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Subject: Don't Forget To..... - The Natural Path - September 2021

The Natural Path

[Schedule an Appointment](#)



Expert Nutrition Advisors

September 2021



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Don't Forget To.....

....take care of your brain! The saying goes that 'elephants never forget' and elephants live almost as long as we do. How is your memory doing?



Please Vote - 2021 Best of NOCO!

We are really excited to be in the running again for 2021 Best of NOCO in the Alternative Wellness category under Health & Beauty. If you haven't already, please vote for us [here](#). You will have to enter your email address and vote by September 30th.



Wishing you a safe and happy holiday!

Regular Office Hours

Monday: 9:30AM–2PM, 3PM–6PM
 Tuesday: 11AM–6PM
 Wednesday: 9:30AM–2PM, 3PM–6PM
 Thursday: 9:30AM–6PM
 Friday: 10AM–4:30PM
 Saturday: Closed
 Sunday: Closed

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of that grey matter between the ears only when we notice signs of forgetfulness or foggy thinking. Brain issues begin years before the symptoms become apparent – even 20–30 years before! However, there are things we can do now to help prevent (or at least postpone) debilitating mental illness.



First, make sure you eat well! Your brain is dependent on the nutrition you provide your body. There are many resources available with lists of brain-healthy menus you can follow.

One of our mentors has a theory that elephants have such good memories because of all the Gotu Kola leaves that they eat. Gotu Kola is excellent for cognition. You may not find the leaves as delicious as elephants do, so we have several supplement forms you can take instead.

Second, make sleep a priority. Getting at least 7-9 hours of sleep a day helps with memory retention. Your brain is also actually working to detox while you are sleeping. Don't skimp!

Third, you need to exercise - body and brain.

Physical activity that gets your heart pumping can literally grow new brain cells and new synapses in the hippocampus, a brain area critical for our ability to form new memories. (Taken from HFC website).

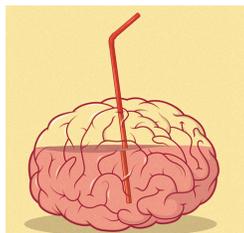


Learning new things is a great way to exercise your brain - a new language, a new hobby, or a new skill. Playing games and doing puzzles will help keep your mind sharp. Don't feel like you have time for any of this? Just experiment with driving a different route to work or doing things with your non-dominant hand.

Fourth, take care of your emotional well-being. Reduce stress as much as possible, hang out with positive people, watch a comedy....don't forget that 'laughter is like internal jogging'. Your brain will thank you!

We understand that some people may be dealing with head injuries that require more than a 'do-it-yourself' approach and are happy to help with services using cold laser therapy and cranial work. We also use a 6-week supplement protocol to help 'regain the brain' - 20% off this month. Even if you had a head injury many years ago, it could be causing you brain issues today.

If you feel like your brain is in pretty good shape and you would like to keep it that way, consider our Brain Tonic protocol - also affectionately known as brain juice.



"Brain Juice" Protocol

- MediHerb Bacopa Liquid 1:2
- MediHerb Ginkgo Leaves 2:1
- MediHerb Gotu Kola 1:2

These three herbs are mixed together and taken daily. This protocol is also 20% off this month, but must be preordered.

We hope we have given you some 'food for thought' when it comes to brain health. Make it a priority to take care of yours...before you forget!

back to you within 3-4 business hours or less. You are always welcome to email, but know that response times may be 2-3 business days. Don't forget that most appointments can be scheduled anytime using our online [scheduler](#).



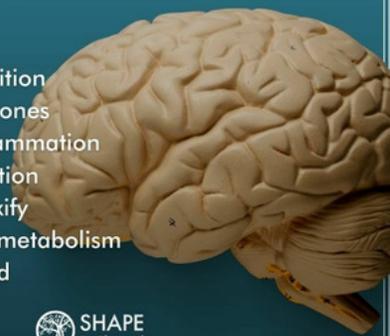
This month, members receive 25% off bottles of Standard Process **Tuna Omega-3 Oil** (limit 3). Supports brain health, a healthy inflammatory response, cardiovascular health and so much more!



The 7 Keys to Optimizing Brain Health:

by Dr. Mark Hyman

1. Optimize nutrition
2. Balance hormones
3. Decrease inflammation
4. Support digestion
5. Properly detoxify
6. Boost energy metabolism
7. Calm the mind





Are You Ready to Get Your Brain in SHAPE?

Our SHAPE participants have found so many beneficial health improvements when doing the program. We often hear that people experience less brain fog and more focus. Dr. Hyman's 7 keys for brain health listed above are all covered by the SHAPE program.

Check out more details of the SHAPE program here: <https://thenaturalpathlive.weebly.com/shape-reclaimed-program.html>



Reclaim Vitality aka 'Awesome Sauce'

A New Appointment Type

Have you recently experienced an illness, accident, injury, surgery or trauma? All of these things can contribute to a sense of being 'off balance' and needing to reset your mind and body.



We are introducing a new appointment type that will help you reclaim your vitality and improve body balance through multiple modalities, restoring a sense of well-being. These appointments will include physical, mental and emotional aspects of health in one comprehensive session to restore and upregulate body function.



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Kimberley Malone

with laser and computer technology. Muscle testing (Kinesiology) is used in Nutritional Response Testing (NRT), Contact Reflex Analysis (CRA) and Neuro Emotional Technique (NET); a computer is used for the Spectra Vision biofeedback and Laser Neuro Muscular Therapy (LNMT) for balancing organs/nerves/muscles.

This appointment leaves no stone unturned when it comes to getting you on track for vitality and wellness. Schedule an appointment and reclaim your vitality.
45 minute session - \$155.



Elephant Fun

Elephants are pretty interesting animals. Here are a few fun facts:

- The African elephant has the largest brain in the animal kingdom – it can weight up to 5kg (~11 lbs).
- They can't jump.
- Adults spend about 16 hours a day eating and need to eat about 600 lbs. of food.
- They have very sensitive skin and use mud as a form of sunscreen.



Do you know how you raise a baby elephant?

With a forklift, of course!



Ruby's Corner

Alzheimer's Disease

Many of you may already be aware that Kimberley's dad is living with advanced Alzheimer's. It is a very difficult disease to watch a loved one endure, as are all mental illnesses. This is a big part of why we are so passionate about brain health. We have shared parts of Marv's journey before and are so blessed that he has done as well as he has for so long.

For those walking the AZ journey with a loved one or those wanting to work on prevention, here is a good resource:

[HFC](#) - a nonprofit movement whose mission is to care for families facing this disease, educate young people about living a brain-healthy life, and activate the next generation of Alzheimer's advocates.



Year of the Sunflower

Is anyone else noticing all the wild sunflowers popping up everywhere this year? Such a beautiful addition to our quickly approaching fall colors and the birds and the bees love them!

**Look
Right!**

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Zucchini Soup



**Look
Left!**

This is the time when we look under leaves in the garden and hope we don't find another forgotten zucchini - or was that a watermelon we planted?! In case you are in a state of zucchini overload and just can't convince friends or family (or even strangers) to take just one more oversized squash, this recipe is for you! It has been a favorite in our family for many years.

Sauté one medium onion, chopped, in ¼ cup butter.

When tender, add:

- 4 cups boiling water
- 4 chicken or beef bouillon cubes (Note: just use 4 cups of broth instead of the water and bouillon if you have it.)
- 8-10 cups zucchini, unpeeled and diced
- 1 tablespoon parsley flakes
- ½ teaspoon thyme
- ½ teaspoon celery leaves (Note: Several tablespoons of fresh celery leaves are even better!)
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 bay leaf



Strike a pose!

Simmer until zucchini is tender. Discard the bay leaf. Puree in blender or food processor. Add 1 cup milk or cream or 1 13 oz. can evaporated milk. Return to heat just long enough to heat through, but do not boil.

Mom and I have lots of fun playing games to keep our brains healthy. Being silly is my favorite part - I'm a comedian at heart!

In case you have an abundance of zucchini, the pureed part of the soup mixture can be frozen, then thawed. Add the milk and proceed to heat as above. This is a wonderful winter comfort food sipped from a mug.

There you go - zucchini problem solved!

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September Specials

Brain Support Supplements 10% Off

Includes: Country Doctor Mem-Cal, Standard Process Cataplex G, Neuroplex, Neurotrophin PMG, OPC Synergy, RNA, and Tuna Omega-3 Oil

Brain Support Protocols 20% Off

Good toward purchase of a multi-supplement protocol.

Check out the [website](#) (Specials) for more info on each supplement.



www.TheNaturalPathLtd.com

2212 S. College Ave.
Fort Collins, CO 80525

970-829-1110

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|----------------------|---------------------|
| Monday: | 9:30AM–2PM, 3PM–6PM |
| Tuesday: | 11AM–6PM |
| Wednesday: | 9:30AM–2PM, 3PM–6PM |
| Thursday: | 9:30AM–6PM |
| Friday: | 10AM–4:30 |
| Saturday and Sunday: | Closed |

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