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Subject: Just Say 'NO' To Heart Health - The Natural Path - February 2022

The Natural Path

[Schedule an Appointment](#)



Personalized Health Solutions

February 2022



We Love This New Face!

Meet Kristina. She recently joined our team to help out with the front desk in the afternoons.



"I was raised in Fort Collins and now I am raising my own family here. I graduated from the University of Northern Colorado in 2009, with a degree in Speech and Language Pathology.

I briefly moved to Texas, but found my way back to Colorado shortly after. I worked for the Poudre School district for 3.5 years and then took time off to focus on my children. I have 2 children - Blake who is 6 and Rosalyn who is 4. I started homeschooling them in 2020 and I absolutely love it.

I was looking for something fun to do with my afternoons and was led to The Natural Path. I have a passion for health and finding all ways to keep my kids and myself as healthy as possible. This feels like a perfect fit for me.

I enjoy running and working out. I also love hunting, fishing, and paddle boarding. I enjoy most outdoor activities.

I am eager to learn as much as I can from Carl, Kimberley, and Beth. I also appreciate your patience as I get to know all of you over the coming weeks."

In this newsletter:

- Schedule An Appointment
- We Love This New Face!
- Happy Valentine's Day
- Just Say 'NO' To Heart Health
- Member Special
- Nitric Oxide Production
- The Bioenergetic Heart
- Diet and Lifestyle Recommendations for Healthy NO Levels
- Nitric Oxide Testing
- Ruby's Corner
- Beet Salad with Arugula and Balsamic Vinaigrette
- February Specials

Just Say 'NO' To Heart Health

What?!! Why would we say that?

'NO', in this case, stands for Nitric Oxide and it is quite important for your heart and overall cardiovascular health. Unfortunately, the ability of our bodies to make NO decreases significantly as we age. Thankfully, we have a backup system of NO production that happens in our mouths when we eat nitrate-rich foods.

But, let's start with a little more background since the field of nitric oxide study is fairly new. NO is a gas when produced in the body and is a simple molecule made up of one atom of nitrogen and one of oxygen. This molecule is so important that it was named "Molecule of the Year" by Science Magazine in 1992, and in 1998, a Nobel Prize in Physiology



What is really important, though, is how crucial NO is to our overall health. While there is much research showing the benefits to the heart and cardiovascular system, NO also helps with everything from supporting the immune system to easing depression to reducing the risk of diabetes and kidney disease. Since NO is a signaling molecule, there is really no cell or tissue in the body that doesn't need healthy levels of NO. NO signaling tells arteries to relax and expand (lowering blood pressure), immune cells to kill bacteria and cancer cells and brain cells to communicate with each other.



Happy Valentine's Day!



Members will receive an extra 10% off all our supplement specials this month - that's 20%! You can't beat that!

Monthly memberships are in addition to the Private Membership Agreement you signed to be a client at The Natural Path. Let us know if you are interested or check the memberships out here: <https://thenaturalpathlive.weebly.com/memberships.html>



Nitric Oxide Production

There are two ways that the body is able to make much-needed NO.

The first way requires the endothelial cells (cells lining the blood vessels) to metabolize NO from L-arginine. The ability of the body to produce adequate

NO from this process reduces significantly as we age due to numerous factors (i.e. poor diet, toxicities, lack of exercise, EMFs, stress, genetics, etc.). This is why supplementing with L-Arginine may not be effective for many to raise nitric oxide levels.

The second way depends on having the correct bacteria in the mouth (oral microbiome). When we eat foods containing nitrate, it is metabolized by the bacteria living on the back part of our tongue into nitrite. This is a good reason to chew your food slowly to ensure that as much of the nitrate-rich foods you consume come in contact with this important bacteria as possible. We also need to avoid killing off this very necessary oral microbiome through use of antiseptic mouthwash, fluoride-containing toothpaste or antibiotics. When we swallow nitrite, stomach acid converts it into the magical molecule of NO. When stomach acid is being reduced by meds, antacids or blocked by PPIs, NO will not be produced in sufficient quantities.

More recently, it has also been found that nitric oxide is produced in the paranasal sinuses. This NO will normally reach the lungs with inspiration, especially during nasal breathing. Another good reason to stop mouth breathing as discussed in last month's newsletter!

The Bioenergetic Heart



This month we celebrate the magnificent bioenergetic heart.

The heart sends and receives 5 times more signals than the brain. Its magnetic field is 5000 times stronger than that of the brain. This magnetic field is also perceived by every cell in the body and can be detected up to 5 feet away.

Your heart (along with the thyroid) also creates the electrical field around your body. This field contracts (shrinks) with low frequency emotions like insecurity, anger, hate, doubt, and low self-esteem but expands with emotions of happiness, joy, gratitude and, especially, forgiveness. It is also believed that this electrical field is part of your immune system by helping to 'zap' viruses and bacteria. That seems pretty important these days.

There is research showing that just being around certain people can affect you because of the magnetic and electrical fields they are producing. 'Minding your emotions' can really contribute to your health and wellness as well as those around you.

But, just as we can sometimes use help in tuning up our hearts physically, we may also need some help tuning up the heart emotionally. We may be stuck in the emotions of feeling vulnerable, lost or insecure or have low self-esteem or self-worth. A Neuro-Emotional Technique (NET) session can assist with resolving these emotions and clean up the bioenergetic fields of the heart.

Carl Malone, DNM, BD, Psychotherapist

Diet and Lifestyle Recommendations for Healthy NO Levels

There are a number of general things you can do to help your body with NO production. You've likely already heard them all more than once:

- Eat a healthy diet.
- Get plenty of good sleep.
- Exercise.
- Reduce stress.
- Stop smoking (substitute your favorite addiction here).
- Stay hydrated.

Here are some more specific recommendations:

- Eat high-nitrate foods such as beets or green leafy vegetables (arugula is one of the highest).

Heart Sound Recorder

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its job before you swallow.

- Avoid using antibiotics, fluoride toothpaste or antiseptic mouthwash that kill the helpful bacteria in your mouth (there are [studies](#) showing strong correlation between mouthwash use and cardiovascular disease).
- Stop using PPIs, antacids or other medications that lower stomach acid. We can help you work toward this, if you have a dependency.
- Ensure you have adequate stomach acid by supplementing, if necessary.
- Address issues of dry mouth or any problem with swallowing - you have to swallow saliva throughout the day to provide nitrite to the stomach to convert to NO.
- Use a PEMF device, such as a BEMER. These devices help stimulate NO production. We have a BEMER in the office and single sessions or packages may be purchased.



should be fully resting 2/3 of our lives, even while pumping 2000 gallons of blood and beating 100,000 times a day! Is your heart functioning at its best?



The heart is an accurate reflection of the overall health of the body and can show areas that may need extra support or attention.

We use a device called the Heart Sound Recorder to scan all 4 valves of the heart. It is a computer-based low risk general wellness monitor that uses the principles of auscultation to acquire, display and record heart sounds. Certain types of heart stress can be monitored by visualizing the rate, rhythm and tone of the heart cycle.

Based on the findings, we will make nutrition and lifestyle recommendations. Comparison graphs can help determine the effectiveness of actions taken to improve overall health.

Be sure to take advantage of our discounted heart scans using the Heart Sound Recorder during the month of February - makes a great **Valentine's Day** gift too!

Nitric Oxide Testing

Since the study of Nitric Oxide is still fairly new, we aren't ready to recommend NO supplementation to all of our clients. However, we are very interested in running some experiments to learn how much different diet and lifestyle changes affect NO. If you are interested in trying some of the suggested recommendations, **let us know ahead of time** so we can test your NO levels before and after. We will have test strips at our office to help evaluate different modifications to lifestyle and diet.

In addition, we will be trying some NO supplements ourselves this month and are willing to work with a few clients that would like to try them too. Also let us know if you have any interest in that.

We know there are lots of health detectives out there, so let's have some fun with it!

We hope you enjoyed learning a little about Nitric Oxide this month and how important it is to both your heart and overall health. Don't forget that we are offering discounts on both heart scans and heart support supplements (many of which contain high-nitrate foods) this month. Emotional clearing using NET is also available if you find February to be a tough month. Show your Valentine how much you love them by giving them the gift of a healthy heart. We'd loveto help out!

This month we wish you lots of sunshine to melt the snow and the love of friends and family to warm your heart.

Remember - 'A cheerful heart is good medicine.' - Proverbs 17:22a



**Carl and Kimberley
Malone**



Ruby's Corner

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Here is a salad that will provide lots of nitrates for a **heart-healthy** diet.

Salad Ingredients:

- 6 medium (2 lbs) beets
- 5 oz (6 cups) baby arugula, rinsed and spun dry
- 4 oz or 1/2 cup feta cheese, diced or crumbled
- 1/2 cup pecans, toasted
- 1/2 cup dried cranberries

Roast the beets ahead of time. Preheat the oven to 400°F. Use beets of relatively the same size. Wash, cut off the tops, but leave on the skins. Toss in a little olive oil and place in a baking dish. Bake in preheated oven for ~1 hour or until the largest beet is easily pierced. Cool beets to room temperature then peel the skins. Use disposable gloves to keep your hands clean when removing the skins. Rub the beet and the skins will come right off. Slice into wedges.

Toast 1/2 cup pecans on a dry skillet, tossing frequently until golden and fragrant. Remove from heat and let cool.

Transfer arugula to a large mixing bowl then add remaining salad ingredients: sliced beets, feta cheese, toasted pecans and dried cranberries.

Dressing Mix:

- 1/2 cup extra virgin olive oil
- 3 Tbsp balsamic vinegar
- 1 Tbsp dijon mustard
- 1 garlic clove, pressed or finely minced
- 1/4 tsp salt
- 1/8 tsp black pepper

Add all dressing ingredients into a jar and shake well. Drizzle on the salad and serve.

Source: Natasha's Kitchen



I hope you **lovesnow** as much as I do.

Punxsutawney Phil just predicted another 6 weeks of winter! Thanks, Phil!!



February Specials

**Heart Support
10% Off**

Learn more about each supplement on our [Specials](#) page.

WE LOVE BECAUSE
HE FIRST LOVED US.
1 John 4:19



Country Doctor Heart

MediHerb Hawthorn

NET Fire

Nutri-West Total Heart

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Makes a great Valentine's Day Gift!

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Give the gift of heart health to someone you love.

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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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