



Taking Stock of Things



Lots of things are changing during this time. I have been telling patients that there are so many positive things about this awful illness that are coming back into our lives. People have time to clean their junk drawers, watch every episode of The Crown, organize the garage, begin a journal, scrapbook, reminisce and walk instead of run.



Recently quite a few people have mentioned that they started going back to church. They felt they weren't as tired on Sunday now and had more time to spend in different ways! Some elderly people told me they hadn't been able to go to church in years because they couldn't walk very far, but now they could go to a drive-in church, courtesy of Coronavirus.

Other Taking Stock Moments I've Seen:

- A group of women were standing and talking in the parking lot of the Big Y saying they hadn't had the time to just "chat" with someone other than a work colleague in months.
- A young girl had set up a stand by the side of the street to sell her artwork. She had been spending her extra time at home improving her artistic skills and now wanted to sell some to help her parents who weren't working.
- I received a thank you note from a friend that I haven't seen in a while telling me how important our friendship is to them and how much they appreciated me, but hadn't had the time to tell me until now.
- A lovely couple up the street who are

I even drove through Rutland yesterday on my way to June's fabulous cookies (more below) and the Congregational Church was having a drive-through service with the minister out in front as each car drove in. There were even enthusiastic women with face masks and gloves holding signs directing church-goers. It was really nice to see!



extremely overweight have now been out walking together every single day!

- A friend of mine is creating small Easter packages of colored eggs, June's Easter cookies and inspirational magnets and leaving them at elderly neighbor's doors.
- While out walking I passed a woman dragging out bags of trash to her garage. She yelled to me that her house had never been so organized and clean. It was like a ten years' worth of Spring cleaning.

June's Fabulous Easter Cookies & Cakes

Everyone knows what a fan I am of the wonderful June and her edible creations. Her Easter treats are no exception and I drove out there yesterday to her delightful farm to pick up some Easter goodies.

She is doing outdoor order pickup. Visit her Facebook page to order ahead and your order will be waiting for you:

[Visit June's Bakeshop Page](#)

Sahar's Support During Homestay

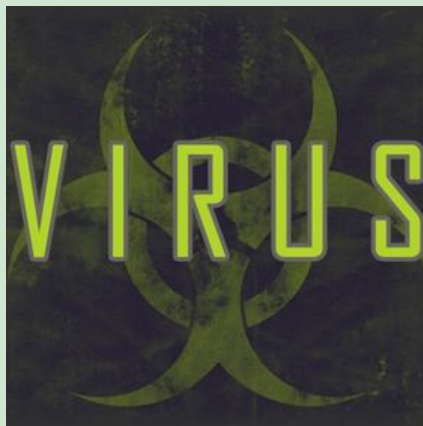
Many of us are not used to turning inward and this period of time is forcing us to take stock of ourselves and our lives when we have lived our lives busy and distracted.

Sahar is offering a 15 day course with a daily video that is 20-30 minutes to help with reassurance, guidance and actions for the body, mind and emotions. This will help to process the thoughts and realizations that this forced isolation can bring up.

Every Sunday is a Live Q&A group session, all from the comfort of your home.



[Sahar's Homestay Program](#)

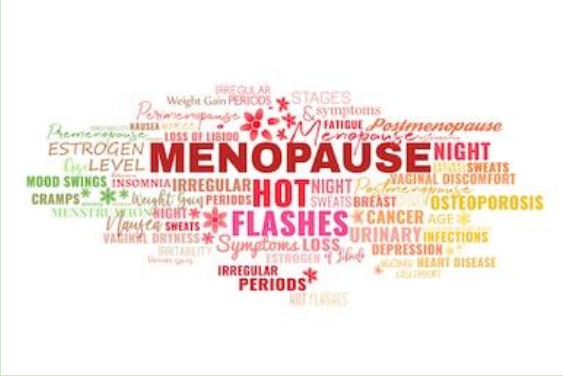


**Viruses 101:
Just the Basics Please**

My Recent Articles & Blog Posts



The Power of No



Managing Menopause: The Most Natural of Transitions Dr. Clickner's Quick Guide to Natural Preconception

Did you miss our Specials???

In our last newsletter we had a number of specials to help you plan your summer by putting your health first! We even had a sale on our homeopathic Detox Kit that you can do now while at home!

[Download Our Specials](#)

Making the Wait Worthwhile

Inspiration, Information and Some Special Discounts to Help You Invest in Your Immunity

Optimal Health

One of the most difficult aspects of the Coronavirus waiting game is how much stress it is creating in our lives and in our homes. I've often complained that it takes an illness for me to stop long enough to smell the roses, but then I'm too sick to smell anything.

This is an opportunity...

We have a chance to focus on things that we normally don't have enough time for. It also gives us the opportunity to reconnect with nature, with our families as a family and with the deepest part of ourselves.

But the most important aspect of this opportunity is to learn from this experience just how important our immune system is.

We can no longer just sit and wait for an illness to strike.

We have to prepare our immune system today and every day.

Because the next coronavirus will come.

To order specials or to refill your Immunity Protocol:

Cheryl at our customer service desk 508-826-3551 or cbnmcustomerservice@gmail.com

You can order products through your Customer account at Standard Process

Don't have an account?

Just call Cheryl and she can help you set that up so you can order online 24 hours a day and receive your order in 2 days at your door.

[Visit our Conscious Body Website](#)