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Subject: Regain and Retain Your Brain - The Natural Path September 2018



Expert Nutrition Advisors

# Newsleaf September 2018

I'VE FINALLY LOST  
MY MIND. IF  
FOUND, DON'T  
BOTHER TO RETURN  
IT, IT WASN'T  
WORKING  
PROPERLY ANYWAY.



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

## Regain and Retain Your Brain

Are there days that you feel like you are just 'losing' your mind? Can't remember why you walked in a room, forgetting names of familiar people or tripping over your words? Many of us find these types of symptoms to be quite common and may attribute them to getting older and having a 'senior moment'. But while these symptoms are common, they are not normal. Our brains are amazing and designed to serve us well and fully-functioning throughout our entire lives.

The number of people experiencing cognitive decline, memory loss, cloudy thinking, learning difficulties, depression, etc. is reaching epidemic levels. The movie "Concussion" with Will Smith started to raise more awareness of how head injuries can be a serious contributor to many types of mental issues from mild impairment to serious diseases like Parkinson's and Alzheimer's. Just this past month, the



## September Events

[View Calendar](#)

### Regain Your Brain - Free

Wednesday, September 19th, 6:15 pm - 7:15 pm  
Monday, September 24th, 6:15 pm - 7:15 pm

Learn how head injuries can lead to mental issues later in life (foggy thinking, memory decline, dementia, Alzheimer's, Parkinson's, etc.). Protocols to regain brain function will be discussed as well as a personal case study in Alzheimer's.

### Laser Training - Free

Tuesday, September 11th, 6:15 - 7:15 pm

Many people purchased lasers this past month to use with their families, their pets and themselves. Bring your laser to this session to learn more about how you can get the most out of this high-tech health tool. Anyone interested in learning about laser or purchasing their own is welcome to attend as well. Attendees will have first option to purchase a demo laser at a reduced cost.

### Orientation - Free

Thursday, September 6th, 12:00 - 12:30 pm  
Thursday, September 13th, 6:15 - 6:45 pm  
Tuesday, September 18th, 6:15 - 6:45 pm  
Tuesday, September 25th, 12:00 - 12:30 pm

Meet the Malones and learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees receive a discount on a New Client visit or Wellness Review.

### Stem Cell Therapy Follow-Up

We had a great session with Dr. Brad Abrahamson from Integrative Sports Medicine this past month talking about stem cell therapy. We know a lot of people were interested, but didn't get to come for one reason or another. Please give us your contact info if you would like us to include you on another session. If we have enough interest again, we will schedule another session with him.

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

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

970-829-1110



**"If you don't remember the past, what do you remember?"**

~Stephanie Anderson

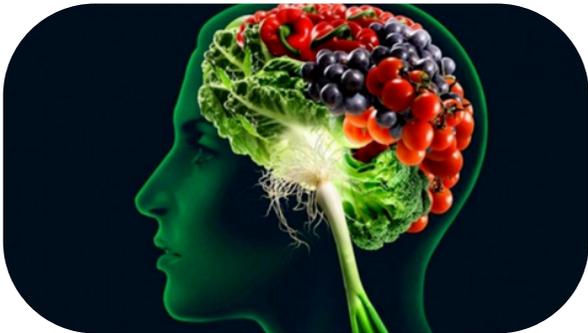
Alzheimer's Foundation of America praised the NFL for their efforts to improve safety with a new helmet-hitting rule: <https://alzfdn.org/nfl/>.

This month we are focusing on brain health - especially regaining your brain after any type of head trauma and retaining the brains you haven't already lost! As with any health concern, we always recommend supplementing with these fundamentals at a minimum: Catalyn, Trace Min B-12 and Tuna Omega-3 Oil. Ask about our easy grab-and-go packets for back-to-school.

Over 60 years ago, Dr. Royal Lee identified the condition in which brain injury caused the body to develop antibodies that attack the brain. In the movie "Concussion", Will Smith's character, Dr. Bennet Omalu, M.D., named the condition "Chronic Traumatic Encephalopathy (CTE)". Dr. Lee identified protocols to contend with these antibodies and support brain health and repair. We employ these same protocols and further support them with bodywork therapies that include cranial nerve up-regulation with Low Level Laser, Cranial Sacral Therapy, and specific protocols for balance, coordination and vertigo.

If you, or someone you love, has been struck in the head, suffered whiplash, headaches, blurred vision, dizziness, balance/coordination issues, poor or declining memory recall, depression, mood swings, lethargy, etc., consider these drug-free options.

This month we have some of our favorite brain support protocol supplements on sale, as well as discounts on several of our brain-related services.



**Country Doctor Memory Recall** – Increases blood flow to the brain, thereby increasing oxygen and nutrients to feed the brain.

**Standard Process Neuroplex** – Combines synergistic ingredients to support the nervous and endocrine systems. Supports cognitive functioning.

**Standard Process Neurotrophin PMG** - Brain protomorphogen useful in situations of brain trauma, sluggish thought, brain disorder and loss of memory.

**Standard Process OPC Synergy** – Synergistic blend of ingredients including grape seed extract, buckwheat, red wine extract, green tea extract and bilberry. Neuroprotective and useful for all brain conditions.

**Regain Your Brain Protocol** - This is a 6-week protocol that uses the following supplements: Neurotrophin PMG, Neuroplex, Cataplex G, RNA, Tuna Omega 3-Oil. Optional: Cataplex ACP and OPC Synergy

**Retain Your Brain Protocol** - This is a brain maintenance tincture protocol that Dr. Malone uses himself daily and learned from our Standard Process mentor. It typically lasts about 2 months.

- MediHerb Bacopa Liquid 1:2
- MediHerb Ginkgo Leaves 2:1

Selene River Press



This month members will receive a free Brain Balance session using biofeedback.

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

Brain power improves with brain use, just as our bodily strength grows with exercise.

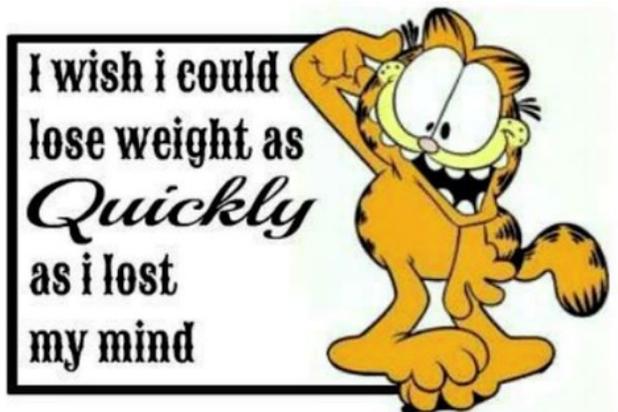


## Don't Forget Your Birthday Gift!

The Natural Path is starting its 3rd year in business this month. To celebrate and thank all of our wonderful clients, we are offering a free service of your choosing during your birthday week this next year. Maybe you would like a little body work or nutrition testing; maybe Body Lights are your thing.

Whatever you choose, just call to tell us you would like to schedule your birthday service 3 days before through 3 days after your birth date.

Taking care of yourself is one of the best gifts!



## Cranial Sacral Therapy

CranioSacral Therapy (CST) was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983

- MediHerb Gotu Kola 1:2

Brain health is something we take very seriously. Kimberley has both paternal and maternal history of dementia and Alzheimer's. In addition, Kimberley's father was diagnosed with advanced Alzheimer's over 4 years ago. He has been supported with many of the supplements and therapies discussed in this newsletter. We will discuss more of his case and our personal practices at the Regain Your Brain presentation (see the events).

Be kind to your mind - it's the only one you've got!

**Dr. Carl and Kimberley Malone**



at Michigan State University.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a soft touch, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system. CST is increasingly used for a wide range of medical problems, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Concussions and Traumatic Brain Injuries
- Alzheimer's Disease and Dementia
- Learning Disabilities
- Emotional Difficulties
- Temporomandibular Joint Syndrome (TMJ)

Information provided by upledger.com

I have been using CST in my practice for 15 years and was trained by the Upledger Institute. Consider trying this modality with our discount this month.

Peace always,

Carl Malone,  
Doctor of Natural Medicine  
Registered Psychotherapist

**September Specials**

**Brain Balance using Biofeedback – \$35**

**Brain Sessions - \$49**

**Includes Cranial Sacral Therapy, Mini Neuro Emotional Technique and Cranial Nerve Reset using Cold Laser (\$75 Value!)**

**Brain Support Supplements  
10% Off**

**Includes: Country Doctor Memory Recall, Standard Process Neuroplex, Neurotrophin PMG, and OPC Synergy**

**Brain Support Protocols  
20% Off**

**Brain Balance using Biofeedback**

We use advanced biofeedback to scan the body and assist in overall health evaluation. We have used biofeedback to balance reactions to food and environmental sensitivities, with patients experiencing much relief. This month we are adjusting our equipment to focus on brain protocols. Come in for a biofeedback scan and balance of the brain. This is amazing technology that is the culmination of decades of research. Many of the frequencies used were discovered decades ago, but the equipment to deliver the frequencies was very expensive. Now this technology is compact and has become affordable. It is fascinating to watch the scan and may give you some answers in your personal health quest.

**Ruby's Corner**



**Squoodles**



Let the excess of garden squash begin!!!

No, that isn't a typo. We are coining the term 'Squoodles' because you really can make noodles out of any kind of squash you need to be rid of. If you haven't already invested in a squash spiralizer, consider putting one on your birthday list. It isn't too expensive, even if you only pull it out for a couple of weeks once a year.

Squoodles are delicious sauted in avocado oil or butter and lightly seasoned. You can add your favorite pasta sauce for a complete meal. And when you are playing that party game at Halloween, where you have to figure out what you are feeling while blindfolded, these go great in the 'brain bowl'!



**Since I can't always tell you exactly what's wrong, here are some signs that I may having brain issues of my own: balance/coordination issues, seizures or tremors, seeming confused and forgetting my manners.**

**Mom says I can use the same brain support supplements used for you two-legged animals.**



[www.TheNaturalPathLtd.com](http://www.TheNaturalPathLtd.com)

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Open Monday – Thursday, 10 am – 6 pm  
and Friday 10 am - 3 pm  
Saturday - Sunday Closed

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