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Subject: Do You Have Holiday Stress Disorder? - The Natural Path - December 2018



Expert Nutrition Advisors

# Newsleaf December 2018



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

## Do You Have HSD?

What is HSD you ask? Holiday Stress Disorder of course!

Many of us plan to go into the holidays at a more relaxed pace and really appreciate why and what we are celebrating. However, it usually isn't long before we have committed to one too many holiday gatherings, not gotten enough sleep and eaten a little too much sugar. We follow that up with expectations of the perfect picture of snow falling on a calm and silent night with our favorite hot beverage, perfect gifts picked with care, delightfully wrapped and laying under the beautiful tree and everyone joyfully getting along while singing

## December Events

[View Calendar](#)

### Orientation - Free

Thursday, December 6th, 12:00 - 12:30 pm  
Tuesday, December 11th, 12:00 - 12:30 pm  
Tuesday, December 18th, 6:15 - 6:45 pm

Meet the Malones and learn about our approach to personalized nutrition and how to access a health survey to get started. Attendees receive a 20% discount on a New Client Evaluation.

### Stress and Hormones - Free

Tuesday, December 11th , 6:15 - 7:15 pm

Learn about the effects stress can have on your hormones and overall health. An overview of the DUTCH stress and hormone lab test will also be provided.

Call or email to reserve your seat for any event.

[TheNaturalPathInfo@gmail.com](mailto:TheNaturalPathInfo@gmail.com)

970-829-1110



The office will be closed Monday, December 24th through Tuesday, January 1st. Each of us at The Natural Path wish you a very Merry Christmas and a Happy New Year!



our favorite Christmas carols. But in the end, we just end up **STRESSED** because things don't come together quite as we hoped and we feel like we have somehow failed or others have failed us. We call this Holiday Stress Disorder.

While we don't have anything to ensure your holidays turn out perfectly and meet all of your expectations, we do have a few ideas to help you along.

First, don't over-plan and overextend yourself.

Second, do plan to take care of yourself with enough sleep and good nutrition.

Third, take time to reflect on the "reason for the season" and what truly is important in your life.



Ok, we know it isn't always quite that easy, so here are a couple of other ideas.

Come in for a Neuro Emotional Technique session. These emotional clearing sessions can really help during stressful times and can even be good prevention for the host of emotions we all experience at this time of year. Sessions are just \$39 this month.

We also have a couple of helpful supplements on special this month.

**Nutri-West DSF** (De-stress formula) - the perfect supplement to be chosen in stressful times! Glandulars, vitamins, minerals, antioxidants and phytochemicals synergistically work together to support the various energy-producing systems of the body.

**Country Doctor Female Balance** - Herbal product helpful for balancing hormones as well as providing relaxation during times of heightened sensitivity.



While we all know that excess stress isn't good for us, the ways in which it can harm us are less understood. An endocrinologist named Dr. Selye identified what he called 'stress syndrome' in the 1930s. Stress is a challenge to the body, whether that challenge is real or perceived, physical or emotional, pathogenic or

biochemical, etc. The body must mount an adaptive response to whatever the challenge is and, if not controlled, the stage is set for all kinds of dysfunction. Typically, unresolved stress in/on the body results in hormone imbalances, immune system weaknesses, gut issues and the list goes on. It can also significantly deplete nutritional reserves in the body.

If you would like to learn more, come to our Stress and Hormones class on December 11th. We will also discuss an overview of the DUTCH lab test which is used to evaluate stress and hormones.

If you didn't already know, we are hockey fans. Kimberley was born in Canada, so hockey is a birthright. Carl is learning to love the sport too, and we really enjoy having the Colorado Eagles so close to home. If you live in Northern Colorado, it is a great night of entertainment - check it out!

## Sneak Peek

### CBD Oil

This topic can raise a lot of questions:

Could it help with my health concern?

Do I need THC?

How much do I need?

What is the Endocannabinoid System anyway?

How do I know a good source?

Mark your calendar now for an informational session on the subject. Experts from Functional Remedies will present a wealth of information and answer your questions.



Wednesday, January 16th 6:30 pm



This month, members will receive a free BEMER session. The BEMER mat improves micro-circulation which can help with a variety of health concerns and symptoms.

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



### Candle Season - Take Care

We are all accustomed to the usual warnings about candles - make sure they aren't left unattended, only burn in a well-ventilated area, etc.

However, we would like to also raise awareness of the type of wax and fragrance used in some candles. In 2001, the EPA concluded that burning paraffin candles releases harmful amounts of toxins. Added synthetic fragrances release additional harmful chemicals into the air. Effects include lung issues, headaches, skin irritations and elevated cancer risks.

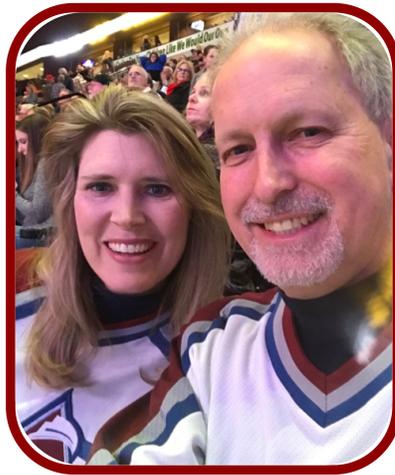
<https://nepis.epa.gov/Adobe/PDF/P1009BZL.pdf>

Better alternatives are 100% beeswax or soy candles using essential oils as fragrance. Take care of your indoor air!



Wishing you all a Merry Christmas and a Happy New Year,

**Dr. Carl and  
Kimberley  
Malone**



### **Ruby's Corner**



Before I go dashing through the snow, my mom and dad protect my paws with Musher's Secret on really cold days. I probably won't be pulling a sled on the Iditarod anytime soon, but the thin layer of wax gets me through a walk in freezing temperatures (my favorite time to be outside). I have never appreciated wearing my boots.

If my paws dry out or are damaged from harsh winter weather, mom and dad use Standard Process USF Ointment to fix them right up.

We are very proud of Molly for recently completing an internship at Country Doctor in Cheyenne, WY this past month. She will be offering **complimentary** Nutrition Response Testing office visits through our 'open days' in December.

If you would like to 'get on track' before the holidays or have just a quick tune-up of your current supplement program, call to schedule with Molly soon. She will also work with new clients.

### **January Jump-Start**



2018 is almost over and we are looking forward to a new year. While New Year resolutions may not have crossed your mind yet, consider putting your health at the top of that list.

The January Jump-start gives the opportunity to reconsider your goals and current health status using a new system survey, heart scan and heart rate variability test. Normally this is an \$85 visit. We will also provide a complimentary bio-feedback food sensitivity test. If you schedule your appointment for January and pay before the end of 2018, you will receive 20% off. This deal is good for current or new clients.

What a great way to start the year off right and invest in your health for 2019!

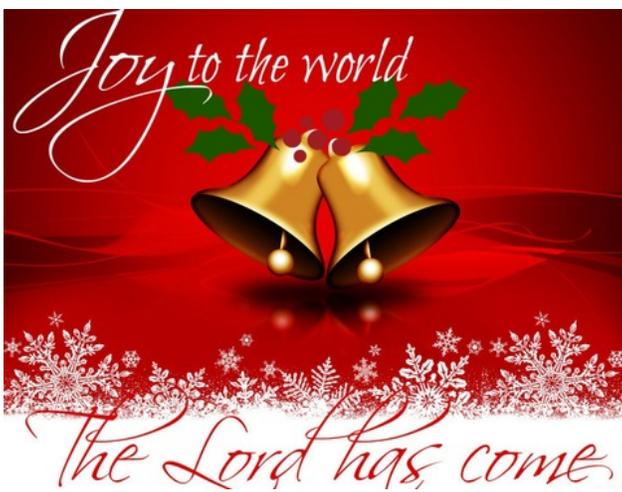
### **Gift Cards and Stocking Stuffers**

This Christmas, consider the gift of health for those you love. A gift certificate can be purchased for any of our services. Popular services include health evaluations (January Jump-Start), supplement check-ups, heart scans and emotional clearing sessions.

While some of our service prices will be going up a bit in the new year, we will keep our membership prices the same. Now is a great time to consider if a membership at The Natural Path may be right for you!

Our QuantumWave laser prices will be dropping in 2019 to \$2500 and we are extending that price early for you shoppers looking for the perfect gift. EMF protection magnets make a great stocking stuffer too!

<https://thenaturalpathlive.weebly.com/memberships.html>



## December Specials

### EMF Protection Magnets

**\$15**  
Reg. \$25  
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### QuantumWave Lasers

**\$2500**  
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### Neuro Emotional Technique

**\$39**  
Reg. \$45  
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### Nutrition Response Test Complimentary Visits with Molly

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### January Jump-Start

Schedule now and pay before the  
end of the year for 20% off.  
\$68 instead of \$85  
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### Stress and Hormone Support Supplements

**10% Off**

Includes: Nutri-West DSF (De-Stress Formula) and  
Country Doctor Female Balance  
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[www.TheNaturalPathLtd.com](http://www.TheNaturalPathLtd.com)

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**970-829-1110**

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