

Subject: Back To School and Back on Track - The Natural Path - August 2019



Expert Nutrition Advisors

Newsleaf August 2019



Be sure to read to the end for monthly specials.

Back To School and Back On Track

It is hard to avoid all the signs that the 'back to school' season is upon us....lists of school supplies, sales for everything from shoes to backpacks and kids dreading the return of homework. While it is sad to say 'goodbye' to the long lazy days of summer, there is something comforting about a little more structure in our lives.

If you are thinking it is a good time to get 'back on track', we have some easy ways to get started. First, make sure you are getting good foundational nutrition. It is very hard to consume all of the nutrients our bodies need. Eating more real food (not out of a drive-thru window) that is clean and organic is very helpful. However, most of us would still benefit from making sure we are covering the basics thoroughly.

If you have been a client with us for very long, you probably already know our thoughts on synthetic vitamins and isolated nutrients. The body just doesn't use them very well and other deficiencies may be caused over time. We recommend consuming foundational supplements in a whole-food form as much as possible.

August Events

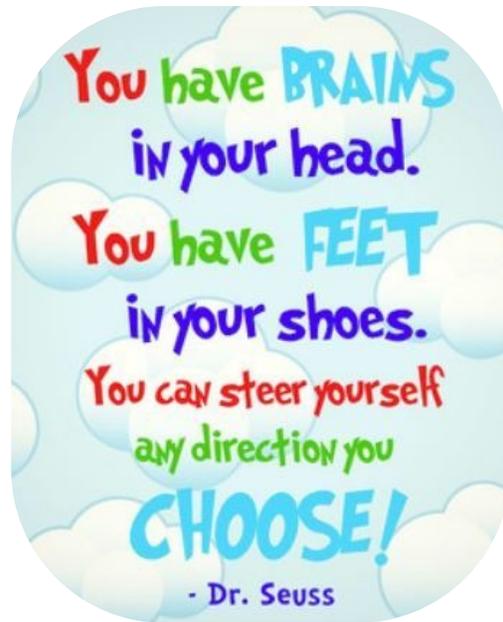
View Calendar

Anniversary Celebration and Customer Appreciation Party Friday, August 16th, 10:00 am - 3:00 pm (date change)

Come celebrate our 3-year anniversary and customer appreciation event. Drop in to enter drawings for free product and services, enjoy a free BEMER session, try a laser, pick up some valuable coupons and tell us what you love about The Natural Path. There will be refreshments along with free hugs and tail wags.

Learn to Muscle Test - Just \$20, Bring a Friend for Free Wednesday, August 28th, 6:30 - 7:30 pm Origin House of Fitness - https://www.originhof.com/ 1112 Oakridge Drive, Suite 110 (970) 223-1767

Our muscle-testing classes were popular in July so we will repeat this hands-on learning event one more time this month. It will be hosted at Origin House of Fitness. Learn basics for testing yourself, or your family, for a food or supplement at home. Please RSVP - space is limited.



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The best sources of vitamins and minerals are found in whole foods."

—Dr. Royal Lee, founder of Standard Process



You can rent a cold laser in the office for just \$15. This is a great benefit for any recent injuries, dental work or even general aches and pains. A cold laser can also be rented by the day (\$50) or week (\$250) for home use.



Referral Rewards

We don't have a big budget to spread the word about all the great things we offer at The Natural Path. So, you are an important part of our business in letting others know. Your referrals are our best marketing!

When you refer someone, you will receive a Referral Reward good toward \$20 in services at our office. Thanks for helping us 'spread the word'.



Quality is far more important than quantity when choosing nutritional supplements. Supplements that contain only synthetics have a fraction of the beneficial compounds found in foods. This is why many of the supplements we suggest come from Standard Process. They have an amazing organic farm in Wisconsin where much of the food is grown that is used in their products. Our supplement specials this month are for the Standard Process foundation products - Catalyn (multi-vitamin), Trace Minerals B12 (multi-mineral) and Tuna Omega-3 Oil (healthy fats). All three of these great products are included in the General Health Packets.



To further assist you in getting 'back on track', Molly is offering discounted health coaching sessions. Need to set some attainable goals, need some ideas of how to implement diet changes, or just need some accountability? Molly is ready to get you rollin' in the right direction.

Also, be sure to check out Carl's notes on balancing sessions to get your kids off to a successful start on the 'back to school' season.



The story of 'Us'

It is the 3rd anniversary of The Natural Path and some of you may be interested in how we came to 'be'.

Personally, we met about 10 years ago. Kimberley was struggling with knee issues and having to limit her cycling and racquetball. A friend introduced us, thinking that Carl's laser therapy could be helpful. At the time,

Kimberley was an engineering program manager at Hewlett Packard and definitely not a 'believer' in alternative healing modalities. There are a couple of different versions of how the story goes from here, but with some divine intervention, Kimberley did start to see Carl for some sessions on her knees. She also began to learn about and appreciate the world of natural health.

Carl's journey took him from a high tech world at British Telecom to learning laser from some of the top laser doctors in the world. If you don't know that part of the story, he would love to share it with you sometime. Carl says 'I went from high tech to high tech healing'. The best part is that it brought us together. We just celebrated our 9th anniversary.

Ruby came on the scene just before we married. Carl thought a puppy would make a great engagement gift - he now shares that he doesn't recommend such a gift because all attention and energy goes to the puppy!

Once the three of us were all together, Carl decided it was time to go back to school to become a Doctor of Bioenergetic and Natural Medicine. After he finished his degrees, Kimberley decided she was also done with high tech and headed back to school. She is a Functional Diagnostic Nutrition Practitioner (FDN-P) and loving every minute of it. She says 'I went from troubleshooting computers to troubleshooting bodies'.



Life Revolution SUMMIT

Coming September 28th - 29th 2019

Check it out here:

<https://www.liferevolutionsummit.com/>

We are excited to be a sponsor at this event being held at the CSU Lory Student Center.



Memberships

This month we are expanding the services that our members may choose from. Biofeedback rescans and heart scans (HSR) are being added. If you aren't a member, you are missing out on some great benefits!!

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Finally had our idea going three years ago. Adding Molly and Beth to our team has allowed us to really grow and flourish. We couldn't do it without them!

This business allows us to continue in our passion for learning and researching new things, often attending training events online or in person. But what we love most of all about starting The Natural Path is all the people we have been blessed to meet, help, and share life's journey with.

We are still writing our story and are so glad that you are a part of it! Please come celebrate with us at our Anniversary Celebration and Customer Appreciation Party.



"Strength shows not only in the ability to persist, but in the ability to start over."

~Robert Lewis Stevinson~



Country Doctor Herbals

This month we are continuing the cleanse options provided by Country Doctor

Herbals. These are scheduled throughout the year to work systematically through different organs of the body. This month we return to the Kidney/Bladder cleanse followed by a Lymph cleanse. Each cleanse is about a week long.

Come by to pick up a schedule of the cleanses or download an online copy here: <https://thenaturalpathlive.weebly.com/health-documents.html>.



Starting school can be a very stressful time for kids. The senses can go into overload from all the new colors, smells, bells ringing, etc. There may be stress going into a new classroom with a new teacher and other students. Often children are wearing new clothes and have new backpacks with new books and supplies. There are cleaners, paints and even new carpets all giving off chemicals that are breathed in and absorbed by the body. Just walking into this new environment creates emotional stress. All of these things combined can take a toll on a child's immune system and affect their emotional and physical balance.

A back to school balance session is a good way to help kids adjust. Check in on any needed nutrition and balance and clear emotional stressors.

Fort Collins has such a wonderful trail system. Whether you are running errands, meeting friends in Old Town for dinner or just enjoying the beauty of our parks and natural areas - get out and ride!!

To your good health!

Dr. Carl and Kimberley Malone



Also, consider starting the school year off right by using the Kid's Triad supplements and stock up on Virex, Bac-T and Echinacea to be ready for that first sniffle, cough or scratchy throat. Good basic nutrition and emotional clearing helps kids focus and succeed at school. It is good for moms and dads, too.

Back to School Balance Sessions for kids 12 and under are \$20 all month, just \$35 for 13+.

Dr. Carl Malone
DNM and Registered Psychotherapist

Ruby's Corner

"You learn something everyday if you pay attention."

~Ray LeBlond~

Chocolate Chia Pudding

Who doesn't like pudding for that

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different tastes.

Ingredients:

- 1/4 cup cacao powder or unsweetened cocoa powder
- 3-5 Tbsp maple syrup
- 1/2 tsp ground cinnamon
- 1 pinch sea salt
- 1/2 tsp vanilla extract
- 1 1/2 cups milk of choice (coconut, almond, dairy, etc.)
- 1/2 cup chia seeds



Directions:

1. In a small mixing bowl mix cacao powder (sift first to reduce clumps), maple syrup, ground cinnamon, salt, and vanilla and whisk to combine. Then add a little milk at a time and whisk until a paste forms. Then add remaining milk and whisk until smooth.
2. Add chia seeds and whisk once more to combine. Then cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes.
3. Leftovers keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with desired toppings, such as fruit, granola, or coconut whipped cream.

This is a great way to work in some extra fiber, protein and minerals. If you aren't a fan of the chia seed texture, try using ground chia seeds (same amount) or blending the entire recipe before refrigerating.

minimalistbaker.com



I need the basics to be healthy too. My mom and dad give me Canine Whole Body Support. It is a general supplement made from whole foods, organ and tissue extracts used for daily maintenance of all my body systems. I think my supplements may even make me smarter, but I'm not headed to college just yet!

Feline Whole Body Support is also available for those other 4-legged furry friends.



August Specials

Back to School Balance Session

\$20 - kids 12 and under
\$35 - kids 13 and older

Health Coaching Sessions

\$30 - 30 min.

Basic Support Supplements

20% Off

Kid's Triad - Buy all 3

Catalyn Chewable,
Congaplex Chewable
Tuna Omega-3 Oil Chewable

10% Off

Standard Process Catalyn, General Health Packets,
Trace Minerals B12, and Tuna Omega-3 Oil

20% Off

Standard Process Canine or
Feline Whole Body Support



www.TheNaturalPathLtd.com

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