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Subject: Can You Even Find Your Wagon? - The Natural Path - January 2019



January Events

[View Calendar](#)

Separate Hemp from Hype

Wednesday, January 16th, 6:30 - 8:00 pm

If you're looking for answers about hemp-derived products, we can help. Join us for an informative talk to clear up the confusion. Hear more about why hemp is important, why and how you might use it and what is the endocannabinoid system. Samples will be available, as well as product discounts. Presented by Christy Thiel of Functional Remedies.

Expert Nutrition Advisors

Newsleaf January 2019

Call or email to reserve your seat.

TheNaturalPathInfo@gmail.com

970-829-1110



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

Can You Even Find Your Wagon?



This is the time of year when many of us feel as though we have fallen off the proverbial wagon. I think I fell off mine some time after Thanksgiving and it took off without me! I may have lost sight of it for a bit, but I'm making up ground and expect to be hopping back on this week.

Falling off the wagon for me means too many dietary indiscretions. For others it may be too little exercise, one too many party drinks, not enough sleep or some combination of those. We often try to remedy the situation with the ominous 'New Year Resolutions'. Ominous, for many of us, because resolutions don't seem to keep us on our "wagons" for very long.

Resolutions may fail us because they aren't rooted in why we want to make a change. Focus on why you are making certain goals or resolutions. Being fit and healthy is great, but what will that allow you to do? Play with your kids? Finish that event? Or just get through your day with less stress and fatigue?

Whatever your resolution for this new year, spend some time really considering why you feel motivated to make a change. Keep that vision in front of you. Then, when you 'fall of the wagon', get back on quickly and keep driving toward your 'why'.



"Your future is created by what you do today, not tomorrow."

~Robert Kiyosaki~



This month, members will receive a free Standard Process Spanish Black Radish (80) supplement. This is an excellent product to help the body with detoxification.

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



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If you are in the market for a quick and easy way to move your health in a positive direction this year, consider our whole-food fundamental supplements.



These come in handy packets that are easy to grab on your way out the door. Each packet includes multi-vitamins (Catalyn), trace minerals and fish oil.

Just 2 packets a day will go a long way toward providing your body the basic nutrients that it needs to thrive.



Even though it has been unseasonably warm in Colorado recently, winter is probably not done with us yet. If you would like to be proactive in staying healthy the rest of this season, check out the Winter Wellness handout on our website here:

<https://thenaturalpathlive.weebly.com/health-documents.html>

This handout provides some action steps as well as some suggested helpful Standard Process products depending on whether you are maintaining good health or fighting a bug.



We also have some cleanse options for the new year.

The first is the Standard Process Detox Balance Program. You can choose either the 10-day or 28-day plan. Each plan includes a tasty, all-in-one shake, supported by sample meals. This cleanse delivers whole food-based nutrition that encourages easy, safe and healthy removal of toxins.

Toxins collect in the body over time when our detox pathways are not working as efficiently as they should or are totally maxed out. This can lead to things like:

- Fatigue or difficulty sleeping
- Indigestion and other temporary gastrointestinal upset
- Food cravings and weight gain
- Reduced mental clarity
- Low libido
- Skin issues
- Joint discomfort

"It's not about perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens. That's how change occurs."

~Julian Michaels~

Country Doctor Herbals Calendar Cleanse



This year we are also promoting 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 are starting with the Bowel cleanse (ICF #1 and ICF #2) and then also doing a Liver/Gallbladder cleanse. Cleanses throughout the rest of the year include Kidney/Bladder, Lymph, Parasite and Heavy Metals.

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

January Specials

January Jump-Start
\$99 (reg. \$125)

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**Cleanse Support Supplements**  
**10% Off**  
**Includes: Country Doctor ICF #1 and ICF #2**  
**Standard Process Detox Balance**

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Functional Remedies
Hemp CBD Products

10% Off

- Capsules (25mg and 50 mg)
- Tincture (500mg and 1000mg)
- Salve (500mg)

Whatever your goals or resolutions this year, we would love to be part of your ongoing health maintenance program. You are our 'why' for what we do every day at The Natural Path!

We really enjoyed taking the last week of the year off! One thing we did was go to the Discovery Museum to check out the many cool exhibits. If you haven't been, add a visit to your Ft. Collins bucket list. It is definitely worth spending a few hours to learn more about local Fort Collins history in an interactive fashion. In addition, you

Ruby's Corner

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there!

And speaking of wagons, don't forget about the National Western Stock Show opening in Denver this week. There will be more than a few demonstrations of how to correctly steer and drive a wagon.

Dr. Carl and Kimberley Malone



I can benefit from hemp CBD oil too! The anti-inflammatory properties really help my joints. It also helps my immune system and overall health. Ask my mom or dad about Canine Hemp Oil Complex.



A little progress each day adds up to BIG results!



www.TheNaturalPathLtd.com

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