

Natural Healing Express Weekly

Column 409 Merry Christmas

I hope this column finds you wrapped in love and the spirit of Christmas. From our ever-growing family and your “extended” family here in Lena, located near the heart of God’s Country- we say MERRY CHRISTMAS! We send you wishes of joy and happiness!

For those of you just settling down from that huge stack of dishes or cooking every casserole and baked good under the sun, take a break! You deserve it!

Holidays can be a great source of joy, but they can also create a ton of stress. Watch yourself, know your limits and if all else fails, message us and we will get you some Nutri-Calm.

We know there are many beliefs out there and we do not judge anyone based on their faith. Everyone is welcome at our table free of judgment. We have had many great learning’s from our friends of the Jewish faith and more recently, those who have taught of us the tradition of Yule. There are lovely stories, metaphors and kindnesses extended in all that we have learned. We love and appreciate our friends, customers and of course, family and extended family.

With that said, we hold a certain fondness for this time of year because we celebrate the birth of our Lord and Savior, Jesus Christ. Many of you who know the story just LOVE the story as Mary and Joseph trudged forward towards Bethlehem expecting a child at any moment. And as the Bible teaches, Jesus was born in a manger. We celebrate his birth on Christmas Day.

I love the hymns and sweetness of the season. Perhaps my favorite “supporting” role is that of the three wise men. From Matthew 2:11 – Entering the house, they saw the child with Mary His mother, and falling to their knees, they worshipped Him. Then they opened their treasures and presented Him with gifts; Gold, Frankincense and Myrrh.

I love this verse because it shows that Natural Healing using the protocol of essential oils was present at the birth of Christ. Kind of puts things into perspective doesn’t it?

Well, Happy Holidays and Merry Christmas to all!

Make it a great week!

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