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Subject: Pass the Butter, Please! - The Natural Path - November 2021

The Natural Path

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Expert Nutrition Advisors

November 2021



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Pass the Butter, Please!

Thanksgiving is quickly approaching and the deluge of food that will flow into early next year is about to begin. This is a good time to talk a little about dietary fats and why you should make sure butter is on the table.

We often talk about how necessary fat can be for the body, but excess fat and the wrong kinds of fat can be physically stressful. It is important to note why fats are so important to our health. The brain and nervous system are 65% fat. The surface of every cell in our body is fat. Fats keep our skin healthy, support immune function and lower the risk of diabetes. Our hormones are made from fat, and



We are so thankful for each and everyone of you!

The Natural Path wishes you and your family a joyful and blessed Thanksgiving!

Office Closed Thursday, November 25th and Friday, November 26th.

HSA/FSA

Do you have an HSA or FSA that needs to be used by the end of the year? Don't forget that you should be able to use dollars from those accounts for services at our office. Check with your account holder to determine if you may use your funds toward supplements too - it may be a great time to stock up on what you need.



Don't put off taking care of your health at the end of the year! Give yourself a head start on those new year's health goals.

In case you are wondering what we are talking about....

HSA - Health Savings Account

enhance the prevention of cancer. **Fats are nutritional essentials.**

But there can be a dark side to fats if we consume the wrong kind. Unnatural fats are very unhealthy, leading to heart disease, cancer, immune dysfunction, pain and obesity. Our bodies have no means to deal with unnatural "bad fats," so they get stored in our bodies and block healthy processes. Examples of bad fats are corn, soybean, safflower, sunflower, cottonseed and canola oils, hydrogenated and partially-hydrogenated oils, and the absolute worst of them all are trans-fats. A trans-fat is made when hydrogen is added to vegetable oil — a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats.

The body's ability to handle fat is dependent on a little organ called the gallbladder located on your right side at the bottom of the rib cage. The gallbladder's main job is to release stored bile into the small intestine. Bile is an extremely alkaline substance that works like Dawn on greasy dishes. So, when that butter tray comes around the Thanksgiving table, your gallbladder needs to be ready to deliver!

Unfortunately, it is fairly common today for people to have a Cholecystectomy, better known as gallbladder removal. Gallbladders are taken out almost as casually as wisdom tooth removal. But without this little organ, we can begin to have more trouble breaking down fats that are needed for so many biological functions and may even have a tendency to feel sick and nauseous if eating a higher-fat meal. Know that there may be some natural remedies to help you keep this very important part of your digestive system. If you do need to have it removed, you will definitely need to support digestion of fats with the correct supplementation.

Things to do when it comes to fats:

- Eliminate all hydrogenated, partially-hydrogenated and trans-fats from your foods. These are the unhealthy type of saturated fats. Read labels and avoid or discard any that you find.
- Avoid all corn, soybean, safflower, sunflower, cottonseed and canola oils in your cooking and in prepared foods. These are heat and chemically extracted oils and have been damaged or contaminated in processing.
- Eat foods containing healthy fats including butter, olive oil, grass-fed meats, free-range eggs and wild, cold-water fish.
- Use healthy fats in your meals, including healthy extra-virgin olive oil, organic butter, and unrefined organic coconut oil.
- Consider taking high quality essential oil supplements.
- Support your gallbladder and overall digestion of fats.



But What About My Cholesterol?

There is a prevalent perception that eating fats is the main culprit in high cholesterol levels. Our research and many clinical trials do not support this idea. Around 80% of cholesterol in the body is produced by the liver.

Cholesterol occurs in animal foods such as meats, dairy and eggs and is critical for our good health. When cholesterol is lowered using various drugs, there is a risk of negatively impacting the production of neurotransmitters, hormones and overall brain health.

These are accounts that are often provided as a benefit from an employer. They allow saving of pre-tax dollars in accounts which can then be used for eligible healthcare expenses.

Give The Gift of Health New Client Evaluations



If you haven't already started your Christmas shopping, think about giving the gift of health this year. A New Client Evaluation is a great way to show friends and family that you really care about them and their good health. You won't have to wait in long lines or hope that what you ordered will arrive in time!

Service prices will be increasing next year, so this is a great time to encourage your loved ones to start their health journey at The Natural path. If you buy a New Client Evaluation as a gift for someone this year, that price will be locked in for their appointment even if they aren't scheduling with us until next year.

Member Special

This month, **members** receive \$10 off a 180 count bottle of **Betafood**.

Betafood helps thin the bile in both the liver and gallbladder. Bile is required for properly breaking down fats and there are many reasons that bile may become sluggish (like molasses).



Share a bottle of Betafood at your Thanksgiving meal to ensure proper digestion of healthy fats. Everyone will be thankful!

Offer good while supplies last, limit 3 bottles.

Holiday Gathering Stressors

In this season of seeing a lot more of our friends and family, perhaps even going to our childhood homes, new and old stressors may become apparent. As we sit "chewing the fat" with our loved ones, physical and emotional issues may come up.



Emotional issues that can be associated with digestive concerns are anger (upset), resentment (mad), galled (bothered), frustration (mad) and aggression (pushy). If you

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thyroid and eating 'bad fats'. This topic is too broad to address adequately in this short newsletter, but please reach out or schedule an appointment if you would like to investigate your specific situation further.

parties. It can really help take the edge off and help you enjoy time with family and friends so much more.

Carl Malone, DNM, BD, Psychotherapist

Functional Forum

One thing you may not know about The Natural Path is that we host a monthly event called the Functional Forum. We started hosting this event for like-minded health providers in 2016. James Maskell started the Functional Forum as a way for functional and integrative practitioners to come together to support and learn from each other. You can learn more about this community here:

<https://www.functionalforum.com/cpages/home>

We were excited to attend a live taping of the event in Boulder this month with members from the Northern Colorado Functional Forum. If you know of anyone in healthcare that would be interested in joining our group of alternative/holistic/integrative/functional-minded providers, be sure to connect them with us.



**Carl and Kimberley Malone
(with James Maskell)**

Quinoa Salad

Ruby's Corner



I love fall - It is finally cool enough for me to lay outside!

**Give thanks to the Lord,
for he is good; his love
endures forever.**

-1 Chronicles 16:34



November Specials

**Gallbladder Support Supplements
10% Off**

Includes: Country Doctor Liver/Gallbladder
MediHerb Livton Complex
NutriWest GB Plus

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1 Month Cholesterol Protocol

20% Off

Betafood (1)

Cyruta (3)

Soy Bean Lecithin (1)



Here is one of our favorite recipes that is full of good fats. The feta and Kalamata olives give it a bit of a Greek flair. This one is easy to make ahead of time for a party or holiday meal.

Ingredients:

- 2 cups cooked quinoa (we use organic tri-color)
- 1 - 2 avocados (cut into cubes)
- 1 - 2 tsp. Celtic sea salt
- 1/2 - 1 tsp. minced garlic
- 3/4 cup sliced Kalamata olives
- 1/4 cup Kalamata olive 'juice' (save the liquid from the olives)
- 1/4 cup avocado oil

Cook the quinoa as directed. Let the quinoa cool down and then mix in all other ingredients. Adjust amounts to your liking or add your own favorite ingredients or spices. We usually eat this as a cold salad. Store in the refrigerator.



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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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