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Subject: Emotions and Health - Are You Affected? - The Natural Path June 2018

Expert Nutrition Advisors

Newsleaf
June 2018

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

Emotions and Health - Are You Affected?

Emotions are much like the proverbial 'tip of the iceberg'. Sometimes a little frustration, sadness or anger is part of something much bigger submerged in our subconscious.

We may feel things for reasons we can't quite identify or may feel 'stuck' at certain places in life. This month we are focusing on ways to help improve our moods and emotions. Many times, health concerns can be partly or entirely related to how our conscious and subconscious brain has been wired over a lifetime of good and bad experiences.

Read more below from Carl on this important topic and how Neuro Emotional Technique® (N.E.T.) may help you. Carl attended more advanced training in N.E.T. this past month and even had the privilege of hanging out and learning from the founder - Scott Walker, DC.

June Events

View Calendar

Beeline Bikes at The Natural Path
Bike Safety Checks and Discounts
Friday, June 8th, 10:00 am - 3:00 pm

Stop by or ride in for a complimentary bike safety check and tire inflation. Meet Aaron Martin - your local mobile Beeline Bike professional. Receive future service with Beeline Bikes at a 20% discount just for coming by and scheduling the work. Also receive a 25% discount coupon for services at The Natural Path. Prepare to be your healthiest self this summer!

Emotions and Health - Are You Affected? - Free
Thursday, June 7th, 12:00 - 1:00 pm
Tuesday, June 19th, 6:15 - 7:15 pm
Tuesday, June 26th, 6:15 - 7:15 pm

Emotions are so powerful they can contribute to illness, disease and even death. Flipped around, emotions are one of our most powerful healing tools. Are emotions blocking you from achieving your best health? Come hear more about how emotions can lead to actual physiological changes and how the Neuro Emotional Technique® works.

Orientation - Free
Tuesday, June 12th, 6:15 - 6:45 pm
Thursday, June 21st, 12:00 - 12:30 pm

Meet the Malones and learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees receive a discount on a New Client visit or Wellness Review.

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110

"Feelings buried alive never die."

~Karol K. Truman

While deeply-held emotions and feelings can affect our health, we may also be affected by the ups and downs of everyday life. Occasionally, we could all benefit from a little help managing more stressful or emotional times. Here are some of the great supplements that we carry to help navigate life's ongoing ups and downs:

MediHerb Nevaton Forte – herbal product offering major nervous system support. The active ingredients in this targeted herbal formula may help to:
• Calm the nerves and restore balance in temporary mood swings
• Support healthy nervous system response
• Encourage the body and mind to maintain equilibrium naturally
• Ease the effects of occasional stress

N.E.T. ER 911 – homeopathic used for support before, during and after emotional, mental or physical trauma

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.

Nutri-West Whole System EEP – homeopathic mood support – a favorite with our clients!

Standard Process Min-Chex - combination of minerals and synergistic factors designed to support the nervous system.
• Supports nervous system health
• Contains moderate calmative that helps maintain emotional balance
• Helps ease the effects of temporary stress

Be kind to your mind - it's the only one you've got!

Carl and Kimberley Malone

June Specials

Neuro Emotional Technique® – "Try It" Session $20
(10 min. Mini Session)

Neuro Emotional Technique® Sessions
$39

Sunday, June 17th

Starting Monday, June 4th, we will have new summer hours. The Natural Path will be opening at 9:00 a.m. for anyone needing to pick up supplements earlier.

Gut-Brain Connection

Normally, we give you a yummy recipe to try. However this month we want to share some simple suggestions that may help with your moods and emotions.

The gut-brain connection is increasingly recognized as the key to many health and mental issues. The state of your gut can have a lot to do with the state of your mind.

Common foods that can bring down your mood include things made with sugar and processed foods. You also want to make sure to include plenty of healthy fats in your diet (olive, coconut, avocado, grass-fed/finished butter).

Food sensitivities can also cause issues with our gut and, therefore, our mood. If you aren't sure if you have food sensitivities, ask us about testing.

Other things considered mood enhancers include:

- Ensuring you are getting to bed early enough to get 7-9 hours of solid sleep
- Staying well-hydrated
- Actively enjoying the outdoors (Come for a bike safety check on June 8th to make sure you can get out and ride our many trails.)
- Fostering healthy social connections (We aren't talking Facebook and Twitter here!)

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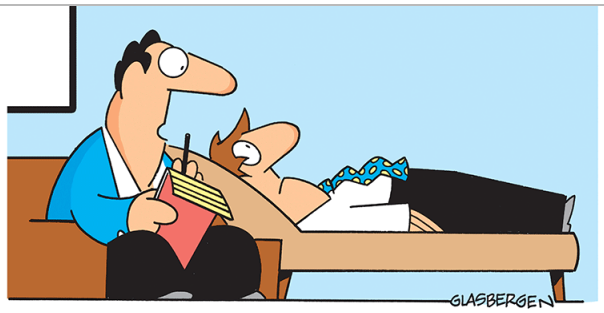
Mood Support Supplements
10% Off

Includes: Nevaton Forte, ER 911,
DSF (Destress Formula) and W.S. EEP



"I'm ordering a transfusion. We'll replace your B-negative blood with B-positive and see if that improves your mood."

"He heals the brokenhearted and binds up their wounds."

Psalm 147:3 (NIV)

Ruby's Corner

When you feel sad, I may feel sad too. If you notice that I may not be my usual self, I may be reflecting your moods and emotions. A good nap, a nice walk or a play date in the sunshine may be what we both need!

"All emotions, even those that are suppressed and unexpressed, have physical effects. Unexpressed emotions tend to stay in the body like small ticking time bombs—they are illnesses in incubation."

- Marilyn Van Derbur

Neuro Emotional Technique® (N.E.T.)

Every experience in life, from the moment of conception to this second, is recorded and stored in the brain. It has no "delete" key, it's all there. And it has no concept of time. Things that happened far in the past can affect us like it happened yesterday, even though our conscious mind isn't aware. We may have tucked these emotions deep inside or maybe it is so far back that we can't remember. These experiences shape us, they define who we are… or… who we think we are. We may present to the world as confident, capable and at ease with life, while inside there is a script playing and that is who we really are. We all have fears, insecurity, anger, resentment, etc.

Things in life trigger emotions and we react based on an earlier program or event. Perhaps you were told "you're not good enough", "what makes you think you can do that?"… Then reminders dredge up old feelings. Example: Imagine a small child sitting on the floor playing when a cat walks into the room. At the same time, Mom drops a pan in the kitchen and it lands with a loud crash. The child is startled. As an adult, when a cat shows up, the adult senses fear or alarm and doesn't know why he reacts the way he does. This association happens without conscious effort. N.E.T. (Neuro Emotional Technique®) is a proven way to discover these traumatic emotions and gives us a way to clear and release them.

We cannot help absorbing emotions of those around us, people we care about, especially when we are young. Often, we carry these feelings and reactions to the end of our days. Emotions create a neuropeptide, an electro-chemical reaction, that result in physiological changes in the body, (Dr. Candace Pert's book "Molecules of Emotions").

N.E.T. is a pleasant way to find and clear emotional patterns so we can move on. It helps us identify the reminders or triggers so we can let them go. It is amazing what our brain has stored. Most people are surprised when they find an event, like a school play in second grade that was uncomfortable, still holding them back today. This event, once discovered, can be cleared and released. Every experience can be recalled. In life we tend to get stuck. We can use N.E.T. to get unstuck. This helps us to overcome obstacles, attain that

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Come in this month for a discounted N.E.T. session. These short sessions can change your life, help get you 'unstuck' and moving upward and onward.

Peace always,

Carl Malone,
Doctor of Natural Medicine
Registered Psychotherapist

www.TheNaturalPathLtd.com

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Open Monday – Thursday, 10 am – 6 pm

Friday and Saturday by Appointment

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