

Natural Healing Express Weekly

Column 408 Christmas Just Around the Corner

By the time you read this, it will be about a week before Christmas. Many of us will be just gearing up for family coming in from out of town and getting ready to cram several relatives onto couches and cots since hotels are scarce and it is so much more fun to let all the cousins gather up for one big sleep over!

Well, here we go again. Shopping, cooking, smiling at relatives that we only see once a year (slyly realizing why) and gathering around the Christmas tree or make shift bar. It is truly a special time of year, as we celebrate the birth of our Lord and Savior.

Here's a little advice that has taken me a few years to learn. First, don't try to overdo everything. I know there are several "Christmas Perfectionists" out there who want everything in order from the matching tablecloths to the properly tied bows. And, I salute you, if you are truly happy. To truly be happy while making everything perfect is an ART. And, I have learned most perfectionists are not happy.

And, if you are not happy trying to make everything perfect so others can be happy, then do EVERYONE a favor and just stop. Imperfect Holiday gatherings are usually the most fun and chances are, you are the only one that is even noticing how much detail and effort you are putting into things being "perfect".

Trust me, I feel you! Been there, done that and got the refrigerator magnet.

On another note, one of the things I have learned is to keep a lot of appetizers on hand that are quick and easy to make since a lot folks just tend to "drop by" unannounced . Here's a suggestion.

Zesty Marinated Shrimp

Ingredients – ½ cup olive oil, 3 freshly squeezed limes, 8 lemon slices, ½ cup red onion diced, ½ tsp. dill weed, 1 tbsp. fresh cilantro, salt, pepper and hot sauce to taste, 2 -3 pounds of medium cooked shrimp.

In a large bowl, combine all ingredients. Stir, cover and refrigerate for 2-3 hours. Serve chilled.

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