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Subject: Back Away From the Kleenex..... - The Natural Path - April 2021



[Schedule an Appointment](#)



Expert Nutrition Advisors

April Events

# Newsleaf April 2021

## Spring Cleaning with the SHAPE Program

Saturday, April 10th, 11:00 am - 12:00 pm

At this in-person information session, learn why spring cleaning isn't just for your cupboards and closets. This is a great time to do a little personal spring cleaning from head to toe. Kimberley will share how the SHAPE Program helps you clear out the 'body clutter' that has been accumulating.



Call or email to reserve your seat .

[TheNaturalPathInfo@gmail.com](mailto:TheNaturalPathInfo@gmail.com)

970-829-1110



In this newsletter:

- Schedule an Appointment
- Spring Cleaning with SHAPE
- Back Away from the Kleenex
- Happy Easter!
- Member Special
- Apple Cider Vinegar Elixir
- Ruby's Corner
- April Specials

## Back Away from the Kleenex....

Yay! It's spring time. But... not everyone is excited. For many folks, this is a miserable time when sensitivities flare up. Sneezing, runny nose, and watery eyes.... all signs that you are suffering from seasonal "allergies". Taking over-the-counter meds may stop the symptoms, but they don't address the cause and may have side effects such as making you groggy and tired. Allergy shots aren't any fun either.

**It's time for Spring Cleaning with the SHAPE Program.**

Receive a 4-week meal plan, personalized nutrition coaching and follow the SHAPE Program for:

- Increased energy
- Better digestion
- Less pain and inflammation
- More mobility
- More restful sleep
- Less toxic weight
- Fewer cravings
- Stronger immune system
- Brighter mood
- Clear mind



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symptoms. You may not have heard of these options, but they have been in use a long time, are painless and work very well without drugs or shots.

First, biofeedback can balance the body to a variety of stressors. We use a computer-based biofeedback system that quickly and accurately scans the body for imbalances due to environmental factors like pollens, weeds, trees and grasses. Once imbalances are identified, balancing frequencies are delivered to the body to improve symptoms. We have a special this month that includes a biofeedback scan along with a homeopathic allergy tincture that will be programed to fit your specific needs.



Our very own office manager, Beth, tried allergy shots for two years to clear her reactions to cats and dogs. She felt she was getting worse on the shots and stopped getting them. When Beth started working with us, she received biofeedback for her sensitivities and is thrilled to now be able to enjoy the company of a dog and two cats.

Second, ASERT is a sensitivity reprogramming technique that has been used for decades with great success. With this option, you can bring in specific items (fur, food, plants, etc.) from your home/office or yard and Dr. Carl will balance your body's response using ASERT. Leaving a cloth outside can act as a filter to collect irritants from your environment. Similarly, leaving out an open jar of water for a day in a bedroom, office, or car will also collect irritants. When you bring in the item, water or cloth, cold laser will be used on specific acupuncture points to bring your body into balance and calm sensitivities.

This is another great reason to have your own laser for home use. Dr. Carl teaches laser owners how to do the ASERT technique for themselves, friends and family.

Third, we have great natural remedies that help with seasonal sensitivities and don't have the side effects of "unnatural" options.

Please contact us if you would like to learn more about any of these products.



**Standard Process Allerplex** - Supports the body's ability to handle seasonal, environmental, and dietary challenges. Supports the body's natural ability to manage mucus movement, healthy liver function and healthy lung and respiratory function.

**Standard Process Antronex** - Supports the body's normal detoxification mechanisms, the liver and the body's natural immune system function. Helps the body clear histamine. Try this instead of Benadryl and avoid unwanted side effects.

**Standard Process Cal-Amo** - This supplement is a systemic acidifier and is therefore helpful with allergies and arthritis. It also helps to ensure Antronex can be absorbed and used by the body.

**MediHerb Albizia** - Herbal that helps maintain healthy breathing passages, assists in handling of occasional seasonal stresses, supports normal immune system response and the body's organs of elimination.



Each of us at The Natural Path wish you a Happy Easter full of blessings and new beginnings!



The symptoms you have today are the result of the many yesterdays that lead up to this point. It also means that doing something different today will bring about a different tomorrow as well!

~Don Colbert, MD~



### Member Special



This month, members will receive a \$10 discount off an NET Allergy Tincture. Make sure to have one in your natural first aid cabinet.

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



Please make a note of a small change to our office hours.

We are shifting our lunch break at the office from 2:00 - 3:00 Monday - Thursday. This **does not** apply to Fridays (we have so much fun we work through lunch!)



Please plan appointments and supplement pick-ups around this time.

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secretion in nasal passages, healthy response to environmental stresses and healthy mucous membranes (particularly of the nose and sinus). Assists in maintaining healthy breathing passages to support free and clear breathing.

**NET Allergy** - Homeopathic used for any kind of sensitivity or reaction to food or environmental substance. Receive a personally imprinted bottle with this month's Biofeedback special.

**Country Doctor SHA** - An herbal tincture that helps with sinuses, hay fever and allergies. Works as a decongestant and natural antihistamine.



The flowers and trees will soon be in full bloom, accompanied by pollens and other allergens. This is not the time you want people questioning if you are sick and looking at you sideways if you are sneezing and blowing your nose too much.

Take steps now to take control of your seasonal allergies without painful shots or harmful medications with unwanted side effects. Make an appointment soon - we can help your body adjust naturally to irritants which are causing your symptoms.

Get ready to step away from the Kleenex and enjoy Spring!



**Wishing you a Spring season with minimal Kleenex required!**

**Dr. Carl and Kimberley Malone**



Dr. Carl and his brother very much enjoyed time off in March during the big snow. They spent a week 4-wheelin' around Moab in their Jeeps. One might question the sanity of driving on roads with names like Cliffhanger, Steel Bender and Metal Masher....



### Apple Cider Vinegar Elixir

We often mention the many uses and benefits of apple cider vinegar. Here is a quick recipe for a daily elixir that can be very helpful for allergy sufferers.

Ingredients:

- 16 oz purified/filtered water
- 1 Tbsp local honey
- 2 Tbsp apple cider vinegar (organic with the 'mother' - like Bragg's)
- 2 Tbsp lemon juice (organic and fresh is best)

You can make this as a warm or cold drink. Add some cinnamon for an extra health kick.



### Ruby's Corner



While Dad was out romping in the desert, me and Mom were playing in the snow. Actually, Mom didn't think it was very much fun; she just kept trying to

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## April Specials

### Allergy Biofeedback and Imprinted

Tincture

\$99

Reg. \$149

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### ASERT

(Sensitivity Reprogramming Technique)

\$29

Reg. \$35

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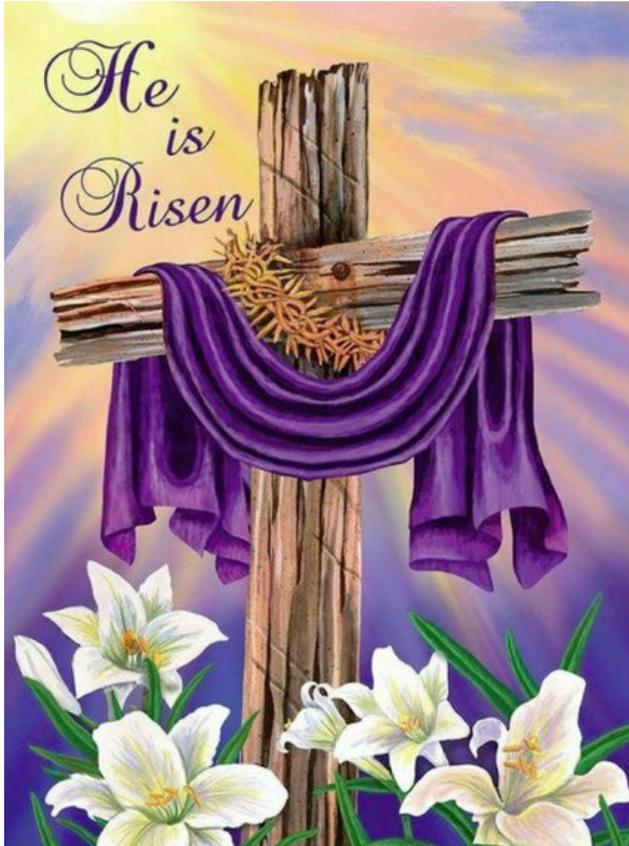
### Allergy Support Supplements

10% Off

Includes:

Standard Process Allerplex,  
Antronex, and Cal-Amo  
MediHerb Albizia and Sinus Forte  
NET Allergy Tincture  
Country Doctor SHA

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"He will wipe away all tears from their eyes, and there shall be no more death, nor sorrow, nor crying, nor pain. All of that has gone forever."

And the one sitting on the throne said, "See, I am making all things new!"

Revelation 21:4-5a TLB

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

2212 S. College Ave.  
Fort Collins, CO 80525

970-829-1110

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