

Subject: Are You Doing the Holiday Hustle? - The Natural Path - December 2019



The Natural Path

Expert Nutrition Advisors

Newsleaf

December 2019



Be sure to read to the end for **monthly specials**.

Are You Doing the Holiday Hustle?

You know that dance – the one where you spend the last precious month of the year trying to meet a million expectations – one more holiday party, baking treats for the school program, finding the perfect gift for everyone on your list, fighting through crowds in the stores and on the roads, all while trying to express peace, joy and kindness that you are pretty sure was shoveled away with the last snow storm.

Let's face it, this dance card is full – too full! You are headed for the holiday guilt trip where you spend too much, eat what you shouldn't and feel like you haven't met anyone's expectations – including your own. It is a recipe for stress overload and the results of that are often not fully understood in the moment. It is easy to assume that we will get more sleep, eat better and generally take better care of ourselves in the new year, but damage is being done to your body that may not be immediately obvious.

December Events

[View Calendar](#)

What's Stress Got To Do With It? - Free

Wednesday, December 11th , 6:15 - 7:30 pm

Learn about the effects stress can have on your hormones and overall health. An overview of the stress and hormone lab testing (DUTCH and BioHealth) will also be provided.

Attendees receive an extra **20%** off De-Stress Supplements!

Share the Care - Free

Tuesday, December 17th, 6:15 - 7:30 pm

Last month we introduced this new program presented by Molly. Have you ever wanted to better your health but feel somewhat restricted by your budget? "Share The Care" is designed to help you, family, and friends afford to take your health care to the next level.

To begin the event, there is an informative class on what we do at The Natural Path and a demonstration on how our testing is done. If you are already a client of The Natural Path, you will be given a complimentary nutritional office visit if you bring two or more guests who are interested in also becoming clients. New clients will receive a 50% discount on their New Client Evaluation for attending.

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110



good things to be able to say 'yes' to better and more important things?

Some of us need to learn to be ok with not meeting everyone else's expectations of us. Some of us need to let go of 'FOMO' (fear of missing out) if we don't attend that holiday party this year. And some of us need to learn to set better boundaries for and expectations of ourselves. Saying 'no' to some things this season won't be easy, but it may be necessary so we can say 'yes' to better health, better balance and better relationships with those who mean the most to us.

Instead of participating in the Holiday Hustle, pick one or two events to decline and replace them with something truly meaningful and good for you – some quiet time, a walk with a loved one, maybe even some sledding or a snowball fight with the kids. Playing helps keep us young at heart and in body.



Just say 'no' to stress!

While we all know that excess stress isn't good for us, the ways in which it can harm us are less understood. Stress is a challenge to the body, whether that challenge is real or perceived, physical or emotional, pathogenic or

biochemical, etc. The body must mount an adaptive response to whatever the challenge is and, if not controlled, the stage is set for all kinds of dysfunction. Typically, unresolved stress in/on the body results in hormone imbalances, immune system weaknesses, gut issues and the list goes on. It can also significantly deplete nutritional reserves in the body.

This month we are focusing on de-stressing and the positive affect that has on your hormones and overall health. See the specials for all the supplements on sale and consider coming to our presentation – What's Stress Got To Do With It?

We so appreciate each of you as clients and friends. You make it easy to love what we do each day!

We are looking forward to time with friends and family this next month, relaxing a bit and planning for a wonderful 2020. We hope you can do the same!

Wishing you all a Merry Christmas and a Happy New Year,

**Dr. Carl and
Kimberley
Malone**



We will be closing early at 4:00 pm on Christmas Eve. The office will also be closed Wednesday, December 25th through Wednesday, January 1st. Each of us at The Natural Path wish you a very Merry Christmas and a Happy New Year!

Walk-Ins Welcome!

Fridays in December

(Office is closed on the 27th)

10:00 - 3:00 pm

\$25

To help relieve some stress this month, our gift to you is the opportunity to drop in on Fridays. Stop by for nutrition, emotional clearing or biofeedback - first come first serve.

This month, members will receive a free biofeedback scan for the immune system.

If you aren't a member yet, you can join this month to receive this special.



<https://thenaturalpathlive.weebly.com/memberships.html>

**Choco-Strawberry Greek
Yogurt Bark**

Here is a festive and healthier option for a holiday dessert. The toppings can be changed up to suit



pecans, etc. There are some rushed mornings where this works as a grab-and-go breakfast - if you can stand the cold!



Ingredients

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1½ cups sliced strawberries
- ¼ cup mini chocolate chips

Line a rimmed baking sheet with parchment paper. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces. To make ahead: Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving.

Referral Rewards

As mentioned, your referrals really help spread the word to people that we may not otherwise reach. We don't have a big budget for marketing, so we really appreciate you telling others about the great things we have to offer.

When you refer someone who becomes a customer, you will receive a Referral Reward good for \$20 towards services at our office. You can use one reward per service.

Referral rewards are not given for non-adult children that come in with their parent.



Quick Checks \$15



Don't forget about our 10 min. quick-checks. These are great when you feel like you may be coming down with a bug or would like us to muscle test a supplement. We can quickly help you figure out the best support to keep you on track!

WHAT OUR CUSTOMERS ARE SAYING



Testimonial Contest

Have you ever read testimonials to decide whether or not a service or business is the best fit for you?

Yes, we all do!

Somewhere someone needs to hear your story! They need to hear there is hope to heal their bodies and better their lives. We want to care for as many people as possible! Testimonials and referrals are our best ways to reach those people.

To enter the contest, just email your testimonial to thenaturalpathinfo@gmail.com. You may also write up your



Gift Cards and Stocking Stuffers

This Christmas, consider the gift of health for those you love. Popular services include nutrition evaluations, heart scans, health coaching and emotional clearing sessions. When you buy \$80 in certificates, we will give you a bonus \$20 certificate.

The multi-polar EMF protection magnets make a great stocking stuffer and are just \$15 this month. A new laser fits nicely in a stocking too!



Anyone interested in attending a Christmas service this year is invited to join Carl and Kimberley at The Vineyard Church of the Rockies. Let us know if you would like to come along.

Blue Christmas

Saturday, December 21, 6:30 pm

Are you having a tough holiday season? Join us on the longest night of the year for a service of comfort and hope.

Christmas Eve Service

Tuesday, December 24, 5:00 pm

A service to celebrate the reason for the season.



You have the opportunity to win a free Nutritional Kinesiology appointment with Molly, an emotional clearing session with Carl or a Heart Scan with Kimberley.

The drawing for one of each service will happen and be announced before we are closed for the holidays. Merry Christmas Everyone!



Ruby's Corner



Sometimes the people in my life stress me out - Mom and Dad! I am a dog - I don't require hats, scarves, coats and I especially hate boots!!! When I'm feeling stressed, Mom gives me Canine Adrenal. But don't give it to me just so you can dress me up!



December Specials

EMF Protection Magnets

\$15
Reg. \$20
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#### Walk-Ins Welcome

Fridays 10:00 - 3:00  
\$25  
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De-Stress Supplements 10% Off

Country Doctor Female and Female Balance

Like 0

Tweet

0

Share

0

Pin it

0

0

Subscribe



MediHerb Adrenal Complex

Standard Process Adrenal Desiccated,
Drenamin and Drenatrophin PMG,
and Symplex F and Symplex M products

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**20% Off**

**Standard Process Canine Adrenal Support**

[www.TheNaturalPathLtd.com](http://www.TheNaturalPathLtd.com)

2212 S. College Ave.  
Fort Collins, CO 80525

**970-829-1110**

Open Monday – Thursday, 9 am – 6 pm  
and Friday 10 am - 3 pm  
Saturday - Sunday Closed