

Natural Healing Express Weekly

Column 400 Vitamin L Eighth Anniversary

October 2019. The Eighth Anniversary of my Father's death. This year, I think I can finally say the word death. Finally, I understand, at a core level, what his death actually meant. And, it hurts. It hurts every time I need his advice and am talking to a stone when I really need a hug. It hurts when I am laughing so hard and look around for his smirk, the one that would have kept the hilarious energy going for another ten minutes. It hurts when the kids say something that would have been straight out of his mouth but yet it's coming from them. I laugh, but then I tear up. It hurts that Mom and him aren't a physical part of everything happening that is good in our lives right now. They deserved to see us "win". It hurts they can't see we have all turned out ok and are having a fairly positive effect on those around us. That could have never been accomplished without THEIR wisdom, patience and unique parenting ability. I shudder to think how awful we were to raise. And, our energy level was always over the top. No quiet times on the farm and that's the hard part. Sitting here, near your stone, in the quiet, I want to see you again, and Praise God I know I will someday. It's so quiet, yet I hear you speak in the distance of my memories. It hurts because I want others to meet you, but only I can hear what isn't being said aloud. I listen, but I weep. It's been 8 years, Pops, but I think this will take a lifetime.

Yet, it begins again, as each year, on the anniversary of his passing; I pay tribute to a great man. And, here we all are at article 400. 400 weeks of this column. Of course it falls exactly on the anniversary of our Vitamin L article, because the reason I started these articles and the fact that I am even back in this area is because of you. You brought me back home, Pops, and somehow in your farmer's wisdom, you knew I would step up and do what was right, as you raised me to be that person.

So, like farmers do, let's get to work. Thank YOU ALL for indulging me in these columns. And, thanks to Mark and everyone at the Flash. You guys are something else! What a privilege to be part of your lives.

This year, Dad, thank you for showing me cycles of completion. Things have a beginning and an end. Life, like farming, has its seasons. Ashes to ashes. I don't like it, but it's true. Thank you for raising me to take my time and to trust God. Thank you for teaching me to love Nature, Animals and those around me. Thank you for teaching me to love fully and honestly despite being hurt at times. You taught me to live Life and not sit on the sidelines. Thank you for being the person who taught me how to look for a person's soul and not their appearance. Focus on the good you often said. I try each day, Pops, I really do. How much you must be laughing at all the silly things that are now coming back into play that remind us of you. Like our attempt at growing our own Brussels sprouts this year and saving a black lab, like the many you owned and loved. You know he is such a brat.

And the way the lawn mower keeps breaking at exactly the same spot it did for you, despite how many times/ways it has been fixed. And, the fact that we have the 19 year olds playing euchre like it's their job and the one always makes it on the 9 of clubs like you used to. It's still dang annoying, btw. But you knew that. How I miss you Pops. Give my love to Mom as I sure you are keeping her quite busy!

As I do every year. I share the first Vitamin L article written shortly after you passed. I am keeping a summation that is available on www.naturalhealingexpress.com under newsletters if you are interested in the years between these articles, so there are two versions of this article available.

Here is the first Vitamin L article.

October 28, 2011: I wasn't certain there would be a column this week. But something deep inside, as I connect to my father's farm tough heritage and survivalist roots I am encouraged to press on and be determined.

On Monday, I lost my best friend. He was the one I could turn to for anything and who could talk to me without exchanging words. A most patient man, he was a wise and hilarious buddy. He was also my father. As my heart is bruised, I find it difficult to speak with passion about topics for this week's column

that seems so sterile. So, hoping you will indulge me, I will write what comes forward in my heart, honoring the lesson without judgment.

In Natural Health, we follow the Whole Life approach, which recognizes all aspects of a person; those being: Behavioral, Physical, Intellectual, Emotional and Spiritual. It is our belief that if one aspect is in disharmony, all other aspects are as well. We move forward in healing by focusing primarily on balancing the unbalanced aspect while continually supporting the entire being.

Even though the many supplements, protocols and nutrition we may utilize support more than one aspect, only one “supplement” appears to support all. Through the gift of being with my father throughout his process of passing peacefully, I have learned its priceless value.

What I am talking about is a “supplement” so powerful it can overcome most challenges of the body. I am calling it Vitamin L.

I have learned Vitamin L can cure in an instant as I witnessed peace come between parties who have had painful differences for years and reunited only at my father’s bed. Vitamin L can soothe a dying body as I watched an irregular heartbeat stabilize with the touch of a hand. Vitamin L can work miracles where there are seemingly none to be found. It can bless us with the gift of time when moments grow small. Vitamin L can lessen the stabbing pain of loss while coming forward through words and actions of others. It seems to work for and through pets as they sense one needs care.

I know of no medical contradictions for Vitamin L. It can be taken or given anytime, anyplace, anywhere and in any dosage. Vitamin L can nourish the body, mind, soul and spirit simultaneously and it works on all body systems.

Through Christ, Vitamin L can lessen the fear of death, as it promises us a better life when this one is complete.

Vitamin L, if you haven’t already surmised, contains only one ingredient: Love. The even better news is Vitamin L is abundant. You don’t have to drive to a store to buy some. You already have it at the house.

Maybe it's on the shelf, but I would strongly encourage you to find it, complement it with forgiveness if necessary and use it daily.

Maybe best of all, Vitamin L is free. I have seen it forcefully move hypothetical mountains and quietly accompany a last breath. Vitamin L is meant to be given and it is also meant to be received. Reach out and see what miracles it can unfold in your life. And see if you can comfort someone else. Vitamin L works best as we recognize we are all brothers and sisters.

Vitamin L seems circular. When you bless someone else with it, it comes back tenfold.

I am sure over the next few weeks, as the fog clears and I further understand the lessons of Dad's passing, I will have even more appreciation. For now, I only want to honor the man that throughout the course of my life and even through his own death was the greatest mentor and peaceful warrior I have even known.

Rest in peace, Popsie, I will carry on your wishes. I know you and Mom are now dancing in eternity in God's kingdom. Godspeed.

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