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Subject: Let's Face It - The Natural Path - June 2021



Expert Nutrition Advisors

Newsleaf June 2021



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Let's Face It

Our face is usually the first thing that people see. And, like it or not, many judgements are made on appearances and first impressions. For this reason, we would like to look our best. But, let's face it, we are usually our own biggest critic when it comes to finding the flaws of our face.

This month we bring you some practical tips for keeping your face and skin looking their best.

It is important to remember that the skin is one of your biggest detoxification organs. Your skin reflects your internal health. Poor skin

June Events

View Calendar

Face Reading Presentation - Free

Tuesday, June 22nd, 6:30 pm (in-person)

Learning to read the features of the face can help you understand the person you are interacting with and better communicate with them. Come learn some tips on how to take your interactions with others to the next level. Presented by Dr. Carl, Certified Face Reader.

SHAPE ReClaimed Group - Free

2nd and 4th Wednesday of the month

Wednesday, June 9th, 5:00 pm (1st meeting)

Hopefully by now you have heard of the SHAPE ReClaimed program that we offer. It is especially helpful for detox, reducing inflammation and leaving behind a few unwanted pounds. This summer there is a group starting with the goal of encouraging each other and sharing ideas for the SHAPE journey. Come and join us. Now is a great time to get started!

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110



Sunday, June 20th

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First, consider cutting down or avoiding the following: sugar, alcohol, smoking and stress. These things can contribute to unhealthy skin and cause us to look much older than we are.

Second, ensure you are well hydrated with pure drinking water (avoid plastic water bottles and even tap water which has added chemicals). Proper hydration keeps the skin from drying out.

Third, add some collagen or gelatin to your diet. Collagen provides the information to build and maintain something called the extracellular matrix. This gives structure to your skin and bones. Not all collagens are created equal. Try to find a product that has performed well in clinical trials. We like [Vital Proteins](#) products. We aren't sure about clinical trials of their products, but their reviews are consistently high.



Fourth, use a light therapy such as low-level laser. We call it the 'Laser Facial'.

Laser light promotes cell reproduction at an accelerated rate. When photons contact the skin, there is a photo-chemical exchange that puts energy directly into the cells causing them to resuscitate, dump toxins and reproduce. There is also improved vasodilatation delivering fresh blood, oxygen and nutrients to provide the building blocks for tissue restoration.

Fifth, eat as cleanly as possible. Processed and non-organic foods are full of chemicals and toxins that make it difficult to keep our detox organs (including the skin) working well.

Lastly, here are a few good supplements to help with skin health:

Skin/Hair/Nails - Synergistic herbal blend to nourish, repair and rebuild the skin, hair and nails.

Dermatrophin PMG - Healthy skin supplement that also supports connective tissue.

Cataplex F - Promotes healthy skin and hair. Contains iodine for thyroid support. Supports the metabolism of fats

RNA - Supports cell replication, growth, and protein synthesis.

Wheat Germ Oil - Excellent source of vitamin E to support hair, skin and nails. May also be used topically

Gotu Kola Complex - Herbal that contains Gotu Kola leaf, Grape seed and Ginkgo leaf for healthy skin, capillary and circulation support.

RevuAllure Skin Cream - A high-quality cream with goat's milk and natural ingredients that hydrates and rejuvenates the skin. Nourishes the skin to maintain a youthful and healthy glow. Hydrates and enhances healing of dry, cracked skin. Assists in healing cuts, incisions, burns and other wounds. Cools inflamed skin due to sunburn or allergic reactions.

3-Month Facelift Challenge

Here is a challenge that uses both supplements and topical oil for a 3 month period to improve aging skin.

Take a photo of the face at the start of the challenge and at the end of each month so you can see the difference.

Happy Father's Day



Professional Wellness Alliance

The PWA is a nationwide alliance of natural and holistic practitioners working to ensure you are able to receive the types of services they provide. As more regulations and restrictions of natural health care and products continue to amass, it becomes even more important to be part of an organization that protects these rights and freedoms. The PWA works to protect the constitutional rights and religious freedoms that allow you to seek out and receive the care you desire. Learn more at pwai.us.

Dr. Malone has joined the Professional Wellness Alliance (PWA) and is asking all clients to join as well. Membership also gives you access to search for other natural and holistic practitioners nationwide.

Next time you are in the office, you will be asked to sign up as a member of the Professional Wellness Alliance (PWA). There is no charge for this membership.

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Cataplex F - 6/day
Gotu Kola Complex - 3/day

Topical:
Wheat Germ Oil 1/2-1 perle on face in p.m.

We hope these tips give you some ideas to help put your best face forward. But don't be too critical - you've earned those lines.

Dr. Carl and
Kimberley
Malone



“ YOUR FACE IS MARKED
WITH LINES OF LIFE, PUT THERE
BY LOVE AND LAUGHTER,
SUFFERING AND TEARS.
IT'S BEAUTIFUL. ”

-Lynsay Sands

Ruby's Corner



Even furry faces can reflect health and wellbeing. Mom and Dad make sure I have plenty of good nutrition with lots of vitamins and minerals to help keep the 'gray away'. Other than some white under my chin, I haven't lost too much color yet!

The Japanese say you have three faces.

*The **first** face, you show to the world.*

*The **second** face, you show to your close friends, and your family.*

*The **third** face, you never show anyone. It is the truest reflection of who you are.*

Face Reading

I have always been fascinated by Face Reading and Facial Diagnosis. Learning to read the features of the face can help you understand the person you are interacting with.



Features like the nose shape and size, eyebrow contour, lines on the face and the position and size of the ear, all tell something about a person. I like to know if this person is more right or left brain oriented. It makes a big difference in how to effectively communicate with them and how to reach them or to turn them off totally.

Did you know that the left side of your face is the face you present to the "world". Your right side is the "real" you - the things you keep to yourself. Eyebrows that are low and straight indicate left brain thinking and this person wants data, information, "just the facts, ma'am". High and curved eyebrows generally represent a more right brain centered person who is more concerned with how much heart is in the message, how it is delivered, how it sounds, how it feels, the tone.

Lines on the face record everything that has happened in our lives. When you learn that certain lines represent losses, pain, disappointment, joy, happiness, mental acuity, you can't help but develop a deep compassion for the person you are interacting with.

Check out my Face Reading Presentation this month to learn more.

Carl Malone, DNM, BD, Psychotherapist,
Certified Face Reader

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50% off a Country Doctor Skin/Hair/Nails tincture for the month of June.



June Specials

Skin Support Supplements 10% Off

Includes: Country Doctor Skin/Hair/Nails,
Standard Process Cataplex F,
Dermatrophin PMG, RNA, Wheat Germ
MediHerb Gotu Kola Complex
VerVita RejuvAllure Skin Cream



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Open
Monday – Thursday, 10 am – 6 pm
Friday 10 am - 4 pm
Saturday by Appointment

