

Natural Healing Express Weekly

Column 378 Happy Memorial Day

As I am writing this, our spring weather is dark and cloudy with more “May Showers” on the way. I haven’t been able to plant anything yet as I am still a bit nervous of our sensitive herbs having a bit of a chill with our low evening temperatures.

For the last twenty something years, we have celebrated Memorial Day weekend at Indianapolis Motor Speedway. Many times we were racing our hearts out trying to capture that Borg Warner Trophy. My stress level has greatly reduced! Several times we were entertaining guests in our suites and on one occasion, I think we just entertained ourselves. But, that’s a whole other story and one that is not printable. But alas, here we are at yet another Memorial Day weekend.

When you are attending or participating in one of the largest sporting events in the country surrounded by a 2 1/1 mile oval track, it’s easy to get emotional and celebrate the pomp and circumstance that goes along with spending Memorial Day at the Indy 500. There are University Bands, all the branches of the service represented and of course, a lonely bugle that plays TAPs. It is quite moving and easy to pay tribute. You and 400,000 of your closest friends share something special.

And, all that ceremony is quite impressive, but that celebration is not the reality for most in this country. Whether you are racing, grilling, putting the pool up or finally getting a great chance to plant that precious garden, please take a few moments to remember what Memorial Day is all about.

It’s sad, it’s salty and it’s our American history. You are paying tribute with your thoughts!

There are millions of fallen soldiers who have fought and defended OUR freedom. They paid the ultimate price and WE are the benefactors of their sacrifice. I don’t care what side of the political spectrum you are on or whether you believe this or that should or shouldn’t be happening in our country. That really isn’t what it’s all about to be an American. It’s about the hard won fight that our fallen soldiers fought for to provide YOU with the right to speak freely.

Our fathers, grandfathers, uncles and forefathers FOUGHT to keep our country free. Some made it home, but many did not. Think that through. And, parents please teach your kids about our American history. Teach them why we do what we do on this May weekend.

Please take a moment to remember our fallen soldiers this weekend. And, hug a veteran if you can.

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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