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Subject: Mending Your Mind - The Natural Path - June/July 2022



Personalized Health Solutions

June/July 2022



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Mending Your Mind

We all have those days when we just 'aren't feelin' it'. It is amazing how much our mind and mood control everything in our world. They can affect our perspective, outlook, confidence and even our physical health. What a sorry state we are in when we feel like our mind is broken. It can feel

Schedule an Appointment



Ordering Supplements



Order Standard Process or MediHerb Supplements

Free shipping when ordering over \$100 in product. MEDIHERB

If you are a client at The Natural Path, check out the bottom of your receipt for instructions to order using Patient Direct at a savings (in-off discounts don't apply when ordering online).



Wishing the best day to all the dads out there!

Sunday, June 19th

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While we in no way can come close to covering all the things that can impact your mind and mood, we would like to at least provide some hope and tools for mending your most important asset - your mind. First, let's cover some of the broad categories of issues that may point to a need for some 'mending'.

Traditionally, issues with the mind and mood center on diagnoses such as depression, anxiety, bi-polar disorder, schizophrenia, etc. and then on to dementia, Parkinson's and Alzheimer's. However, another category of issues that may be related to the mind are chronic physical issues such as pain (fibromyalgia), fatigue, autoimmune conditions, etc. This isn't to say that our physical ailments are all 'in our heads', but that there is often a mind or emotional component contributing to them. This is why we find the Neuro Emotional Technique (NET) so helpful for people. Another category of mind-related issues includes conditions like brain fog, inability to focus, lack of motivation, feeling 'stuck', not being able to reach our goals and more serious addictions.



While these issues are very broad and diverse, the root causes of why our minds seem to be broken in all these different ways can be very similar. Many of these dysfunctions can be caused by inflammation (which we covered last month) and neurotransmitter imbalances. There are all kinds of tests that can be done to find out

the specifics of your brain, but we suggest starting with the basics. We recommend everyone focus on what Kimberley calls the D.R.E.S.S. protocol. This stands for Diet, Rest, Exercise, Stress Reduction and Supplementation when needed.

Diet goes beyond just eating 'healthy'. You may have hidden food sensitivities causing inflammation throughout the body. In addition, you may not be eating correctly for your metabolic type. These issues can be identified through some simple testing. However, when testing isn't in the budget, we suggest at least trying to remove the most likely inflammatory foods - gluten/grains, dairy, nuts, processed foods, sugar, soy and corn. Also, don't forget hydration with pure clean water - at least 1/2 oz. per pound of body weight per day.

Rest means getting the best sleep possible. Shoot for at least 8 hours of slumber and going to bed as early as possible. The hours of sleep before midnight are much more beneficial than the hours of sleep after midnight (I see my mother smiling and nodding).

Partnership Program New for July 2022

We are excited to announce a new program at The Natural Path for those who are committed to improving their health over time. We love to partner with people that are working hard to make changes and to find as many pieces as possible to their personal health puzzle. The Partnership Program provides significant discounts and benefits for those that participate. The program costs \$50/month per person and includes:

- 50% off of regular office visits
- 20% off elite services (i.e. Biofeedback, Heart Scans, Psychotherapy, Packages)
- 20% off dependent children 18 or younger
- 20% off nutritional supplements

If you come in for one visit a month at \$45 and buy \$150 in supplements, you will pay less on the Partnership Program, even with the \$50 commitment cost. If you come in for other services during the month, the savings really add up quickly. We would be glad to evaluate if this program is a good fit for you based on your past purchases.

Our memberships are being discontinued, so if you are a current member, give us a call to let us know if you would like to upgrade to the Partnership Program. You should have already received an email with your options and a special deal just for you!



New Services in Psychotherapy

Our psychology affects our physiology and vice versa. "From anger to optimism, our emotions are physiological states. The brain, as the source of those states, offers a potential gateway to other tissues and organs-the heart and blood vessels, the gut and even the immune system." News Week magazine 4/2007. In fact, the mind and emotions are the software that rule every aspect of our lives. Our brain is constantly rewiring at lighting speed. It's called neuroplasticity - the brain's ability to modify, change, and adapt both structure and function throughout life and in response to experience.



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it'. In Colorado, we find that many people on a healing journey are exercising too much and using up the resources their bodies need to heal most efficiently and effectively.

Stress reduction is very broad and can include everything from taking down time and breathing exercises to finding hidden stressors in the body such as stealth infections or parasites.

Supplementation can be very helpful in making up nutritional deficiencies and providing therapeutic amounts of various nutrients. In addition, herbal and homeopathic supplements can provide 'energetic' information to help balance the body. Check out our supplement specials related to mind and mood below or on our [website](#).

While this D.R.E.S.S. protocol is simple, we know it isn't always easy to do on your own. We would be glad to help you create a plan to address these key areas or to do some testing. These basic diet and lifestyle changes can go a long way in helping to mend your mind. However, we are also providing even more support this month for mind and mood with new services in the area of psychotherapy. Be sure to check that out.

If you have some extra time on your hands this summer, here are some other resources we recommend:

[A Mind of Your Own](#) by Dr. Kelly Brogan. This book focuses on the effects of SSRIs and how to reduce or eliminate their use. It is especially focused on women and how they can heal their minds and bodies.

[Switch On Your Brain](#) by Dr. Caroline Leaf. Dr. Leaf also has tons of great YouTube content if you would rather listen or watch than read.

[The Body Keeps the Score](#) by Dr. Bessel Van Der Kolk. This book is especially geared to those dealing with past traumas.

There are just so many great resources out there. Please don't stay 'stuck' if you are dealing with mental health and mood issues. We would love to partner with you on making progress toward mending your mind this summer!

Summer Tune-Up

It is hard to believe that we are quickly approaching the longest day of the year! While summer is the perfect time to relax and let some of your usual routines go by the wayside, it is also a great time to dial in some healthy habits.



A summer tune-up can help put you (or keep you) on the path to good health. Come in for an office visit to make sure you have the best supplement plan specifically for you and



the mind and emotions for decades. I've been providing NET (Neuro Emotional Technique) for over 20 years and have seen dramatic changes in clients. NET has helped millions of people and was even featured in an episode of [Grey's Anatomy](#).

Now I have decided to expand my service offerings in the area of psychotherapy and want to provide a little more background on what I will be providing.

First, I will be providing psychotherapy sessions combined with NET (Neuro Emotional Technique). While NET is NOT 'talk therapy' by itself, this combination therapy provides the opportunity to discuss things affecting you mentally, physically and emotionally. Sessions involve talking together to reach an understanding of where you are mentally and emotionally and planning a healthy course of action. I will continue to use NET to help identify the root cause of issues.

Second, I will also now be providing hypnosis. Before I do so, I want to clear up any misconceptions about hypnosis. As you all know, my faith dictates my work, so there will always be a filter through which information is shared. In fact, most of my sessions will include clearing out the negative, self-defeating chatter that runs in the back of our minds. We can work to revise or repattern that self-talk to a more motivating and uplifting program. Often, our struggle is from feeling disconnected from our source, creator (God). We feel like we are on our own. While this condition may be unintentional, it is often a self-initiated state.

During these sessions, you are totally in control. Hypnosis is not manipulation or "mind control", as seen on stage hypnosis theatrics. No matter how relaxed you become you are fully in control. [Focus on the Family](#) states that "Used ethically and responsibly, hypnosis is a method of inducing relaxation as a way of releasing the subject's subconscious mind in an attempt to open the door to deeper personal insight." I find that people feel very rested after a session, as though they have just had a good night's sleep.

Going back to the idea of our mind and emotions being like the software that run our lives.

What if?

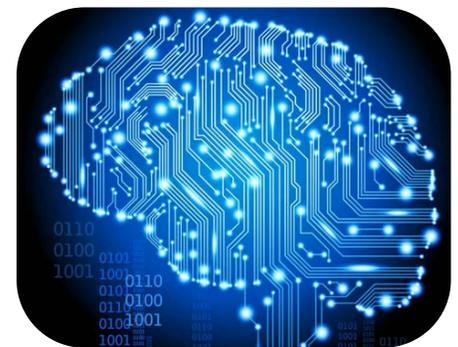
We had a bug in the software?

We are stressed out?

We can't calm our brain?

We sabotage our progress?

Our programming was out of step with the direction we want to follow?



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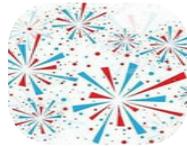
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system is in top shape for fun summer activities. Don't wait until fall - [schedule an appointment](#) today.

We have a few fun things planned for July ourselves, so there won't be a newsletter next month. You can always check out the current specials on our website. We plan to have the same specials for both June and July.



We wish everyone long summer days full of fun in the sun with friends and family and cool summer nights with no mosquitoes!



Carl and Kimberley Malone



Sometimes our minds really just need some good down time or a friendly hang-out spot. Be sure to check out [Retreat Bakery Bar](#) in Ft. Collins near Sprouts on Drake/Lemay for a great place to meet up with friends or just to have some 'me' time. There is even a nice outdoor area for enjoying a summer evening while sipping your favorite drink or enjoying a treat.

Established in 2021, Retreat Bakery Bar is a family-owned, casual neighborhood bakery that combines modern treats and classic desserts with your favorite comfort drinks - a hand-crafted coffee, a craft-brewed beer, a classic wine, or even a glass of milk. Everything is made in-house from scratch in small batches. You should always be able to find gluten-free and dairy-free options.

Check out the weekly deals. They are open late, but closed on



We could update our software?

Remove that virus or bug and unlock our full potential?

Naturally repair our brain?

What if we could fix it, easily, simply, effortlessly?

The good news is that we can correct our course, remove the bug in our thinking and upgrade our operating software.

Negative thinking is like a virus in our software. Hypnosis is like adding an anti-virus program that will contain the virus of self-defeating talk and install a software upgrade that will be on the lookout for those old, worn-out patterns that need to be updated to help us survive and thrive in the midst of these challenging times.

Hypnosis allows us to go into those deeper levels of the brain and uninstall blocks, limitations, some call "stinkin thinkin". We then effectively and efficiently re-direct our thinking to a more positive and inspiring program.

Hypnosis isn't new for me. I trained to be a hypnotherapist in the 90's and, at the time, opted to do more laser therapy and bodywork. Also, the way we do hypnotherapy today is a lot more exciting. Recently, I refreshed my training with the most up-to-date methods and for a limited time I'm offering sessions at a 20% discount. And, as an added bonus... your consult is deducted from your first session, allowing you to experience a session at a very reasonable rate. In the past, I found hypnotherapy to be very helpful and I am certain you will find it a valuable tool to help you along your own natural path. Call to schedule a psychotherapy session (currently not available in our online scheduler).

With much love,

Carl Malone, DNM, BD, Psychotherapist

Ruby's Corner

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Stop by for a little Retreat of your own or take your dad.



June/July Specials

Psychotherapy and Hypnosis

20% off - \$180 (up to 1 hour)

(Reg. \$225)

Evaluation Session may be required

Mental Health and Mood Support Supplements

10% Off

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

Includes:

Country Doctor Nervine

MediHerb Nevaton Forte and St. John's Wort

Microbiome Labs ZenBiome Cope

NET ER911

Nutri-West DSF (De-Stress Formula) and

Whole System EEP

SHAPE Mood Balance

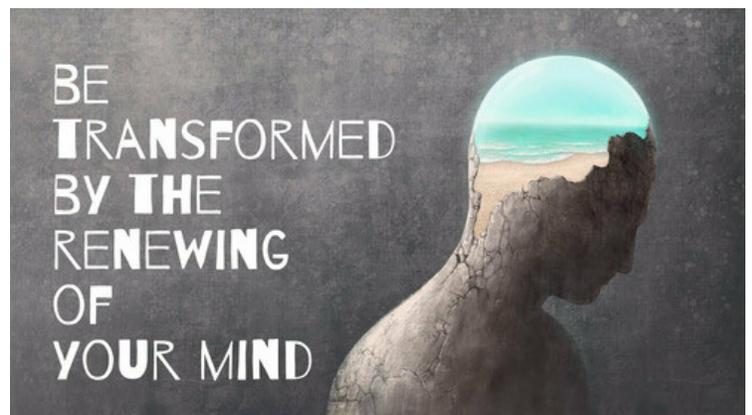
Standard Process Min-Chex, Orchex and St. John's Wort IMT

Order Standard Process and MediHerb direct (discounts don't apply when ordering online):

<https://thenaturalpath.standardprocess.com/Products>



Sometimes I even have days when I'm 'just not feelin' it'. Dad spritzes down my spine with ER911 to help pick up my mood so I can get back to greeting with a smile on my face.



Romans 12:2

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www.TheNaturalPathLtd.com

2212 S. College Ave.
Fort Collins, CO 80525

970-829-1110

Monday:	9:30AM–2PM, 3PM–6PM
Tuesday:	11AM–6PM
Wednesday:	9:30AM–2PM, 3PM–6PM
Thursday:	9:30AM–6PM
Friday:	10AM–4:30PM
Saturday and Sunday:	Closed

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The information and the services provided are not intended to be a substitute for obtaining professional medical advice, diagnosis, or treatment. The Natural Path, Ltd. is not a licensed medical entity, is not affiliated with insurance entities, and does not practice medicine, or render medical advice.

