



## Personalized Health Solutions

January 2024



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**CTRL+ALT+DEL**

### 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 and MicroBiome Labs.

You can also set up an account on [Fullscript](#) to order a wide array of provider-grade supplements at a discount.



**We wish you a healthy and blessed 2024!!**



## Office Hours

We are making a slight change to our hours on Tuesday to open earlier. Carl will continue to take appointments only in the afternoons on Tuesdays.

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



Tis the season to 'reboot' - habits, mindset, goals and health. We have a number of options this month to help you with your health resolutions.

First, we know many of you like the Country Doctor intestinal cleanse options to get things moving and we have both ICF #1 and ICF#2 discounted. These products can be used together over a couple of weeks to facilitate a deep bowel cleanse.



We are also offering the Standard Process 21-Day Purification Program and the 10 or 28-Day Detox Balance™ Program at a discount.

The 21-Day Purification Program isn't just a cleanse

diet. It's a structured program that brings healthy lifestyle habits into focus. It can also be individualized with different flavor, fiber and dairy-free options.

It's designed to purify, nourish and help you maintain a healthy body weight by eating whole foods, exercising, drinking nutritious shakes and taking supplements made with whole food and other ingredients.

The menu includes a varied abundance of fresh vegetables and fruits for the first 10 days, with select proteins added on day 11. The supplements support the body's ability to remove naturally occurring toxins. This promotes a state that allows for toxin release.

It can be difficult to stay on top of your health goals when the next big holiday of the year involves lots of chocolate and other indulgences. Carl recommends a monthly check-in to 'stay tuned' with your health and is offering a discount on 4 sessions to be used over the next 4 months. This month you can buy 3 15-min. office visits and receive the 4th one free. The 4 sessions are to be used monthly and expire each month.

If you would like some motivation and accountability to work on your health, be sure to purchase your sessions this month to 'stay tuned'.



## "Partner For A Month"

Do you want to get your health off to a good start this year? Would you like to be more consistent in improving your health over time? We offer [Partnerships](#) to those that are committed to taking care of their most valuable resource - their body.

This month you may purchase a Partnership, including virtual options, without a longer commitment. For \$50 a month, Partners receive these benefits:

- 50% off the price of standard office visits (Nutritional Response Testing (NRT/CRA) and Neuro Emotional Technique (NET), as well as 'Add-On' time
- 20% off the price of elite services (BEMER, Biofeedback Scans, HSR – Heart Scan, Laser Lobby Rental, Psychotherapy, Packages)
- 20% off visits for children (18 or younger) of 'Partners'
- 20% off nutritional products

Usually, people who are coming in monthly to stay 'tuned up' and are purchasing maintenance supplements in our office (~\$150) end up saving money. We also have periodic deals just for Partners (you would receive that this month, too - see below).

Try it out now!

January

Partnership Special



The 10 or 28-Day Detox Balance™ Program is a balanced, safe, and effective nutritional support for all three phases of detoxification. It is based on a tasty, all-in-one shake available in Chai and unflavored options (depending on the day, you will drink one, two, or three nutrient-packed SP Detox Balance™ shakes). The guide book includes basic meal, hydration, and exercise guidance.



Standard Process Contest

This year Standard Process is offering a contest to those who participate in either the Purification of Detox Balance™ programs and sign up to start before January 12th.

Three lucky winners and a guest (along with their practitioner and a guest) will win an incredible trip to Wisconsin where they will visit the Standard Process certified organic farm and manufacturing facility, enjoy lunch with Standard Process thought leaders, and spend two nights in one of the Midwest's premier hotels. 1st prize winners will also enjoy activities such as: Golfing, spa retreat, premier restaurants and much more!

Additional prizes include:

2nd place: Vitamix Blender (\$400 value)

3rd place: Meal delivery service gift card (\$250 value)

4th-8th place: Standard Process gift basket

Invitations to enter to win will be sent to participants, so let us know if you are ready to get started!

## So Many Sources!

Why should you be concerned with doing a cleanse or detox in the first place? There are so many sources of toxins and pollutants that none of us can avoid them. The accumulation of these poisons in the body contribute to many chronic health conditions and cripple your immune system.

We start the day with a shower, unaware of the chemicals in our soaps and shampoos. And what about the water? We soak up a good dose of chlorine (among other things) right out of the tap in our homes. Next, we dress and breathe in the familiar smell of our laundry detergent and dryer sheets - two more

Partners will receive either a free [QuantumPulse \(VIBE\)](#) session and 'charged' water or a free BEMER session (8 mins). The [BEMER](#) is a PEMF (Pulsed Electromagnetic Frequency) device that temporarily increases local blood circulation in healthy muscles and stimulate muscles in order to improve and facilitate performance. Improved circulation can be a benefit in a variety of conditions.

## QuantumPulse (Vibe) Discount

**\$5 Sessions**



What is The QuantumPulse (Vibe Machine)? It is a bioenergetic device used to create light wave frequencies to effect cellular activity. Because it is acting at the cellular level, it can promote detoxification of cells and upregulate healing activity. We can't say that it treats anything specifically, but can be a great addition to your health protocols.

sources of toxins that remain with us throughout the day. Sodium lauryl sulfate (just ONE of many toxic ingredients common in laundry detergent and other soaps) can cause irritation of the skin and eyes, organ toxicity, reproductive issues, neurotoxicity, hormone disruption, cellular damage, and even cancer. For those using other personal care products such as deodorant, lotions and makeup, be aware that many ingredients used in these products are harmful, too.

On to breakfast and the possible toxins coming to us through our food.

**Nerd alert:** Every 320 Cheerios you eat gives you enough glyphosate exposure that it's like eating an entire ring of glyphosate the size/shape of a cheerio. That's scary.



Using plastics and non-stick or aluminum cookware in the kitchen is also problematic. Many of us may start the day with a prescription medication or two - yes, another possible source of toxins the body will have to deal with.

We have been using it consistently in our office over the past year and have all remained quite healthy - no colds, flus, etc. That is unusual since we are around so many sick people in the office throughout the year. We are accustomed to coming down with a bug and then bouncing back quickly using our supplements and other tools. It has been nice for us all to stay on top of our game the entire year and we attribute that to using the QuantumPulse consistently.

These machines have been around a long time and people are often very excited to learn that we have one. The inventor and manufacturer is located close by in Greeley, CO and ships these devices all over the world.

Consider this your electrical 'energy drink'. You can bring in a bottle (glass or plastic) of water to charge during your session or you can also purchase charged water.

Sessions run from 2-4 minutes if you are just starting out and you can build to 10 - 15 minutes a day. If you are dealing with a chronic issue, you should try several sessions a week.

We don't require scheduling to use the device but suggest calling to make sure the room is available around the time you would like to come. Stop in and try it at a discount this month!



## Ruby's Corner

Of course, we could continue this story through the day listing the toxins we inhale from air pollution, manufactured fragrances in everything from perfumes to candles to cleaning products, and even the off-gassing of the new paint and carpet in our homes. There are even biological toxins given off by the many pathogens our bodies host.

This isn't a very happy story to start the new year with, but there is good news! You live in a body that is designed to detoxify and get rid of all the junk. We recommend taking a two-pronged approach to the problem of toxins with which we all live.

First, try replacing a product you use up with a product that uses more natural ingredients. If you are a 'do-it-yourself-er', there are many ideas and recipes

for making your own products. Second, support your body's natural detoxification with a cleanse or detox program this month. Options abound!



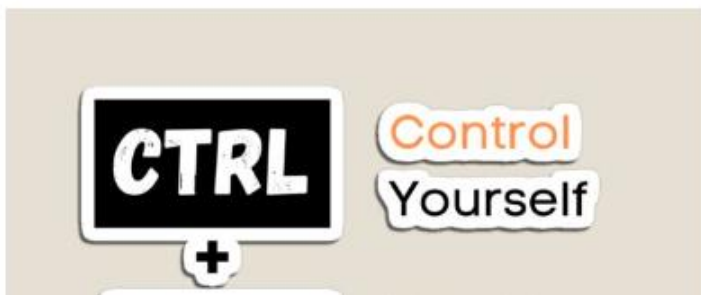
My resolutions for the year include lots of naps, plenty of healthy treats and keeping good friends close by.....and as Mom and Dad always say 'Grounding, lot's of grounding'!

Ok, we admit it, this isn't a current picture and we didn't go out on New Year's Eve, opting instead to stay in and enjoy a quiet evening at home. We really enjoyed our Christmas break and decided we had already had enough fun for the year. If we had gone out, maybe this is what the picture would have looked like.....at least some years past..... Happy New Year!



Carl and Kimberley Malone

Some ideas for your  
2024 to do list:



## Expired Products



From time to time we end up with expired products on our shelves. While manufacturers may put an expiration date on a supplement, most of these products are good far beyond that date. We offer them to you usually 1/2 off the retail price. We are updating the list this week and you will know it is current by the date on the page. You will find the list on our website under the 'Home' tab:

<https://thenaturalpathlive.weebly.com/expired-products.html>

## Origin of Ctrl+Alt+Del



Have you ever wondered why CTRL+ALT+DEL became the most common way to reboot a hung Microsoft Windows system? Well, there is a story to that.



David Bradley, the IBM engineer who originally invented CTRL+ALT+DEL did not intend for the command to be widely used. He was using it to ease the development issues of new software on new hardware. However, the keyboard shortcut for rebooting a system was discovered as a quick way to start up new software and took hold.

However, Bill Gates has a slightly different take on why it became entrenched in the world of Windows. Gates said that there'd been a plan to create a single button on the keyboard that would bring up the log-in screen, but the IBM keyboard designer, Bradley, didn't want to do that. So Microsoft decided to use "Ctrl+Alt+Del," a command that was already being used to restart computers in DOS, for this function.

In a [TV interview](#), Bradley said "It was like a five-minute job in doing it. I didn't realize I was going to create a cultural icon when I did it," he said. "But I have to share the credit. I may have invented it, but I think Bill made it famous.", leaving Gates speechless.

You can decide which side of the story to believe.

"If anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, ***all things have become new.***"

2 Corinthians 5:17



## The Natural Path Store January Specials

QuantumPulse (Vibe Machine) - \$5 Sessions

"Partner For A Month"

\$50

Receive all of the Partnership benefits without the commitment.



