

Subject: Bioenergetics - Trick or Truth? - The Natural Path - October 2019



October Events

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Expert Nutrition Advisors

Newsleaf
October 2019

Laser Basics

Tuesday, October 22nd, 6:15 - 7:30 pm

Participate in a presentation of how cold laser works to reduce pain, inflammation and assist the natural healing process. Learn how you can help yourself, your family and your pets by using laser. Lasers will be available to try.

Body Electric Summit

October 7th - 13th, Free and online

Co-Hosted by Dr. Christine Schaffner and Dr. Dietrich Klinghardt

Register for this summit here: <https://bodyelectricsummit.com>. This is an online summit where you are generally given a 24-hour period to watch the day's speakers. Often there is an opportunity to "catch-up" on missed episodes at the end of the summit.

Your body is more than a set of biochemical interactions. It is time to see your body as ENERGY. Join us and learn precisely how you can ACCESS that energy, as part of your health journey and get the tools and learn the language of your "Body Electric!"

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110



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

Bioenergetics - Trick or Truth?

To start, many of us could probably use a bit of a definition. Just what is Bioenergetics? Bioenergetics can be defined as the study of energy relationships and energy transformations in living organisms. This is important because energy affects body biochemistry by making and breaking chemical bonds in molecules. This can affect how amino acids, fatty acids, and vitamins are used in the body, which directly affects health.

However, it may seem that bioenergetic modalities, like muscle testing or laser, are just fancy parlor tricks; especially since we don't 'see' energy and frequencies and it is sometimes difficult to believe there is any truth at all to their effect on the body. While you don't 'see' energy, you have most likely experienced it and its interaction with your body. Anyone who has ever scooted stocking feet over carpet to delightfully shock someone nearby or seen their hair stand on end after a good brushing (this is more of a dry climate phenomenon) knows that energy can be very tangible .

The truth is good electrical flow in the body helps keep us healthy.

So what helps maintain good electrical flow in the body? Hydration is definitely important, because water is very conductive. Minerals in our body are also conductive. However, it is also very important that



Interested in hosting a presentation on laser or muscle-testing? Dr. Malone is always happy to present to groups or clubs. Give us a call to check on possible dates and times.



Member's Benefit!



This month all members will receive a **free** BEMER session. Next time you are in, plan to spend an extra 10 minutes enjoying this bioenergetic device.

Not a member yet? Check out the membership options on our website here: <https://thenaturalpathlive.weebly.com/memberships.html>



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also referred to as "earthing".



"Autumn is a second spring when every leaf is a flower."

~Albert Camus~

The surface of the earth is negatively charged by free electrons that our bodies crave. A key source of this negative charge is lightning. Our planet is constantly being bombarded with lightning and globally, there are about 40 to 50 flashes of lightning every second. Check out lightningmaps.org for real time data if you are as geeky as we are.



When we connect to the earth's surface through bare feet, swimming in natural waters or even hugging trees, we are flooded with the negative charge of the earth. This helps bring our own electrical systems back into balance, giving us more energy and helping to calm inflammation. This is partly why people feel so good after gardening, going to the beach or just walking barefoot.

Unfortunately, we are becoming more and more insulated from the earth. Leather-soled shoes have been replaced by rubber soles (a great insulator) and we spend much of our time indoors being bombarded with frequencies that are difficult for our bodies to deal with. Here is a short video to better understand grounding: <https://www.youtube.com/watch?v=Z4F8mterVGE>

But, let's get back to bioenergetics. If you are still wondering if there is some trickery here, do you ever question how your cell phone, radio or TV work? These are all examples of how invisible energy at different frequencies is very useful and powerful. This is true for the human body as well.

Due to our lack of connection to the earth, bombardment by all kinds of frequencies (think radio, cell, wifi, smart meters, etc.) and other factors that block energy flow, bioenergetic modalities and devices can be very helpful! Did you know that Dr. Malone has a Bioenergetic Doctorate? We use bioenergetic devices extensively in the office to help get your energy flowing in a healthful way. A few examples are:

Biofeedback: Helps balance the body to stressors related to foods, pets, pollens or other allergens.

BEMER: Proprietary PEMF device that improves micro-circulation.

Laser: Provides photon or light therapy that is very effective at reducing pain and inflammation and improving healing time for surgeries or injuries.

****NEW** SRT :** Sympathetic Resonance Technology is brand new to our office and everyone who has tried it has loved it. It is another device that helps bring the energy and frequencies of the body into balance.

Be sure to check out the specials this month!



Pumpkin Seed Boost

Pumpkin patches are bustling as everyone scrambles to find the perfect pumpkin to perch on their porch this fall season. If you already save the seeds from your carved pumpkins for roasting - good job! If you don't, dig your hands into that gooky mess and pull out those seeds - they just need to be rinsed.



Pumpkin seeds are a great source of vitamins and minerals and, as with most seeds, they pack a more powerful punch if soaked and sprouted. Read more about the super powers of this super-food here: <https://thenutritionwatchdog.com/pumpkin-seeds/>.

Place the seeds in a large bowl. For every cup of pumpkin seeds you have, add one teaspoon of sea salt. Cover the seeds with filtered water and stir them to dissolve the sea salt. Lightly cover the bowl with a towel. Let it sit for 24 hours then strain and rinse again. Lightly dry them with a towel. Roast as you normally would. Here is an easy recipe to try:

Preheat your oven to 300 degrees and line rimmed baking sheets with parchment paper.

- 1 C. soaked and sprouted pumpkin seeds
- 1 Tbsp. melted butter
- A few pinches of sea salt

Combine the all the ingredients and mix until well coated. Spread them on the prepared baking sheet and place in the oven for 10 minutes. Take them out and stir them around. Place them back in the oven for another 10 minutes. Check the seeds. If they are crisp and slightly browned, they are done. If not, stir again and place back in the oven for another 5-10 minutes or until they are nicely toasted.



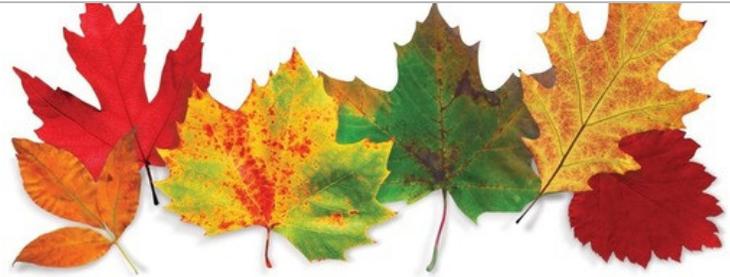
It is pretty difficult to avoid all of the candy that comes out this time of year. Even those mini-

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Consuming sugar has a major impact on your immune system and can severely cripple your ability to fight off pathogens for several hours. Keep that in mind before you eat that next handful of Skittles!



Sugar can also put a serious strain on your body's ability to maintain blood sugar balance. You have experienced a sugar high quickly followed by a sugar crash. This is a rollercoaster your body does not want to ride! To help out, we are discounting some of the supplements to help the body better handle the highs and lows of our sometimes not-so-great food choices.

Standard Process Cataplex GTF - Chromium supplement to help support healthy blood sugar.

Standard Process Diaplex - A complete digestive supplement that includes support for healthy blood sugar balance.

Standard Process Pancreatrophin PMG - Pancreas support to help with healthy insulin production.

Standard Process Paraplex - Support for a healthy endocrine system including the pancreas.



I just returned from a CRA (Contact Reflex Analysis) training with Dawn Renea, teaching the techniques of her father, the late Dr. Dick Versendaal.



He left an amazing methodology to test the body. He observed how energy flows through the body, where it becomes stuck and how to get it moving again.

If you have not been out leaf-peeping yet, get out there and enjoy the beauty of this time of year! Being out in nature is very good for your bioenergetic self.



Sitting on rocks and leaning on trees during a beautiful fall hike will flood your body with the negative ions it craves.



We spent a day last weekend driving the Peak to Peak highway and adventuring down a number of fun side roads. The colors were amazing and the air was crisp and refreshing.

Don't wait to long - this season goes by too quickly.

Happy fall ya'!!!

Dr. Versendaal called the heart the Queen Bee, with every organ compromising itself to keep the heart beating one more day. The heart sends out 5 times more signals than the brain. Every time something happens to us (physically or emotionally) the heart takes a hit. When you stub your toe, the heart feels it. When you hear an unkind word, view a negative post online or see something troubling on TV, the heart takes another hit.

The brain steps in to protect the tired heart, much like a parent or spouse might step in. This leads to a tug-of-war with the thyroid as the referee, trying to keep balance. The adrenals become exhausted trying to hold up a tired heart. As each of these systems show symptoms of fatigue, we often treat the symptoms rather than the root cause. Our Heart Sound Recorder (HSR) is an excellent tool to measure heart stress and therefore, overall body stress. If you are having any issues in the body, an HSR is a good place to start.

Dr. Carl Malone
DNM and Registered Psychotherapist



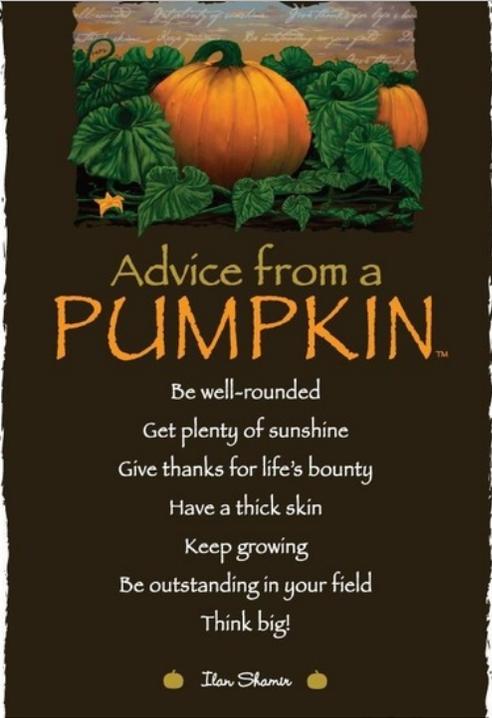
Ruby's Corner

Dr. Carl and Kimberley Malone



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Having a 4-legged friend like me is great for your health! I spend a lot of time 'grounding'. When Mom and Dad pet me outside, they are being 'grounded' as well. That's a win-win!!

Since I don't wear shoes, I have a direct connection to the earth whenever my four paws are outside on a natural surface. But my favorite way to ground is swimming - any lake, stream or dirty mud puddle will do!

October Specials

50% off
Bioenergetic Device Sessions
 Includes: BEMER, SRT and Laser (in office use only)

Multi-Polar Magnets
\$15
 Reg. \$20

Sugar Handling Support Supplements

10% Off
 Includes: Standard Process Cataplex GTF, Diaplex Pancreatrophin PMG and Paraplex

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