broth, so for those of you who are seeing the wonderful changes it makes in the body, please call and reserve your quarts. They go quite quickly. And, if you have never tried it, get in touch and we will answer any questions you may have.

Now, to enlighten those of you who couldn't make it out to the seminar, in short, we shared how to build a beautiful, functional and nicely laid out Natural Med Kit for fairly economical pricing. I always encourage whoever builds the bag to find a bag that they LOVE. Mine is actually a large purse with many different pockets. I had one young lady find an amazing backpack type bag at her local thrift store for \$7.00 dollars! So, first and foremost, find a bag you love and carry it with you for emergencies. And, make sure you familiarize your family and friends with the bag so when it is needed, everyone knows

what it looks like. We have noticed at our house/events if the med kit is around, we rarely need to use it, but once it's not, we will be scrambling for it! Not sure how fate works that out, but.....

Now, for the contents! We broke our seminar into three sections. Firstly, we discussed EMERGENCIES/FIRST AID and emergency treatments. We have a small kit that is especially designed for those. Things like splinters, cuts, sprains, strains, pain relief, prevention of shock are handled in this section. We did a demonstration on supporting a sprain with an elastic bandages and how to correctly butterfly a wound. The kit designed for the above issue that contains much of what you need to handle these issues with ease is called our SILVER.

Secondly, we talked about COMFORT issues such as relief of poison ivy, poison oak, snake bites, dog bites, allergies, headaches, breathing issues, bug bites and stings. This kit is called our GOLD kit, which includes everything in the SILVER plus approximately 10 more products to help address the above issues quickly and efficiently.

Last, we discussed PREVENTION and assistance with larger issues such as Autism, Immune, Germ Busters, ADD, ADHD, Acid Reflux, Surgery Recovery, Surgery Prep, Arthritis and more. This kit is named our PLATINUM which includes everything in the SILVER and GOLD plus approximately another 10 great products. This kit is top of the line! If you have an interest in purchasing one of these kits, please call/text 317 409 1500 or message us on Facebook.

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 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express