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Subject: Blood Building and Sugar Balance - The Natural Path - October 2018

The Natural Path

Expert Nutrition Advisors

Newsleaf
October 2018

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

Blood-Building and Sugar Balance

It is October and time for the 'snack size' candies to show up to let us feel less guilty because we ate 'just one'. Come on, who eats just one of those things?! One just isn't worth the cheat - three seems more reasonable - they are small after all.

Unfortunately, even these small 'cheats' can lead to elevated blood sugar, which in turn can lead to a 'sugar crash'. Maintaining a controlled blood sugar level is important for optimal health. Over time, unbalanced levels can have serious effects on the body, resulting in more significant issues like insulin resistance and diabetes.

While we can easily understand the correlation of eating sugar and a rise in blood sugar levels, it is also important to know that carbohydrates (i.e. bread, pasta, crackers, rice, etc.) are metabolized into sugar in the body. These foods may also cause an imbalance in blood sugar.

To help stabilize blood sugar throughout the day, make sure to include protein and healthy fat with each meal or snack. Starting the

October Events

View Calendar

Orientation - Free
Thursday, October 11th, 12:00 - 12:30 pm
Tuesday, October 16th, 6:15 - 6:45 pm
Thursday, October 25th, 6:15 - 6:45 pm
Tuesday, October 30th, 12:00 - 12:30 pm

Meet the Malones and learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees receive a discount on a New Client visit or Wellness Review.

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110

Many of you have already met Molly Childers at our office and benefited from her knowledge of supplements and all things health. We are excited that she recently became a Certified Nutritional Consultant, which complements her health coaching credentials.

This month she is offering a coaching package focused on building a foundation for success as the season of goodies, parties, and general over-eating quickly approaches. In 4 half-hour sessions, you will define your health goals, outline successful strategies for reaching them, and develop tools for navigating the challenging health environment we all live in.

This is a great investment in yourself at only $149 for the 4-session package!

day with a traditional breakfast of pancakes, waffles or cereal is a bit like starting your day with a handful of 'snack size' candies.

Here are some great products to help with blood sugar balancing:

Standard Process Cataplex GTF – Supports healthy blood sugar levels when already within a normal range. Encourages healthy blood sugar utilization at the cellular level. Contains chromium, an essential part of the biologically active complex that is involved in carbohydrate metabolism.

Standard Process Diaplex – Addresses blood sugar-handling imbalances. Supports the pancreas. Helpful for both pre-diabetics and diabetics.

MediHerb Gymnema - Used in cases of insulin resistance and to curb sugar cravings.

Blood-building refers both to replenishing lost blood and to creating healthy and more abundant red blood cells in cases such as anemia. See Dr. Malone's article on Human Blood vs. Plant Blood for more details.

Standard Process Chlorophyll Complex - Useful in cases of bleeding, blood loss or low RBC counts. Also very helpful for healing of ulcers and for stomach pain.

Standard Process Ferrofood – Maintains healthy blood and promotes and supports normal blood production. Supports cellular integrity. Provides iron, which is essential for the synthesis of hemoglobin and helps deliver oxygen to red blood cells. Contains vitamin C to help with iron absorption.

This month, members will receive a "Building Healthy Lives" package (4 sessions of health coaching) for just $99!

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

It is coming! The onslaught of 'healthy-diet-sabotaging' candy bowls in public places, parties with goodies of every kind, and all the holidays where over-eating is expected and encouraged. This is the time of year we could all use a little extra help with successfully navigating a healthy lifestyle amid the many opportunities to fall off the proverbial 'wagon'. Make sure to check out our special on coaching sessions with Molly this month if you would like to take some proactive steps to prevent feeling like you are starting from scratch with your health in January.

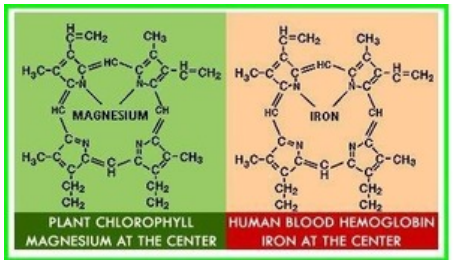
We had a wonderful time at Back to School for Doctors in Denver this year. Molly and Lesa joined us and we all enjoyed the learning opportunity. Ask us about the brand new magnesium product from Standard Process called E-Z Mag - wonderful for mood/brain issues.

Dr. Carl and Kimberley Malone

Ruby's Corner

Human Blood vs. Plant Blood

There is an amazing correlation between human blood and the "blood" of plants. Hemoglobin is a major component of the red blood cells in mammals. Plants have their equivalent of "blood" in the substance known as chlorophyll. In the image below you can see that both the hemoglobin and chlorophyll are identical, with the exception of one molecule in the middle: magnesium in chlorophyll and iron in hemoglobin.



When the body takes in chlorophyll from plants, the magnesium molecule is swapped with an iron molecule to produce hemoglobin. This makes chlorophyll, as well as iron, a key component for those with anemia or who just need to replace lost blood.

Chlorophyll is also a significant source of Vitamin K, which is necessary for blood clotting. Vitamin K keeps damaged blood vessels from leaking by forming fibrin and collagen at the lesion. If you suffer from frequent nose bleeds or find that cuts are slow to stop bleeding, you may have a

Happy Halloween!!

Remember to keep those 'Snack Size' candy bars out of our reach this month. Mom says I can have pumpkin doggy treats instead.

Spaghetti Squash

Last month we talked about all the 'squoodles' you could make out of that extra squash needing to be used up this time of year.

But there is a squash that conveniently makes the noodles for you - spaghetti squash!

This year we have oodles of these noodles from our 'squash patch', thanks to our composting of spaghetti squash seeds last year. Come by the office to pick one up. Here is how you can prepare your own:

- Cut the squash in half lengthwise with a sharp knife.
- Scoop out the seeds.
- Set both halves, skin side down, in a glass baking dish.
- Add an inch or so of water to the baking dish and cover.
- Bake at 375 for 45 min or until squash is tender.

When scooping out the cooked squash, it will come out like long noodles. Serve it as you would spaghetti or try it with a bit of butter, Parmesan and salt. Yum!

deficiency of Vitamin K.

Our two best tools for supporting blood-building are Standard Process Chlorophyll Complex and Standard Process Ferrofood (iron). Both are on special this month.

Kind Regards,

Carl Malone,
Doctor of Natural Medicine
Registered Psychotherapist

GAPS Training in Fort Collins

Saturday and Sunday
October 13 and 14
8:30 am - 5:30 pm
2201 S. College

Do you have a leaky, damaged, or unhealthy gut? The symptoms tell the tale: autoimmune disease, brain fog, focusing disorders, autism spectrum disorders, food allergies and sensitivities!

Learn how to heal from chronic health issues and gut problems using traditional cooking techniques and the Gut and Psychology Syndrome Diet.

Monica Corrado is a fantastic and fun teacher. We highly recommend any of her classes. Monica has been teaching traditional cooking since 2006, is a Certified Nutrition Consultant and Certified GAPS Practitioner, and teaches the cooking block in the Certified GAPS Practitioner Training course.

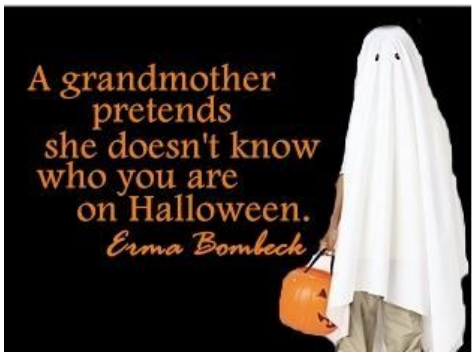
Register at https://bit.ly/2LGNKo9

October Specials

"Building Healthy Lives"
4-series Coaching Session
$149

Blood Sugar Balance Supplements
10% Off
Includes: Standard Process Cataplex GTF, Standard Process Diaplex and MediHerb Gymnema

Blood-Building Supplements
10% Off



Includes: Standard Process Chlorophyll Complex and Standard Process Ferrofood

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

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