

Natural Healing Express Weekly

Column 402 November Rain

.....Nothin' lasts forever, and we both know hearts can change, and it's hard to hold a candle, in the Cold November rain.....If you are product of the 80- 90's, you will recognize these lyrics from Guns and Roses and the song November Rain written by several people apparently, but primarily, front man Axl Rose. In his words, "the song is about unrequited love". For those of us who need a definition of unrequited – it means – not returned or rewarded. Gosh, haven't we all been there? You love someone or something and it's just not returned. Or at the very least, it's not returned in a way that you can understand and appreciate. Not everyone can communicate their love in obvious and understandable ways.

I had a friend once who told me that his wife knew how much he loved her. And, I said, really, how do you know that for sure? And he literally said to me, "Because I come home". Well, of course! She is a mind reader and understands how well loved she is because you sit in your easy chair and make demands such as "where is dinner?" I could not roll my eyes back into my skull far enough. And he said, you don't think that's enough? OH LORD, DO NOT EVEN GET ME STARTED! At that point, I just gave him the florist's number and said, "Buddy, get a new bouquet every month until she tells you to stop!"

Showing up is good, but COMMUNICATING how you feel is where it's at! Sure, if you aren't a demonstrative person, I know a big change out of the blue may be too much. Then, just start with a card. Let Hallmark do the talking, they get paid big bucks for saying all the things you can't! And, you can take all the credit with your signature. My point is, we are not guaranteed tomorrow. So, today is just as good as any to be nice. You will be surprised at how far a few words of encouragement will go. Or a simple hug and a little acknowledgement of a job well done. Be the person that shows up with a smile and a positive remark. You just never know how everyone else is doing and how you can change things for the better.

But, back to that cold November rain. I guess our REGION broke the record for the most snow, the earliest in the season. Snow on Halloween. Goody. Then rain on November 1 and breaking into snow again. Wonderful. November Rain is cold and November leaves many of us feeling not so good. It's this time of the year when we have a tendency to look back on things we have lost or things we never had in the first place. And, we get sad, or we get gloomy. And then we look outside and it gets worse. There are plenty of folks out there who believe Vitamin D this time of year helps and honestly, it can. But watch your doses and figure out if you need something else to compliment the D, perhaps Magnesium or K. If you need help sorting this, message us. However, what works the best is a positive environment. As we miss the sun, the warmth and the positive vibes, may we all encounter great folks around us filled with happiness and joy! And, when you are ready, be one of them...we are all in this together folks.... "So never mind the darkness, we still can find a way, cause nothin' lasts forever, even cold November Rain".

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