

Subject: It'll Take Your Breath Away - The Natural Path July 2020

July Events

[View Calendar](#)

NDS Class - Free
Outside - Anywhere and anytime!

NDS - many people are suffering from Nature Deficiency Syndrome. Nature is so good for your mental health as it is calming and relaxing. Not only does your body soak up the negative ions when you are grounding, but summertime is when you build up your Vitamin D stores. Time in nature is so important and the cure for NDS is free. Make sure to take advantage of all the amazing nature that Colorado has to offer!

In all seriousness, we are taking some time off in July to go 4-wheelin' in South Dakota - our NDS class. We will not be offering any events but expect to be back either on Zoom or in person in August.

Be sure to check out below for some great events being offered by our friends at Straightline Fitness.



Happy Canada Day!



Did You Know?

July 1st is Canada Day!

Kimberley was born in British Columbia.

She has always wanted to play hockey....maybe there is still time.....



This month, members will receive a free small Calcium Lactate. Good for the lungs and so much more!!

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



Expert Nutrition Advisors

Newsleaf July 2020



In this newsletter:

- Events
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- Feature: Rossiter and More at Straightline Fitness
- Naturopath in your Pocket
- Emotions of the Lungs
- Please Vote!! - Top 5 Alternative Health - Best of NOCO
- Perfect Patriotic Parfait
- Lung Support
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It'll Take Your Breath Away

There are so many amazing things in life that can really take our breath away - seeing the Milky Way blazing across the sky on a very dark night, the colors of a brilliant sunset, witnessing someone achieve a life-long dream, a mountain meadow covered in vivid wild flowers, or even experiencing someone else's first, or last, breath.

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minute. Breathing is how we bring oxygen into our bodies to stay alive, plus lungs are also our most significant detox organ. 70% of our detoxification comes out through our lungs - mostly as CO2.

There are so many things that can negatively affect our ability to breathe well - recurring infections like bronchitis or pneumonia, stress, allergies, smoking, asthma, and now there is a new stressor to consider - COVID-19.

Web MD reports the following: "COVID-19 can cause a range of breathing problems, from mild to critical.....Think of your respiratory tract as an upside-down tree. The trunk is your trachea, or windpipe. It splits into smaller and smaller branches in your lungs. At the end of each branch are tiny air sacs called alveoli. This is where oxygen goes into your blood and carbon dioxide comes out. The new coronavirus can infect the upper or lower part of your respiratory tract. It travels down your airways. The lining can become irritated and inflamed. In some cases, the infection can reach all the way down into your alveoli."



Cleveland Clinic provides further explanation of how COVID-19 can damage your lungs here: <https://health.clevelandclinic.org/heres-the-damage-coronavirus-covid-19-can-do-to-your-lungs/>



While there are lots of great natural products for helping with the lungs, we have a specific lung protocol that we recommend people use for 4-6 weeks. This is especially important if you have a history of bronchitis, pneumonia, smoking or smoke inhalation, asthma, have had COVID-19 or any other type of lung damage.

The lung protocol consists of 4-6 weeks of the following:

- Pneumotrophin PMG – 6/day
- Cataplex C – 9/day
- Cataplex F – 9/day
- Calcium Lactate – 1-2 Tbsp./day
- Optional: Cataplex ACP (helps reduce inflammation)

20% Discount if you want to do some serious lung healing!



These are the individual lung support supplements we have on special this month:

Country Doctor Lobelia – Has two main uses, 1) acts as an antispasmodic; 2) acts as bronchodilator and expectorant. Smokers past or current should consider this product.

Country Doctor Resp-Free – Supports the bodies natural ability to relieve itself from: congestion, inflammation, irritation and infection of the respiratory tract, the bronchi and lungs.

MediHerb Broncafect - Herbal product used for acute bronchitis as well as other mid to lower respiratory infections.



We will be open on Friday, July 3rd.

But....



Monday, July 13th through Friday, July 17th

While we won't be taking appointments, Beth will still be available part of the time to help with scheduling and supplements.

Leave a message that week and she will get back to you. Best time to stop in will be between 9:30 and 1:30.



Have you ever heard of Rossiter? Essentially, it is assisted stretching to release connective tissue. If you have unresolved body issues or struggle with chronic pain, you have to check it out!

Connective tissue, your fascia, runs throughout your body, around organs, bone, even through muscle. Fascia can bunch up, shrink, wrinkle, and tighten – like saran-wrap.

In addition to Rossiter sessions, you can also help maintain your 'smoothed out' connective tissue and improve it with Yamuna ball rolling. This is a great way to keep your body in shape when you travel or have just been sitting at your desk too long.



MediHerb - ResCo - Herbal product that supports healthy mucous membranes within the respiratory tract, helps maintain throat health and supports healthy respiratory function and airway passages.

Standard Process Fen-Gre - Strong expectorant - thins and frees mucous. Also helps with post-nasal drip. Helps to block the formation of mucous.

Standard Process Pneumotrophin PMG - One of the protomorphogen products that helps with repair and rebuilding of the lungs.



We are definitely trying to avoid "NDS" - we spent a wonderful day in the mountains last month with Kimberley's Dad and enjoyed some beautiful, although windy, weather at the top of Loveland Pass. We are back to camping when we can and will be out enjoying nature again for a week in July when we go '4-wheelin' in South Dakota.

Wishing you all warm beautiful days and starry nights that take your breath away!

Dr. Carl and Kimberley Malone



Last month we talked about Kimberley's Dad and his journey with Alzheimer's. This month we have a testimonial from Kimberley's Mom.

"As a child, I suffered from severe asthma. My activities were often restricted by the trouble with breathing, but as I grew up, the asthma became less of a problem. One irritating "left-over" was the continuing coughing which seemed to get worse over the years.

A long spell of coughing in 2013 was nearly driving my husband crazy! That fall, Kimberley suggested that I try a "lung protocol" which I was very willing to do. My husband had been away on a mission trip and after his return, we were having a quiet evening when it dawned on me that I WAS NOT COUGHING!! Almost unbelievable! Since then, I have had a couple of bouts of bronchitis which necessitated a repeat of the lung protocol, but it has been so nice to have the long spells of minimal to no coughing that I am very willing to do the "reboot."

Thank you, Kimberley and The Natural Path. (Makes me very thankful that I didn't kill her during those crazy teen years! 😊)"



Naturopath in your Pocket

We've started to call remote sessions 'Naturopath in Your Pocket'. Since our changing world indicates that these sessions

Coinciding with our focus on lungs this month, Straightline is offering a Yamuna Lungs/Heart opener class. Here are the details for that:

Yamuna Event
.....
Heart, Lungs, Breath
.....
Small, focused class releasing trapped tensions to restore full breath and revive our heart

Saturday July 11th
11:00 am - 12:00 pm
\$20 pp
equipment sanitized, social distancing observed
Virtual or In-studio Class - AT STRAIGHTLINE FITNESS

Straightline also offers several fitness programs that are Functional Fitness Focused and many videos for online subscriptions. They host online body rolling classes weekly and also have a fitness class online every week as well (Living Room Friendly). Learn more here: <https://straightlinefitnessstudio.com/>

Lastly, here is another event that may be of interest:

Fitness at the FARM!
Thursday, July 9th
7:15 am, 30 min., \$5 pp
Alpine Bloom Farm located off West Elizabeth Outside, distanced, body weight class, all levels
Afterward, wear your mask to shop farm goodness.



COVID-19 has brought our attention to lung health. The emotions commonly associated with the lungs include grief, sadness, feeling not happy, yearning or wishing for something, cloudy thinking or confused and feelings of anguish or hurt.



It's common for a grieving widow to come down with a lung condition within 2 years following the loss of a life partner. It can affect the thoracic and lumbar spine resulting in subluxations that just won't stay corrected after chiropractic adjustment.

NET, Neuro Emotional Technique, helps us to find these emotional complexes that keep us stuck and unable to move forward. When combined with nutritional support there is opportunity to improve both the emotional and physical aspects of our health.

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You are now able to schedule quick-checks (10 min.). There are also 20 or 30 minute sessions available.

10 min. - \$20
20 min. - \$40
30 min. - \$60

form of a lung condition. The NET homeopathic remedy I use for lung is Metal.

Dr. Malone
Doctor of Natural Medicine
Registered Psychotherapist

We hope this tiered scheduling availability will provide a little more flexibility for everyone.

Life
is not measured
by the breaths we take,
but by the *moments*
that take our
breath
away.



July Specials

**Lung Support Supplements
10% Off**

**Includes: Country Doctor Resp-Free and Lobelia,
MediHerb Broncafect, Pulmaco and ResCo and
Standard Process Fen-Gre and Pneumotrophin PMG**

**4-6 Week Lung Protocol
20% Off**

Please Vote!!

We are excited to be listed in the top 5 of Alternative Health practices for 2020! Please go to <https://nocostyle.com/2020-best-of-survey/#!/> and vote for us! Voting begins July 1st and goes through September 30th.

Just go to the link and find Alternative Health under the Health & Beauty heading. Be sure to vote for all of your favorites while you are there.

Ruby's Corner



Mom and I had a wonderful outdoor adventure near Red Feather. Now that I am 10, Mom keeps me in shape with shorter and easier hikes and walks. We found just the perfect place at [Mount Margaret](#)



Perfect Patriotic Parfait

Here is a fresh and healthy idea for your holiday weekend:

Ingredients:
1/2 C. Granola

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1/3 C. Blueberries

Directions:

We always recommend going with organic options for ingredients whenever possible.

Layer ingredients in a glass or jar and enjoy!

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