

Subject: A Season of Gratitude and Giving - The Natural Path - December 2021

The Natural Path

Personalized Health Solutions

December 2021



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A Season of Gratitude and Giving

For many of us, 2021 has been another challenging year. Yet we have so much to be grateful for! We have found that the best remedies for depression, sadness, melancholy, etc. are gratitude and giving. Focusing on the positives and giving to someone, in even the smallest way (a smile will do), can turn our outlook around. Just by taking the focus off ourselves and our problems, we can find ways to brighten someone else's day and improve our health in the process!

In the spirit of gratitude, we want to tell you a bit about Patty Childers, Kimberley's aunt.

Patty was a founding investor in The Natural Path and is a big part of the reason that we are

[Schedule an Appointment](#)

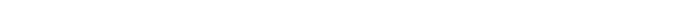
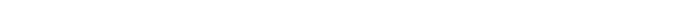
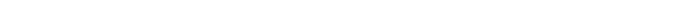
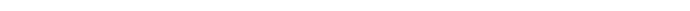


2022 Appointment Changes

Beginning in January 2022, our regular office visits will change from 20 minutes to 15 minutes. You are still welcome to add on time to appointments, if needed. Pricing will stay the same at \$45 for a regular office visit.

Best of NOCO

We are so grateful for your support and votes! The Natural Path took 3rd place in the Alternative Health category of the Best of NOCO Reader's Choice Awards. We will continue to work hard and hope to place even higher next year.



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She found great joy in her family and clients (and fishing) and was generous with her time and resources.

Unfortunately, she struggled in her own health journey and recently passed on to her heavenly home after a valiant battle. We miss her greatly and are so grateful for her confidence in us and support of our dreams. We love you, Aunt Patty!



Gift Ideas For Everyone On Your List

It can be hard to come up with a meaningful gift for everyone on your list. Here are our suggestions to help you pick a gift with a purpose - better health.

BONUS - all are on special 'til Christmas!

"Travelers" - 'Planes, Trains and Automobiles' - make sure they have **Biocidin Throat Spray** for the road to prevent picking up colds/flu/etc.

"WiFi Surfer" - they are always either on their phone or in front of the computer. **Multi-Polar Magnets** help provide some protection from damaging EMF (electro-magnetic frequencies).

"Emotional Rollercoaster" - holidays can be hard. Give them some relief with **ER911** - a calming homeopathic.

"Altitude-Wary" - visiting the mountains sounds like fun, but means feeling sick or significant fatigue. **Cataplex E2** helps remedy the high altitude blues.

"Movers and Shakers" - always out and about, give them the gift of convenience with on-the-go health packets. Pick from **General Health** or **Immune Support** packets.

"Over-Indulger" - enjoys ALL the holiday food...for a while....Help ease their digestion with **Multizyme** - digestive enzymes for all types of food.

"Sleep-Deprived" - they just need one good night! They will love **Organically Bound Minerals** before bed.

"Pet-Lover" - likes their four-legged furry friend more than you, but you still love them. Try **Canine or Feline Whole Body** - a great multivitamin/multimineral for pets of all ages.

"High-Tech Health Nut" - consider the **QuantumWave Scalar Laser**.

Great for all kinds of home healthcare - pain, inflammation, cuts, burns, injuries, pets, etc.



Beth the Helpful Elf

Need help picking the perfect gift?

Do you want something shipped to you or a loved one?

Would you like to start a monthly membership?

Stocking up on supplements before the end of the year (manufacturers often increase prices in January)?

Give The Gift of Health New Client Evaluations

If you haven't already finished your Christmas shopping, think about giving the gift of health this year. A New Client Evaluation is a great way to show friends and family that you really care about them and their good health. You won't have to wait in long lines or hope that what you ordered will arrive in time!



Service prices will be increasing next year, so this is a great time to encourage your loved ones to start their health journey at The Natural path. If you buy a New Client Evaluation as a gift for someone this year, that price will be locked in for their appointment even if they aren't scheduling with us until next year.

Member Special



This month, members will receive an extra 10% off product purchases. This makes your discount 20% on regularly-priced items!

Merry Christmas!!

Membership prices will be increasing in 2022. If you aren't already a monthly member, join by the end of the year to lock in at the 2021 rate. A membership helps keep costs down for those committed to improving their health over time with discounted appointments and supplements.

Focus on Your Blessings

As the holidays approach and 2021 comes to an end, it is a good time to focus on all the blessings in your life.



Gratitude is an important component of good health. From an energy perspective, your heart creates an electrical field around your body. When you are in a state of gratitude your field expands. This electrical field is part of your protection against unseen threats to your health. Feelings of anger, bitterness, resentment, guilt and shame close up the heart and diminish your field, contributing to ill health.

This season, eat well (don't forget your supplement program), get plenty of rest, spend quality time with loved ones, and take time to count your blessings. If you need

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ot-year requests. Just call the office or drop her an email.

Wishing you all a season filled with gratitude and joy!



Carl and Kimberley Claus

Ostakaka (Swedish Curd Cake)



There were a lot of traditional 'dishes' that Aunt Patty made for family gatherings. Given the Swedish roots on that side of the family, Ostakaka is a favorite. Kimberley looks forward to this dessert making an appearance at Thanksgiving and Christmas. This recipe has been adapted from the days that Kimberley's great-grandmother had to actually 'curdle' the milk to make it.

Ingredients:

- 3 Eggs
- 3/4 C. Sugar
- 2 1/4 C. Half and Half
- 1 1/2 Tbsp. Flour
- 1 tsp. Almond Extract
- 12 oz. Cottage Cheese
- Dash of Salt
- Optional: Lingonberries, Raspberries or Strawberries

Beat eggs, add sugar, salt, flour and extract and beat until well mixed. Add the half and half. Mix well. Stir in the cottage cheese. Bake at 350 in casserole (at least a 1 1/2 quart dish) for 1 hour

grateful for all of you.

Much love,

Carl Malone, DNM, BD, Psychotherapist

Ruby's Corner



"Ruby the Red-Nosed Rein-Dog"

I love to go to Grandma's house. I'm grateful that she has some of the best treats, but I'm not pulling any sleigh to get there!



December Specials

just as good without any toppings! Carl is still learning to like this dish in any fashion.

www.vitalmag.net

\$15

Req. \$20

And the angel said unto them,



Gifts for Everyone 20% Off

Includes:

Biocidin Throat Spray
NET ER911 Homeopathic Spray
Standard Process Cataplex E2, General Health
Packs, Immune Health Packs, Multizyme, Organically
Bound Minerals and Canine/Feline Whole Body

QuantumWave Scalar Lasers

15% Off
Req. \$2500

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Monday:	9:30AM–2PM, 3PM–6PM
Tuesday:	11AM–6PM
Wednesday:	9:30AM–2PM, 3PM–6PM
Thursday:	9:30AM–6PM
Friday:	10AM–4:30
Saturday and Sunday:	Closed

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