

Subject: Matters of the Heart - The Natural Path - February 2020

The Natural Path

Expert Nutrition Advisors

Newsleaf February 2020



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

Matters of the Heart

It sounds a little like the start of a Hallmark movie - and you know there will be a lot of those this month!! But the 'matters of the heart' we want to focus on are a lot more tangible than the emotions between two starry-eyed dreamers.

While the heart is what we usually think of when we think of emotions, it is also a big part of our overall physical health. If it isn't pumping, you aren't going to last long! While our state of Colorado has long been known as one of the healthier states in the union, an article was recently posted in the Wall Street Journal (Jan. 14, 2020) raising concerns about heart health.

**Heart disease strikes back across the U.S.,
even in healthy places**

February Events

[View Calendar](#)

Heart Health and Heart Scans - FREE

Wednesday, February 12th, 6:15 - 7:15 pm

Learn about our heart scans and the type of information they provide to help you improve your heart health over time. Do you have a family history of heart issues, high blood pressure or stroke? Prevention is key to make sure you walk a different path. **All attendees will receive a complimentary heart scan.**

Exploring the Mind Body Connection with NET - FREE

Wednesday, February 19th, 6:30 - 8:30 pm

Weston A. Price Chapter Meeting

Community Center - 626 Quaking Aspen Drive, Fort Collins

In this presentation, Dr. Malone will discuss the mind-body connection and how NET (Neuro Emotional Technique) can help us clear emotional conflicts called Neuro Emotional Complexes (NECs) that keep us "stuck" or block us from moving forward. He will demonstrate the technique and have a question and answer session.

Introduction Class with Molly - FREE

Tuesday, February 25th, 6:15 - 7:15 pm

This is an informative class on what we do at The Natural Path and a demonstration of how our testing is done. If you are already a client of The Natural Path, you will be given a complimentary nutritional office visit if you bring a guest who is interested in also becoming a client. New clients will receive a 50% discount on their New Client Evaluation for attending.

Call or email to reserve your seat for any event.

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trend that a Wall Street Journal analysis shows is wreaking havoc even in areas of the country considered to be "healthy." That includes places such as Colorado, whose abundance of outdoor recreational opportunities and quality health care often earn it high marks. The state is not immune, however, to a set of universal factors—sedentary lifestyle, obesity, high blood pressure, diabetes, substance abuse, and stress—that are putting more people aged 35-64 years at risk for heart disease and stroke. - [Synopsis from Pharmacist.com](#)

Many of us may look at that set of risk factors and think that they really don't apply to us. Though that may be true, we would assert that a person's heart health may already be headed in the wrong direction before these major factors come in to play.

The heart is a very good reflection of our overall health. Since it has access to all the blood going through the body, it has first choice of all the resources available to be as healthy as possible.



We use an advanced device to assess heart health called the Heart Sound Recorder. This is a computer-based, low risk, general wellness monitor which produces a graph showing the function of each of the four valves of the heart. We then evaluate rate, rhythm and tone to determine overall functioning of the heart. Possible nutrient deficiencies can be assessed and we will make recommendations for ways to improve your heart health.

Follow-up scans can be run to show progress. Changes can happen very quickly so if you come in for a scan by Valentine's Day this month, we will run a 2nd scan at **no charge** later in February to evaluate improvements.

Even if you feel that your heart is healthy and there is no family history of heart issues, consider having a scan done. This is a very different test than an EKG or ultrasound of the heart and will provide other helpful information.

It's vital that your heart has the proper nutritional balance in order to keep a healthy rate, rhythm and tone. To help support your heart nutritionally, we have some supplements on sale this month. Come in to have a quick heart scan and see which ones may be best for you.

Standard Process Cardiotrophin - Supports heart and cardiovascular system health by providing a unique profile of minerals, nucleotides, and peptides. Includes bovine heart extract.

Standard Process Cataplex B - In addition to supporting a healthy heart, also supports cell energy production and a healthy nervous system. Almost everyone could benefit from taking this supplement!

Standard Process Cardio Plus - This is a heart multi-vitamin. It includes the previous two supplements along with some added vitamin C and E. Supports healthy blood flow, oxygen delivery to muscles and overall functioning of the heart.

MediHerb Hawthorn - An herbal product that supports the healthy functioning of the heart muscle and promotes cardiovascular system



Happy Valentine's Day!

Everyone at The Natural Path wishes you a healthy heart and a Happy Valentine's Day!



This month, members will receive a free BEMER session. The BEMER mat is great for increasing micro circulation - very good for your heart!

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



"The best and most beautiful things cannot be seen or even touched. They must be felt with the heart."

~ Helen Keller

Country Doctor Heart - An herbal product that can be taken either as capsules or a tincture. This combination of herbs supplies nutrition to protect and feed the heart, reduce inflammation, increase circulation and increase oxygen to the heart.

NutriWest Total Heart - Synergistic heart support is boosted with other ingredients, including the electron-carrier nutrient Co-Enzyme Q-10.

VerVita ReGenerZyme Heart - Provides heart, adrenal and muscle support while helping the heart and brain through physical and/or emotional trauma and loss.

VerVita Heart Harmony - A blend of 17 therapeutic-grade essential oils that promote the emotional and physical healing of the heart; it enables the release of heart stress and anxiety due to painful emotions and physical trauma.

When eating for heart health, make sure to include high quality liver, wheat germ and nutritional yeast for your much-needed B vitamins. If these aren't your favorites, ask us about Cataplex B - it includes all three!



This is a great month to explore emotions of the heart. Valentine's Day may bring up more intense emotions than you normally experience. Heart emotions can include feelings of: Lost, Helpless, Vulnerable, Abandoned, Deserted, and Insecure. If you are experiencing any of these negative emotions, let's work on turning them around into love, joy, gratitude and forgiveness.

NET helps clear old Neuro Emotional Complexes that keep us from being heart-centered and living a life that is happier and more loving. The heart is a fire element in Chinese Medicine so the NET remedy is Fire. When combined with an NET session, Fire helps us move ahead and get past life-limiting conditions that may be holding us back.

Carl Malone
DNM, Naturopath, Registered Psychotherapist

The Shape of Your Heart

Heart health goes much deeper than how much you exercise or what you put on your fork. Emotions also have a significant affect on our physical health too.

Here is an interesting TED Talk featuring cardiologist Sandeep Jauhar talking about how

emotions can actually change the SHAPE of the heart.

[Click Here.](#)



Coronavirus

There is concern being raised by a recent virus identified in China. Coronavirus is a broad family of viruses that can cause mild to severe symptoms.



The virus recently identified is going by 2019-nCoV and is somewhat similar to SARS that was making headlines in the early 2000s. It is also a respiratory virus with common symptoms being fever, cough and shortness of breath.

It is important to note that this virus is what is known as an envelope virus. This essentially means that the virus is difficult for the immune system to detect. It is almost like it has a super power coat that makes it invisible.

Last month we included information on keeping your immune system strong to help avoid this kind of bug getting a foothold and making you sick. Due to this bug's 'invisible' properties, adding in St. John's Wort can help make the virus visible again to the immune system.

We wish you a healthy heart!

Dr. Carl and Kimberley Malone





Cataplex F and Cataplex C. You may also want to include something with St. John's Wort for this current viral concern.

If you feel like you may be fighting something, come in for a quick check. We can help determine if you should be adding in other products like Virex, Multi-Bac, Andrographis, Oliverex, Biocidin, etc. There are so many options - don't spend your time sick!!



February Specials

Heart Scan

Makes a great Valentine's Day Gift!

\$29

Reg. \$40

If the scan is done by Valentine's Day, get a free follow-up scan to see progress later in February.



Heart Scan - 3 Pack

Services redeemable through 2020

\$89

Reg. \$120



Heart Support Supplements

10% Off

Includes: Standard Process Cardio-Plus, Cardiotrophin, Cataplex B, Country Doctor Heart (capsules or tincture) MediHerb Hawthorn NutriWest Total Heart VerVita ReGenerZyme Heart and Heart Harmony



Standard Process

Canine or Feline Cardiac Support

20% Off



"Always listen to your heart, because even though it's on your left side, it's always right."

- Nicholas Sparks

Don't forget about healthy hearts for all your four-legged friends. **Canine and Feline Cardiac Support** are both great overall heart supplements.



As water reflects the face,
so one's life reflects the heart.

~Proverbs 27:19~
NIV



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