

Natural Healing Express Weekly

Column 407 Another Lap in Life's Big Race

Here I am, fifty something, about to add another year to that number and I am thinking, WHOA, slow this aging thing down just a tish! But, as my grandfather would always say, "it beats the alternative". As a December child, a Sagittarius, we look at the world a bit different than most. We are the adventurers, the playful ones, indulgent (maybe too much sometimes) and always trying to make light of situations. If you are fortunate to be in a relationship with a fellow Sagittarius or even better, have one as your child, you know full well what I am talking about. We are a bit distracted and can usually find beauty or art in anything. We are constantly amused by life itself. And, God forbid, you take us to concerts or ride in a vehicle with ANY music on at all. We are the ones singing at the top of our lungs with normally the terrible voices! Although I know one Sagittarius with the voice of an angel – Happy Birthday Miss Cheryl Huggins. In general, if you need a spicy travel partner, ring up one of your pals born in December. We will make the ride interesting, or something of the sort. It may take you a tish out of your comfort zone or perhaps even your destination, but fun will be had, because we like to celebrate everything and "do it all".

As I celebrate another birthday, I do so with immense gratitude. I am ridiculously blessed with a beautiful family and extended family. I have the best friends a girl could ever want and I laugh every day. Every single day someone or something crosses my path that brings a light hearted spirit through the air and I cherish the moments. God is so good and He does have a plan. It took YEARS to gain this wisdom and as you may be able to guess by now, we celebrate growth and our hard fought battles! We don't look backwards a lot, simply because we aren't going that direction, but we understand how far we have come. Mostly, we concentrate on the here and now and what lies just ahead, so tying us to a specific era clips our wings.

I am blessed to have found my callings. Yes, Sagittarius folks cannot possibly just choose one thing! And, because we like to experience a lot, we usually have knowledge on many topics because as many are sleeping, we are studying or out experiencing something we are curious about. We crave knowledge. Oh the audacity of even the “potential” of boredom. No way, no how! Being bored or trapped is the worst of the worst in our minds and we will begin to entertain ourselves which usually trends into messier situations. We are the ones making paper airplanes at the table when the service is slow. So, if you have a December child, allow them a lot of brain stimulating toys and activities. And talk with them. How we LOVE communicating and learning about another’s feelings and thoughts about a topic. As I complete another lap in life’s big race, I want to thank you all for reading these articles each week (or as much as you can tolerate). For most of the year, I try to bring you interesting topics that I research (constantly) and pass on the best advice I can. Most Sagittarius folks LOVE books by the way. So if you are ever looking for a perfect gift for them, hand them off a “doing” type of book. Gardening, building, creating, painting, playing music, anything of that sort is a sheer delight.

Honestly, I do try to bring you the happenings as they occur, however, sometimes; apparently, I just need to have the indulgence of writing a more self-centered, silly article. So, thank you for allowing this one. Happy, Happy, Happy birthday to all December babies! You are not alone in your uniqueness and I celebrate with you! PS.....we strongly don’t like getting a birthday and Christmas combined gift. We don’t give you all gifts in June and say this is also your Christmas present....just saying.....

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

