

Subject: Are You Successful? - The Natural Path - September 2019



Expert Nutrition Advisors

Newsleaf September 2019



Be sure to read to the end for monthly specials.

Are You Successful?

Well, that is a loaded question! There are plenty of people in our lives and society who would like to tell us whether or not we are successful. They may define it as the job we have, how we look, where we vacation, etc.



The truth is, only you can determine if you are successful because you are the only one who can decide what success means to you! Success is different for each and everyone of us. We will find ourselves very unhappy if we strive to be successful in the ways other people define success.

While we are each very different when it comes to success, there is one thing that can help all of us reach our personal best - sleep!

The benefits of sleep cannot be overstated. It is so important, that it is even described as a super power by Matt Walker in this TED Talk: https://www.ted.com/talks/matt_walker_sleep_is_your_superpower

It wasn't all that long ago when a good night's sleep was more often the rule rather than the exception. People were often up with the sun, working outside some part or all of the day, and going to

September Events

View Calendar

Given our busy summer schedule, we will be taking the month off from teaching. Instead, we will both be attending training in and out-of-state.

Kimberley will head to California for a weekend focused on the microbiome. If you have interest in this topic, you don't even have to go to California to receive the training. Microbiome Labs will be live streaming the event and making recordings available (Just \$89!): https://live.microbiomekeynotes.com. The event is September 6th - 8th. If you suffer with gut issues, this is a not-to-miss event.

Dr. Carl will be in Chicago for further training on Contact Reflex Analysis (CRA) - another type of muscle testing used to assess healing opportunities. This month is also the Standard Process Back to School for Doctors yearly event in Denver.

We suggest putting a few of these events on your calendar:

- Work on your superpower - sleep!
• Take at least one fall drive to see the changing colors in the beautiful Rocky Mountains (or wherever you live).
• Try a nap or two (football games are great for this!).



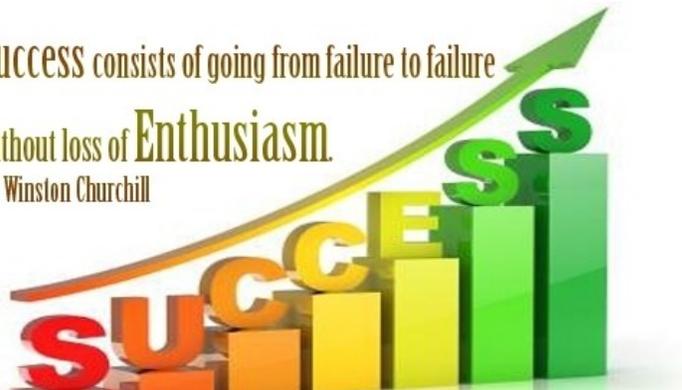
We are sorry to announce that the Life Revolution Summit has been cancelled.



Life Revolution SUMMIT



Success consists of going from failure to failure without loss of Enthusiasm. ~ Winston Churchill



Remote Sessions

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technology has made it possible to work well into the night and sitting at a desk with minimal exercise is much more common. However, these 'advances' are taking a toll on our sleep, our health and ultimately our success in life.



If you struggle with falling to sleep, staying asleep or need to use a little 'help' with sleep, there can be many factors contributing to your lack of slumber. Here are a few key items that should help you:

1. Have a routine! To bed at the same time and up at the same time.
2. Exercise! Make sure to do this earlier in the day.
3. Turn off electronics (WiFi especially) before bed.
4. Turn off screens or use blue blocking glasses or apps after dark.
5. Avoid alcohol, caffeine, sugar and any foods you are sensitive to later in the day.

Are you interested in other helpful ideas? This blog/article has some really good suggestions: <https://knewhealth.com/blogposts/trouble-sleeping-try-these-5-simple-sleep-hygiene-tips>

If you need further assistance with a sleep issue, don't hesitate to schedule an appointment to see what may be at the root of it. We have some natural supplements on special this month that can also help. Remember, the better you sleep, the more likely you are to achieve your success!

Success for us means spending time together doing things we love. It is also using our abilities to help as many people as possible in as many ways as possible.

Let us know if we can help you!

Dr. Carl and Kimberley Malone



"The graveyard is very rich with gifts and resources people didn't use that God gave them. May we leave this life used up, with no potential left that God has given us."

~Afeef Halasah~

our office? Dr. Carl is now offering remote sessions for treatments previously offered only in the office. You may even use our on-line scheduler to make your appointment for this new over-the-phone (or computer) service to keep your health on track. We are also happy to mail supplements to your home.

A quick note to members:

You can use the new remote session option as one of your membership sessions for the month. Have a session you need to use before it expires, but can't make it in? Consider a remote session.



We all want to be successful and may lie awake nights thinking and planning how to achieve our next goal. What if I told you those late nights and worry over the next thing we need to accomplish may actually hinder you in the long run? Dr. Brandon Buttry, DC posts "The man who earns a million but destroys his health is not really a success". Using NET and Power vs. Force we can evaluate your congruence with your dreams, aspirations and goals. What if your best laid plans are being sabotaged by thoughts planted so deeply that you can't access them? What if you could clear those blocks to really be successful and overcome mental road blocks? Sleep is the great restorer and clearing the deeper mind to be at peace will let your mind be restored, refreshed and energetic for the next day's challenges.



Dr. Carl Malone
DNM and Registered Psychotherapist

Ruby's Corner



One of my favorite things is sleeping! I'm always ready for a nap and love it when I can convince Mom and Dad to go to bed early.



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are located off of Lemay in the Sprouts plaza. Check them out!

www.alimentaryeats.com

Remote Session

\$35

Reg. \$40

**Sleep Support Supplements
10% Off**

Standard Process Min-Chex, Min-Tran and
Organically Bound Minerals
MediHerb Kava Forte and Valerian

Remember the Lord in all you do,
and **He** will give you success.
Proverbs 3:6 (NCV)



The green and gold this month is a little shout out to our local Colorado State University Rams!



Celebrating 150 Years of CSU

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