

Subject: Need a Quick Fix? - The Natural Path, Ltd. November 2017

## The Natural Path, Ltd. November 2017 Newsletter



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

### Need a Quick Fix?

As the days get shorter, so, it seems, does the time we have to take care of ourselves. Unfortunately, this is also a time of heightened stress for many people. The combination can lead to a compromised immune system and a higher likelihood of sickness.

During this busy season we are offering shortened Nutritional Response Testing appointments to get you in and out quickly. Perhaps you think you have a cold or flu coming on. Coming in for a quick check could be the difference in days or weeks of how long you are sick.

We are also offering a special on Country Doctor Virex products this month - see below.



Don't put off taking care of yourself this time of year. Being healthy and feeling well can make a big difference in how you handle this happy, but stressful, time of year.

Last weekend, we had the opportunity to attend our first CSU Rams game at Colorado State's new stadium. It was a beautiful and crisp fall day - perfect for football! We are so grateful to live in Colorado and have so many wonderful 'outdoor options' throughout the year. Make sure you take some time with family or friends to enjoy some of what Colorado has to offer.

### November Events

#### [View Calendar](#)

#### **Orientation**

Thursday, 16th, 6:15 - 6:45 pm

Tuesday, 28th, 12:00 - 12:30 pm

Learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees receive their first nutritional evaluation and consult visit at a reduced cost (\$75 value).

**Call or email to reserve your seat for any event.**

[TheNaturalPathInfo@gmail.com](mailto:TheNaturalPathInfo@gmail.com)

970-829-1110

The office will be closed:

Thursday, November 23rd

and

Friday, November 24th



**"A moment of gratitude makes a difference in your attitude."**

*Bruce Wilkinson*

As the days cool off, here is one of our family-favorite soups for you to try:

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Kimberley  
Malone



## Ruby's Corner



Hope you had a 'howl-o-ween' good time!

- 2 Tbsp. olive oil
- 4 C. chopped onion
- 1 tsp. salt, divided
- 1/2 tsp. crushed red pepper
- 6 garlic cloves
- 1 lb. sweet turkey Italian sausage  
(We also like mild regular Italian sausage.)
- 8 C. peeled and chopped sweet potato
- 5 C. water
- 4 C. chicken broth
- 16 oz. torn kale
- 16 oz. can cannelloni or other white beans  
(rinsed and drained)

Heat oil in large pot over medium heat. Add onion and saute 5 minutes. Add 1/2 tsp. salt, pepper and garlic and saute 1 minute. Add sausage to pan (remove any casings). Cook 5 minutes or until lightly browned, stirring to crumble. Add sweet potatoes, water and broth. Bring to a boil. Reduce heat and simmer 8 minutes. Gradually add kale and cook 10 minutes or until tender. Stir in remaining 1/2 tsp. salt and beans. Cook 5 minutes more or until thoroughly heated.

## November Specials

**Nutritional Response Test  
Quick Check - \$15**

**Country Doctor Virex - 20% off  
Tincture or Capsule**



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**2212 S. College Ave.  
Fort Collins, CO 80525**

**970-829-1110**

Open Monday – Thursday, 10 am – 6 pm

Friday and Saturday by Appointment

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