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Subject: Circulation - Not Stagnation - The Natural Path March 2018



Expert Nutrition Advisors

Newsleaf March 2018



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

Circulation - Not Stagnation

Circulation is actually one of our most important biological processes. Circulation of our blood is how fresh oxygen, nutrients, immune cells and chemical messengers (i.e. hormones) travel to every area, tissue and cell of the body and how waste products like CO2 are removed. Most of us are aware of major circulation through veins and arteries, but may not think as much about the approximately 250,000 miles of capillaries throughout the body. These capillaries are responsible for what is called micro circulation and can be just micrometers in diameter (much thinner than a human hair) and allow only one blood cell through at a time.

There are numerous reasons why micro circulation may become stagnate or compromised, ranging from injury to toxin build-up to even dehydration (another good reason to make sure you are well-hydrated in Colorado). When micro circulation isn't functioning at its best, your cells may be lacking enough oxygen and nutrients to heal and maintain health. Sometimes poor circulation is highlighted with cold hands and feet, but the effects can be much more far-reaching than that. When our body's cells, tissues and organs are adequately nourished and metabolic waste products are removed, it becomes healthy and functions properly.

While we already have several modalities that can help improve circulation, our newest and best tool is BEMER. BEMER helps to restore proper circulation down to the capillary level, so the blood can deliver oxygen and nutrition and remove waste. The optimal regulation of circulation is a prerequisite for ensuring good levels of health and fitness. To learn a little more, check out this short video:
<https://vimeo.com/user50551806/bemer-the-importance-of-healthy-blood-flow>

March Events

View Calendar

BEMER Walk-In Sessions - Half-Price (\$25)

Thursday, March 8th, 11:00 am - 7:00 pm

Friday, March 16th, 12:00 - 6:00 pm **(Wear green and 'Beme' for free!)**

Thursday, March 23rd, 11:00 am - 7:00 pm

Learn more about the technology of BEMER to greatly improve micro circulation and try it for yourself. Sessions are just 8 minutes. Maria Bold Gretchen Topel will be coming by on the 16th to help answer questions. Wear green that day to try a session for free!

Light Night

Tuesday, March 13th, 6:15 - 7:15 pm

You read that right - we are hosting a Light Night! This is your opportunity to learn about and try out any of our light therapies. This includes low-level (pain and inflammation), Body Lights (fat reduction), Celluma (acne and wrinkles) and Violet Ray Tubes (skin). What do these all have in common besides 'light'? They can all improve circulation in targeted areas. There is no charge and you are welcome to bring a friend.

Nutritional Orientation

Tuesday, March 6th, 12:00 - 12:30 pm

Thursday, March 15th, 6:15 - 6:45 pm

Thursday, March 22nd, 12:00 - 12:30 pm

Tuesday, March 27th, 6:15 - 6:45 pm

Learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees receive their first nutritional evaluation and consult visit at a reduced cost (\$75 value).

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110

"Health is not an endpoint. It's a continuous course correction over time"

~Cilla Whatcott - Real Immunity

If you are looking for more ways to continue your health journey, consider attending the first Northern Colorado Health Summit. Come to the beautiful, new Elizabeth Hotel downtown Fort Collins to hear from some of the nation's most renowned functional medical doctors and practitioners.

Learn more about the topics and purchase tickets here: <https://www.nocohealthsummit.com/>. We will be there sharing some of our favorite tools for 'continuous course correction'.

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such as hydrate, exercise, or even try some dry-skin brushing. What? You don't already have a dry-skin brush? Just add one to your next Amazon order. You might also add a vibration plate session next time you are in the office - just 10 minutes - best \$5 you will spend that day!



We had many people take advantage of the heart scan special last month. Since it is helpful to do a follow up scan to check your progress, we are offering a discount again this month. Please pass this great deal on to anyone that may be interested in maximizing their heart health - \$20 in March.

Carl and Kimberley Malone



Green Drink Ultimate Blood Cleanse Juice Recipe

No, we aren't talking about a McDonald's Shamrock Shake! This is those of you wanting to take your health to the next level.

- Ingredients
- 1 bunch celery
 - 1/2-1 green apple
 - 1 beet (leaves included)
 - 1 handful parsley leaves
 - 1 lime
 - 1 lemon
 - 1 inch fresh ginger

Juice or blend ingredients together and drink immediately.

Drew Canole - fitlife.tv

Ruby's Corner



I know another way to improve circulation - make sure you are walking your 4-legged friend. If you don't have one, borrow one. Most of us aren't really that busy. We all love sunshine, fresh air and a good walk!



"Worry affects the circulation, the heart, the glands tl whole nervous system. I have never known a man who from over work, but many who died from doubt."

- Charles Horace Mayo



March Specials

**Bemer Session
\$25 (Reg. \$50)**

**Heart Scan
\$20 (Reg. \$35)**

**Supplements Supporting Circulation
10% Off**

Includes: Circuplex, Cyruta Plus, Ginkgo Synergy, and RI



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Open Monday – Thursday, 10 am – 6 pm

Friday and Saturday by Appointment
