Like 0 Tweet 0 Share 0 Pin it 0 0 Subscribe

Subject: It's Not Easy Eating Green - The Natural Path March 2021

The Natural Path

Expert Nutrition Advisors

Newsleaf
March 2021

In this newsletter:

- Schedule an Appointment
- Top Immune-Boosting Tips
- It's Not Easy Eating Green
- SHAPE Program
- Limited Appointments Week of March 15th
- Member Special
- Corned Beef and Cabbage
- Ruby's Corner
- March Specials

It's Not Easy Eating Green

Kermit the Frog was well-known for how difficult "green" can be! In case you forgot his lament, listen to it here. He finally decides green is beautiful and he is ok with being the color of the leaves.

We may also lament how difficult "green" can be when it comes to eating enough green foods. These foods don't include Skittles, M&Ms or McDonald's Shamrock shakes! Instead, we are talking about green foods like kale, spinach, broccoli, chard, etc. These are often not our favorite foods, but they are some of the best for our health.

The green pigment in growing plants is called chlorophyll and belongs to a group of compounds known as phytopigments. It is particularly found mainly in plant leaves and branches, as well as found in blue-green microalgae species.

Chlorophyll is highly regarded in the world of health and wellness and with good reason - it's loaded with benefits. Among its many uses, it is anti-bacterial, soothing to wounds, healing to the digestive tract and ulcers, eases pain throughout the body, and neutralizes guanidine, which can cause constipation.

Schedule an Appointment

Top Immune-Boosting Tips
From Healthy Living Experts

It is so important for us all to be keeping our immune systems in tip-top shape. We were excited to be included in this collection of Top Immune-Boosting Tips along with some other very knowledgeable providers. You can find some of our immune support recommendations in the 2nd list.

Click for List #1 that includes these topics:

- How to Nurture and Nourish Your Immune System with the Super 8 - Mary Collette Rogers, Healthy Kitchen Companion
- How a Yamuna Ball can Free Up Your Nervous System to be an Immune-Boosting Ally - Shelly Beyerle, Functional Fitness Trainer
- What Is Heart Rate Variability and What Does It Have To Do With Immunity? - Vicki Hunter, PhD
- The Doctor's Stress Prescription - Playing the Stress Management Game - Dr. Sharon Montes
- Sleep! Make Time for the Cleaning Crew - Pam Vagnieres, MS, MNT

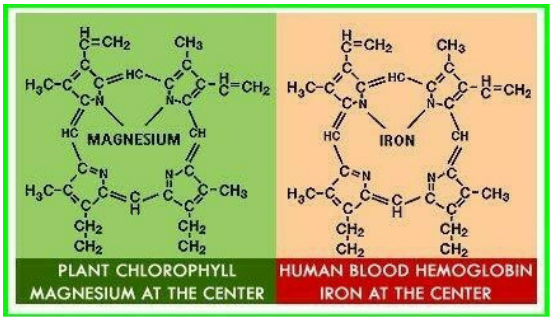
Click for List #2 that includes these topics:

- Exactly what is the immune system and why is it important to support? - Julie Thenell, Nutrition and Stress Management Consultant
- How to "Inspire" Immunity with Herbal Allies - Brigitte Mars, Herbalist and Author
- Sleep Hygiene + Solutions When Nothing Else Seems to Work - Kristy Hall, Holistic Nutritionist
- 3 Key Nutrients to Add + 1 Danger Zone to Avoid - Kimberley Malone, Functional Diagnostic Nutrition Practitioner and Carl Malone, Doctor of Natural Medicine
- Don't Forget: Feed Your Innate Protection System Well - Mary Collette Rogers, Healthy Kitchen Companion

SHAPE Program

Like 0 Tweet 0 Share 0 Pin it 0 0 Subscribe

Hemoglobin is a major component of the red blood cells in mammals. In the image below you can see that both the hemoglobin and chlorophyll are identical, with the exception of one molecule in the middle: magnesium in chlorophyll and iron in hemoglobin.



When the body takes in chlorophyll from plants, the magnesium molecule is swapped with an iron molecule to produce hemoglobin. This makes chlorophyll, as well as iron, a key component for those with anemia or those who need to replace lost blood.

Chlorophyll is also a significant source of Vitamin K, which is necessary for blood clotting. Vitamin K keeps damaged blood vessels from leaking by forming fibrin and collagen at the lesion. If you suffer from frequent nose bleeds or find that cuts are slow to stop bleeding, you may have a deficiency of Vitamin K.

Hopefully, we have given you some good reasons to add a little more 'green' to your plate. We have some great supplements on special this month for those that would like to add these powerful foods, but with less cooking. Let us make it easier to eat your greens!

Many of you came in for heart scans last month. A little self-care will go a long way, especially when it comes to your heart. If you didn't get in last month for a scan, be sure to schedule one soon!

Dr. Carl and Kimberley Malone

Ruby's Corner

experiencing.

Are you still wondering if SHAPE may be helpful to you? Take the quiz!

You can also learn more about the program by watching this video.

Limited Appointments

Dr. Malone will be out of the office the week of March 15th. Can you guess where he will be?!

Members, be sure to schedule early this month to ensure you get your sessions in with Dr. Malone.

Don't forget to "spring forward" on March 14th. Daylight Savings time is almost here!

Member Special

This month, members will receive a $10 discount off our Chlorophyll Complex products.

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

March 17

Corned Beef and Cabbage

SHAPE Program Phase I Approved

So many of you are working on improving your health through the SHAPE program - good for you! Here is a Phase I recipe for you to enjoy on St. Patrick's Day.

Like 0 Tweet 0 Share 0 Pin it 0 0 Subscribe

I am looking forward to the green of spring! I get my chlorophyll from eating grass and am quite the connoisseur, being picky to find the freshest blades of green to munch on.
I'd be happy just grazing with the cows.

March Specials

Chlorophyll Supplements
10% Off

Includes: Country Doctor Superfood,
Standard Process Chlorophyll Complex and Ointment
Cruciferous Complete, SP Green Food

- 1 lb beef roast
- 1 tsp mustard powder
- salt and pepper to taste
- 1/2 medium onion chopped
- 1 tsp whole black peppercorns
- 1/4 tsp fresh thyme
- 1 bay leaf
- pinch allspice
- water enough to cover meat
- 1/2 cup apple cider vinegar
- 8 cups green cabbage chopped
- horseradish to taste

Instructions

1. Season the beef with mustard powder, salt and pepper.
2. In a large stock pot, add meat, onion and remaining spices. Cover with water and add vinegar.
3. Bring to a boil, then reduce heat to medium low and simmer for 1 hour.
4. Add the cabbage to the pot and cook for an additional 1-2 hours until the meat and cabbage are tender.
5. Slice beef thinly across the grain and serve with horseradish.

Unfortunately, carrots and potatoes aren't on the Phase I eating plan!

Many more Phase I recipes can be found here:
https://shapereclaimedpatients.com/all-recipes/

ShapeReclaimedPatients.com