



## Personalized Health Solutions

### January 2023



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#### Clutter In Your Gutter

If you are, or ever have been, a homeowner, you know that you can't ignore your gutters for too long. If you have lots of trees around, you need a plan for cleaning the clutter out yearly, at least. Or you need a pretty good system for keeping the clutter out - gutter guards, gutter helmets, professional help, etc. If you don't, you will likely be faced with damaged, leaking or overflowing gutters before too long. The water isn't going to flow where it is supposed to go if you don't keep things cleaned up.



#### Schedule An Appointment



#### Ordering Supplements



#### Order Standard Process or MediHerb Supplements

Free shipping when ordering over \$150 in product online.

If you are a client at The Natural Path, go to <https://my.standardprocess.com/Patient-Direct/patient-registration> and enter code: **QGH5H2** to set up an account. Once approved (typically less than a day), you will be able to order using Patient Direct at a savings (in-office discounts don't apply when ordering online).

Let us know if you would like help setting up a direct order account for any other vendors, such as Berkeley Life, Bio-Botanicals, MicroBiome Labs or VerVita.



All of us at The Natural Path look forward to serving you in 2023!

**We will be open on MLK Day  
Monday, January 16th**

**Carl, Kimberley, Beth and Ruby**



#### Office Hours

Our office hours remain the same for 2023. While we are usually open during lunch (1 pm - 3 pm), you may want to call ahead if you plan to drop in during this time, as we are occasionally unavailable.

Monday 9:30AM - 6PM



Think of your gut as the gutter of your body. It is the major detox pathway that keeps things running smoothly. If you start to collect clutter (aka toxins, waste materials, etc.) in your gut, things aren't going to move well and you will likely end up with a dysfunctional, damaged or leaking gut. You may experience symptoms such as bloating, stomach pain, constipation, etc. While you may not have ferns growing in your intestines, the clutter will contribute to culturing things like unwanted microbes, especially bad bacteria. These can lead to even more broad symptoms like anxiety, brain fog, joint pain and the list goes on.

Eating foods high in fiber is one good way to keep things moving through the gut. However, sometimes that isn't enough with how much junk can collect and stick to the walls of the colon. We use an intestinal cleanse from Country Doctor that really helps remove a lot of impacted waste over several weeks. It will clean out your gut!

Binders are another tool for cleaning out the clutter. "What is a binder?", you may ask. It is a substance that has an affinity for attaching to various toxins in the gut. Binders are very helpful when detoxifying and cleaning up the gut because releasing and moving toxins can make you feel sick. Adding binders assists in quickly removing toxins by binding to them so they can be easily eliminated from your system, minimizing any 'ick' feeling. When toxins aren't removed efficiently from the gut, they can be reabsorbed and recirculate in your system, continuing to cause you harm.

There are a number of different types of binders including chlorella, charcoal, zeolite and bentonite clays, silica, citrus pectin and fulvic and humic acids. They work best when taken on an empty stomach and away from medications and other supplements.

We have some great binders to choose from. Check them out on our [Specials](#) page. You may also want to keep some activated charcoal on hand - a binder used for food or chemical poisoning - and Bentonite Clay - a binder that is very helpful in cases of diarrhea. You can find both of these at your local health food store.

One more idea for clearing out the 'clutter in your gutter' is to use probiotics and prebiotics. Probiotics are the healthy bacteria you need in your gut to help with vitamin production and nutrient utilization. They also play a huge role in helping to clear out toxins and other unwanted bacteria. Prebiotics are food to feed your good bacteria. We really like the MicroBiome Labs products and their **Total Gut Restoration Program**. This is a 3-month program to clean up and heal the gut.

Monday: 9:30AM-6PM  
 Tuesday: 11AM-6PM  
 Wednesday: 9:30AM-6PM  
 Thursday: 9:30AM-6PM  
 Friday: 10AM-4:30PM  
 Saturday and Sunday: Closed



## Office Services



Do you know all the types of services that we offer? Here is a reminder:

**Nutrition Testing:** Nutrition Response Testing (NRT)/Contact Reflex Analysis (CRA)/Nutritional Kinesiology

**Emotional Clearing:** Neuro Emotional Technique (NET)/Emotional Release

**Biofeedback:** Allergy and Sensitivity Clearing/Balancing

**Heart Scans:** Evaluate Rate, Rhythm and Tone to Improve Heart Health

**Health Detective:** Lab Work Review and Diet/Lifestyle Troubleshooting

**Body Work:** Includes cranial work, visceral work, lymph drainage, laser neuromuscular therapy and light massage with percussor. These sessions are done through clothing. Limited sessions - call for availability, as these aren't available through the online scheduler.

**Bemer Mat:** PEMF device to improve microcirculation and more.

**Cold Laser:** We sell and rent lasers as well as use them in many of our sessions.

**SHAPE Program:** Program focused on reducing inflammation to improve many health conditions and encourage weight loss.

**Zoom Sessions:** Remote appointments are available for nutrition, emotional clearing, Health Detective and SHAPE.

If you are new to The Natural Path, you will begin with a **New Client** appointment where we will review your





MegaSporeBiotic is used to **recondition** the gut by crowding out pathogens and increasing healthy microbial diversity. MegaPreBiotic **reinforces** a healthy and diverse gut microbiome by promoting the growth of beneficial gut bacteria. Finally MegaMucosa **rebuilds** the thick mucosal barrier that protects the immune system around the gut. Clear the clutter!



## New Year's Resolutions



You probably either love them or hate them. Even if you love them, it's possible that by two weeks into the year, you are already struggling to meet your goals. We often want to skip over resolutions because we feel like we have failed when we don't accomplish what we intended to do. Wouldn't it be nice if we couldn't help but meet our goals?

It reminds me of how my mom handled 'goals' when I was younger. Every Saturday morning, I knew there was going to be a personalized chore list (goals) for me to accomplish during the day. But rather than dread that list, I looked forward to it. My mom was very clever and mixed in with legitimate 'clean your room' and 'pick up the yard' tasks, were the surprise 'jobs'. There were things like 'read a chapter in a book', 'go to the park' or 'play a game'. It was a good lesson in keeping things balanced and making enjoyable things an important part of life. These were goals that I looked forward to and helped me get through my list of 'to dos' with much less angst and a feeling of accomplishment.

While we certainly don't want to suggest that you should be making resolutions, if you do make a list, we at least want to encourage some fun and reasonable goals mixed in with some of the harder stuff.

Whether you call it a resolution, a goal, a habit, a 'to do list' or just an intention, try to leave the past behind and not worry about the future. Practice focusing on the present and making it the best it can be. For aet

health history, along with providing a thorough evaluation and recommendations.

Online scheduling is available. If you are interested in combining services, consider scheduling our **Reclaim Vitality** appointment or call for assistance with scheduling other appointment combinations.

Don't forget we have **Partnerships** for \$50/month if you would like to save a little money.



## Office Policies

The new year is a good time to remind everyone of our office policies. Please let us know if you have any questions on the following:

### Payments

- Payment is due at time of service. We do not bill insurance.
- We accept cash, check or debit/credit. We prefer cash or check and may have to charge a credit card fee for large purchases.

### Refunds

- Refunds are not provided for services already rendered.
- Products may be returned for refund if unopened and undamaged within 30 days of purchase.

### Appointments

- Appointments may be cancelled or rescheduled with at least 24 hour notice.
- After 2 late cancellations (less than 24 hour notice) all future appointments are subject to being prepaid or loss of a session if already prepaid.
- If more than 10 minutes late, the appointment may need to be rescheduled. Please understand that your appointment may be shortened if you are running behind.
- 'No Show/No Call' appointments are subject to charge or loss of a session if session has been prepaid, as well as future appointments being prepaid.

We do our best to accommodate everyone's scheduling needs. However, if you are unsure if you can commit to an appointment time, please consider calling on short-notice to see if there is availability rather than scheduling in advance. Cancellations, late arrivals and 'No Show/No Calls' may result in someone else not receiving the care they need at that time.



how many times you have tried a new diet and not stuck to it. Don't worry about how many pounds you still want to lose. Instead, what smart choice can you make in the moment? Hot tea instead of hot chocolate? Walk a little farther rather than parking in the closest spot? You choose your adventure.

For those of you that want to work on some 'harder' stuff. Here are a couple of tools to consider.

1 - If you are struggling with physical or mental clutter in your life, here is a good video with some ideas to help 'let things go': <https://www.youtube.com/watch?v=9FVDCI2HUT8> If you like the video, be sure to check out other videos from The Minimal Mom.

2 - If you are trying to tame the clutter and chaos in your life, check out Fly Lady. Many have successfully used her techniques and tools to help eliminate clutter and establish simple routines for getting life and home organized. I pass this tool on in honor of my Mom, for she is a Fly Lady follower and fan.



Fly Lady

We hope you enjoyed the holidays! We were excited to have our son, Mason, with us for a few days.

Wishing you all a healthy and Happy New Year



Carl and Kimberley Malone

**"You can't reach for anything new if your hands are still full of yesterday's junk."**



### Supplement Name Changes

Standard Process has re-assessed some of their products and renamed them to more easily communicate an important product highlight — an ingredient, a featured nutrient, or the body system that it supports. As we use up inventory in the office, you will see these new names. The formulations are the same.

- Iplex®** will be known as **Eyeplex**
- Cataplex® G** will be known as **Cataplex® B2**
- Linum B6** will be known as **Flax Oil with B6**
- Cataplex® F** softgels will be known as **Flax Oil Plus**

**"Clutter is nothing more than postponed decisions."**  
~Barbara Hemphill~

### 2023 - SHAPE and Re-SHAPE



**Are you ready to let these go?**

- Aches and pains
- Anxiety
- Blood sugar imbalances
- Brain fog
- Depression
- Emotional eating
- Fatigue
- Headaches
- Irritability
- Sleep problems
- Weight gain



We have your life-changing solution. **Start the SHAPE Program today!**

[www.shapereclaimed.com](http://www.shapereclaimed.com)

Our SHAPE program is open again for new clients. This program is great for those wanting to improve their health by reducing inflammation and by making



-Louise Smith-

some diet and lifestyle changes. The side effect is often weight loss! Click [here](#) to learn more. Just \$499 for a 2-month program.

If you have been on the SHAPE Program before and just need to get back on track, plan to Re-SHAPE with us too. Appointments are \$45 and SHAPE drops are 20% off this month.



### Ruby's Corner



Mom and Dad say that I have to 'de-clutter' my friends this year. How sad!

"I focus on this one thing: forgetting the past and looking forward to what lies ahead."

Philippians 4:13 NLT

## The Natural Path Store January Specials

**2-month SHAPE Program - \$499**  
Reg. \$549

**Re-SHAPE Appointments - \$45**  
Reg. \$50

**Declutter Your Gutter Support Supplements**  
**20% Off**

Learn more about each supplement on our [Specials](#) page.

**Bio-Botanical G.I. Detox**  
**Country Doctor ICF #1 and ICF #2**  
**MicroBiome Labs Mega IgG2000, MegaSporeBiotic, MegaMucosa, MegaPreBiotic**

**SHAPE Drops**  
**Standard Process** GI Adsorb, Spanish Black Radish  
and SP Cleanse

Order Standard Process and MediHerb direct (discounts don't apply when ordering online):

<https://thenaturalpath.standardprocess.com/Products>

We can also help you setup an account to order directly from MicroBiome Labs - just ask!



[www.TheNaturalPathLtd.com](http://www.TheNaturalPathLtd.com)

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We offer complementary and alternative health care services pursuant to "Colorado Natural Health Consumer Protection Act" SB13-215. We are a private membership and not affiliated with any Naturopathic Doctors nor do we practice any form of Naturopathic Medicine.

The information and the services provided are not intended to be a substitute for obtaining professional medical advice, diagnosis, or treatment. The Natural Path, Ltd. is not a licensed medical entity, is not affiliated with insurance entities, and does not practice medicine, or render medical advice.



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