

Natural Healing Express Weekly

Column 405 A Joyous Thanksgiving

Well, Happy Holidays! From our family to yours. I simply cannot fathom that it is Thanksgiving time already. This year flew. Around this time, we begin to gather up our decorations to prepare for Christmas decorating. We have two staunch hold outs in our house that absolutely throw fits if any Christmas decoration is placed prior to Thanksgiving. Seriously, this is and has been an issue. We are allowed to place the decorations in a holding area, but none are allowed to be placed, hung or otherwise until the Friday after Thanksgiving. So, in an effort to maintain a joyous holiday season, the rest of us relent. That is why you never see any Christmas decorations in our store until after Black Friday. So, there you have it. We are enjoying a JOYOUS THANKSGIVING. And, as much as I like to get a jump on our decorating, I have learned to appreciate the reasoning behind their thought process. Thanksgiving is simply that - the time of year when we all come together to appreciate our "harvest" and to give thanks for the many blessings that surround us. And, this year, we have much to be thankful for. As, do all of us. We live in a free country, where we are allowed to speak our opinions without persecution. We are free to worship in whatever way we choose. We have abundant food, water, fuel and medical care. Probably too much if we thought everything through. Setting politics aside, our country has come a long way since that first Thanksgiving. So, in this article, I would like to express my opinion that we all need to be a little bit more grateful. Grateful for our forefathers who fought for our freedom. Grateful to the farmers that make our food. Grateful to the conservationists and caretakers of our land and waterways. Grateful for scientific minds that bring our technology and medicine forward. Grateful for the purists and naturalists that preserve our history and heritage. Grateful for our families. Grateful for our friends. Grateful for the strangers that will become friends soon. Grateful for First Responders who are keeping us safe and well in times of need and finally, without fail, Grateful to Our Lord and Savior.

This year, our extended family has decided not to cook and try a nice brunch at a lovely location. After, we will do our second annual family portrait in dress alike fashion. Last year, this turned hilarious and with new members coming on board this year, I am sure the hilarity will only multiply. So, if you happened to be out on Thanksgiving afternoon and you see a dozen of us posing by a known landmark, you will have a clue on what is happening. Pictures to follow, I just cannot wait.

Also, I would be remiss to not include a simple Thanksgiving meal for those looking for a taste of Thanksgiving who don't have a ton of time.

#### Slow Cooker Turkey and Dressing

Ingredients – 1 frozen pre-cooked turkey ( I usually pick mine up from Wal-Mart) 2 boxes of stove top stuffing, 1 stick of butter, 3 cups of water, 1 jar of turkey gravy.

Place turkey, water and gravy in crockpot. Cook on low for four hours. Slice turkey. Add butter. Cook for 30 more minutes. Stir in the seasoning package(s) from the stove top stuffing. Top with the crumbs.

Cook for 15 more minutes. Stir and serve warm.

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](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express