

Subject: Gallbladders and Gravy - The Natural Path - November 2019

# The Natural Path

## Expert Nutrition Advisors

## Newsleaf

## November 2019



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

### Gallbladders and Gravy

Turkeys aren't the only ones gobbling this time of year - usually we start gobbling up everything in sight too! With the holidays come lots of eating and not always the best choices. Thanksgiving and Christmas seem to become the 'fat' holidays. This isn't just a referral to an increase in our waistlines - although that often happens - these holidays are also filled with foods laden with fats.

We often talk about how necessary fat can be for the body, but excess fat and the wrong kinds of fat can be physically stressful. The body's ability to handle fat is dependent on a little organ called the gallbladder located on your right side at the bottom of the rib cage. The gallbladder's main job is to release stored bile into the small intestine. Bile is an extremely alkaline substance that works like Dawn on greasy dishes. So, when that boat of gravy comes around the Thanksgiving table, your gallbladder needs to be ready to deliver!



Unfortunately, it is fairly common today for people to have a Cholecystectomy, better known as gallbladder removal. Gallbladders are taken out almost as casually as mole or wisdom tooth removal. But without this little organ, we can begin to have more trouble breaking down fats that are needed for so many biological functions and may even have a tendency to feel sick and nauseous if eating a higher-fat meal. But before agreeing to gallbladder removal, know that there may be some natural remedies to help you keep this very important part of your digestive system.

### November Events

[View Calendar](#)

#### Laser Basics

Tuesday, November 12th, 6:15 - 7:15 pm

There are quite a few folks with new lasers out there. To help you better understand the technology of cold laser and how to use it for your own self-care, join us for this informative session. Learn how laser helps to reduce pain and inflammation and assists the natural healing process. Learn how to best use the laser for yourself, family and pets. If you don't already have a laser, you are welcome to come - lasers will be available to try!

#### Gallbladders Matter

Monday, November 18th, 6:15 - 7:15 pm

Kimberley Malone will be talking about the importance of gallbladders, especially as we head into a season of eating higher-fat foods. How would you know if your gallbladder isn't performing as well as it could? What does your gallbladder actually do and how can it be supported? Even if you don't have a gallbladder, there are lots of things you can do to help your body perform at it's best. Come learn with us and receive an extra 20% discount on gallbladder support supplements.

#### Share The Care

Thursday, November 21st, 6:15 - 7:30 pm

See below for more details on this event.

**Call or email to reserve your seat for any event.**

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

970-829-1110

#### Share The Care

We are just beginning a new program called "Share The Care". Have you ever wanted to better your health but feel somewhat restricted by your budget? "Share The Care" is designed to help you, family, and friends afford to take your health care to the next level.

The first part of the event is an informative class on what we do at The Natural Path and a demonstration on how our testing is done. If you are already a client of The Natural Path, you will be given a complimentary office visit if you bring 2 or more guests interested in becoming a client with you. New clients will receive a 50% discount on their New Client Evaluation for attending.

This is a great way to share great holistic care with those you love and everyone receives a benefit. Let us know if you are interested in participating. "Share The Care" this month will be on Thursday, November 21st, 6:15 - 7:30 pm.

This fall/winter season we will be offering some Saturday appointments with Dr. Malone. If you don't see what you would like in the online

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for dealing with gall stones and to be checked using muscle testing to see if your gallbladder could benefit from support. There will be a bigger discount on the gallbladder support supplements this month for everyone attending.

Supplements on sale this month include:

**Country Doctor Liver/Gallbladder** - Herbal blend supporting both the liver and gallbladder.

**MediHerb Livton Complex** - Herbal support for healthy liver and gallbladder function. Encourages healthy digestive function

**NutriWest GB-Plus** - Bile salts combined with cleansing herbs that support liver/gallbladder detoxification and maintenance of the GI tract.

**Standard Process Betafood** - Beet supplement that helps to thin bile and improve bile flow.

**Standard Process Cholacol** - Bile salts necessary for those that no longer have a gallbladder.

**Standard Process Choline** - Helps the liver with fat metabolism - especially helpful for those with fatty-liver diagnosis.



Our newsletter is a little later than we would like this month, but for good reason. Both Carl and Kimberley spent time traveling to learn and train at a couple of great conferences.

Carl furthered his training in the Neuro Emotional Technique (NET). He is pictured here with Deb Walker, one of the founders of NET, and one of his favorite

mentors, Lowell Keppel.

Kimberley went to San Diego for the annual FDN Conference. She is pictured here with Brendan Vermeire, a favorite mentor, fellow FDN practitioner, Megan Thies and founder of FDN, Reed Davis. FDN - Functional Diagnostic Nutrition.



The conference was full of amazing speakers including Dr. Carrie Jones (Precision Analytical - hormone testing), Paul Check (CHEK Institute), Lara Adler (Environmental Toxins Expert), Karen Hubert (Bio-Botanical Research), Dr. Kharrazian (Kharrazian Institute), Dr. Tom O'Bryan (Gluten Expert) and so many more.



One of Kimberley's favorite teachers is Kiran Krishnan - co-founder of Microbiome Labs. He is a leading microbiologist studying the association of many diseases to issues of the gut and microbiome.

We are usually 'fair-weather' 4-wheeler's, but we headed out with the Mountaineers on a very windy cold day a few weeks ago up to Storm Mountain. The winds were at gale force and it wasn't long before our group was broken up due to a tree

be available on an upcoming Saturday that fits your schedule better.

Also, don't forget that Molly Childers is also seeing nutrition clients. Feel free to schedule with her during the week. She does a wonderful job and also brings her skills as a health coach.

### Member's Benefit!



This month all members will receive a **free** laser rental in the lobby. This is great to use on aches and pains, skin issues, dental concerns or even just to calm the nervous system.

Not a member yet? Check out the membership options on our website here: <https://thenaturalpathlive.weebly.com/memberships.html>



**We are so thankful for each and everyone of you! We love this business of helping people and you are a blessing to all of us.**

**The Natural Path wishes you and your family a joyful Thanksgiving!**

**Office Closed Thursday, November 28th and Friday, November 29th.**

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brute force to solve. Kimberley and Ruby opted to stay in the Jeep most of the day!

Be safe this holiday season!



Dr. Carl Malone, DNM and Kimberley Malone, FDN-P



### Creamy Fall Soup

Try this warming fall root soup with a side salad.

- 2 cups peeled, cubed butternut squash
- 2 large sweet potato, peeled and cubed
- 3 medium carrots, peeled and sliced
- 1 large chopped shallot bulb (or small white onion)
- 4 garlic cloves, peeled and pressed
- 2 cups vegetable broth
- 1/2-1 cup of your favorite milk (whole, almond, coconut..)
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper



### Directions

Preheat oven to 400° F and line a rimmed baking sheet with parchment paper. Place the squash, sweet potato and carrots along with onions and garlic on a baking sheet and drizzle with olive oil and toss to lightly coat veggies. Sprinkle with salt and pepper. Bake for 20 minutes or until tender. Cool slightly. Transfer to a blender or food processor; add vegetable broth. Cover and process until smooth. Transfer to a large saucepan; stir in the milk (slowly, to build the consistency of your liking), taste and correct seasoning as needed (you can always add more vegetable stock if needed). Cook and stir over low heat until heated through but not boiling.

~Knew Health Website

In this season of seeing a lot more of our friends and family, perhaps even going to our childhood homes, new and old stressors may become apparent. As we sit "chewing the fat" with our loved ones, physical and emotional issues may come up.



Emotional issues that can be associated with digestive concerns are anger (upset), resentment (mad), galled (bothered), frustration (mad) and aggression (pushy). If you are already anticipating these kind of stressors, come in for an NET tune-up to prepare for holiday gatherings and parties. It can really help take the edge off and help you enjoy time with family and friends so much more.

Dr. Carl Malone  
DNM and Registered Psychotherapist

### Ruby's Corner



This is a good time to pause and reflect on the past year. Take stock of progress and successes and possibly recommit to earlier goals, before the hustle and bustle of the holidays take over.

For me, I like to reflect briefly on what I have just eaten and then refocus on my never-changing goal of anticipating the next thing I am going to eat. Mom says I am a little "food-focused", but it has worked well for me so far.

I have been known to commit a few dietary indiscretions, but Mom always keeps **Canine Hepatic** close by to help support my liver and gallbladder.

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much at all next year. Woot!



## November Specials

### Gallbladder Supplements

**10% Off**

**Includes: Country Doctor Liver/Gallbladder  
MediHerb Livton Complex, NutriWest GB Plus  
and Standard Process Betafood, Cholacol, and Choline**

**20% Off**

**Standard Process Canine and Feline Hepatic Support**



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

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