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Subject: Resolve To Do This One Thing - The Natural Path - January 2022

# The Natural Path

[Schedule an Appointment](#)



**Personalized Health Solutions**

## January 2022

### 2022 Appointment Change Reminder

Beginning in January 2022, our regular office visits will change from 20 minutes to 15 minutes. You are still welcome to add on time to appointments, if needed. Pricing will stay the same at \$45 for a regular office visit.



**In this newsletter:**

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- Sense of Smell
- Better Health Breathing
- Where's The Weight-Loss Program?
- Ruby's Corner
- Sinus Flushing
- January Specials

**We wish you all a blessed and peaceful 2022!!**

### Office Hours Unchanged For 2022

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

### Resolve To Do This One Thing

Stop breathing through your mouth! ['Tape Face'](#), of America's Got Talent fame, was likely unaware of the many health benefits of the funny skits he always performed with his mouth taped shut.

Did you know that "mouthbreathing...changes the physical body and transforms airways, all for the worse? Inhaling air through the mouth decreases pressure, which causes the soft tissues in the back of the mouth to become loose and flex inward, creating less overall space and making breathing more difficult.

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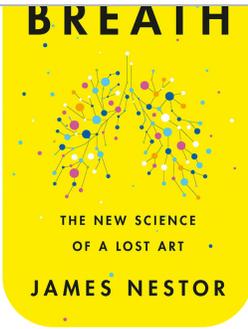
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from the book ['BREATH' by James Nestor](#). It is an excellent read if you really want to delve into breath and breathing correctly.



There are many other issues that can be caused by mouthbreathing that range from poor dental health, dehydration, impaired athletic performance, snoring, mild sleep apnea, foggy thinking and the list goes on. Learning to breathe through your nose is one of the cheapest, easiest and most beneficial resolutions you can make for the year.



### Mouth-Taping

We started the journey to stop mouthbreathing by ensuring we sleep with our mouths shut. Surgical tape can be used to help keep the mouth closed throughout the night. It can take some practice to keep the tape on all night if you have sinus issues, but, once you

do, you will reap the benefits of a better night's sleep. Mouth-taping is often used to resolve snoring and mild sleep apnea. Opening up your sinuses is similar to working a weak muscle - the more you practice, the better your sinuses will perform. Here is an informative 23 minute [video](#) with more insight on mouth taping.

Unfortunately, if your sinuses are so congested that you can't breath through your nose, more serious health issues can develop over time. There are many things that can be done to address chronic congestion.

If you are struggling with allergies, we use biofeedback to help balance the body and calm down an allergic response to everything from foods, to pets, to grasses and pollens. Supplements are available that can help clear congestion (check out our specials this month). Even cold laser may be used to open up the sinuses. With so much to gain by breathing through your nose, make it a priority this year!

With the focus on better breathing this month, we wanted to provide a testimonial from our very own Beth on the Resp-Free product that is on special this month. It has really helped her!

*I came to Fort Collins in 2008. Within 2 years, I started having issues with allergies, that also progressed into breathing issues. The doctors diagnosed me with asthma. I began using an inhaler to try to control the asthma. My asthma inhaler is very expensive, around \$150.00 a month.*



*When I came to The Natural Path, I had a strong desire to drop some of my medicines for better health, and to reduce some of my high medicine costs. About 4 months ago, I started taking the Immune Triad on a daily basis to keep my immune system strong. I also seriously added Resp-Free. Resp-Free is a tincture from Country Doctor to help improve breathing quality.*

*It took a few months for me to notice my ability to breathe better. I also needed to be brave enough to skip my inhaler. I am currently down to once a week using my inhaler, where previously I had to use it every day. I have every hope of being able to stop my inhaler altogether in the very near future.*

*Thank-you to The Natural Path for the opportunity to continue to build*

### Sense of Smell

Have you had problems with your sense of smell? I have helped many clients and even family members regain smell using the Cranial Nerve Reset protocol that checks and "resets" each of the 12 cranial nerves. I do this using an FDA-cleared Low Level Laser, the same one many of our clients purchase for Self-Care.



Over the last 22 years, this technique has helped more folks than I can count. Before becoming a DNM, I used this protocol with head injuries from car accidents and personal injury cases treated at the rehab center I owned. The reset has also proven very effective over the last couple of years for folks who have had problems with their sense of smell and even taste after being sick. In addition, I test the 'zinc point' to determine if a zinc deficiency may need to be addressed as well.

If you, or anyone you know, have been sick over the last 2 years, it is a good idea to come in for a Laser Tune-Up. A tune-up is included in my 'Reclaim Vitality' appointments.

Carl Malone, DNM, BD, Psychotherapist

### Better Health Breathing

You have 25,000 opportunities daily to manage stress, improve physical and mental performance, strengthen your immune system and activate your brain's pharmacy...all through conscious breathing!

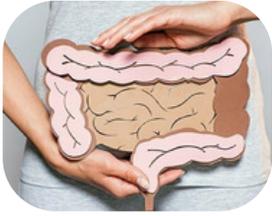


Mike Rickett is more than just a fitness coach, he is also a breath coach.

If you would like to 'up your game' in 2022, be sure to contact Mike and take it to the next level.

970-484-8847

[Betterhealthbreathing.com](http://Betterhealthbreathing.com)



### Where's The Weight-Loss Program?

A lot of people find the beginning of the year a good time to resolve to lose some weight or make other health improvements/changes. This year we suggest starting with something else that is very simple and saving the weight-loss for a little later in the year.

In Traditional Chinese Medicine the lungs and large intestine are connected (Metal elements), as both are related to letting go or clearing out of things that no longer serve you. Western medicine is just beginning to unravel the connections between the gut and lungs, as can be seen in this [research paper](#) on the intricacies of Irritable Bowel Disease. So, start with some cleansing of the large intestine while you are also working on your breathing. A bowel cleanse is a great first step before a weight-loss program. Let us know if you are interested, and we will help you get started on this 2 - week protocol from Country Doctor.



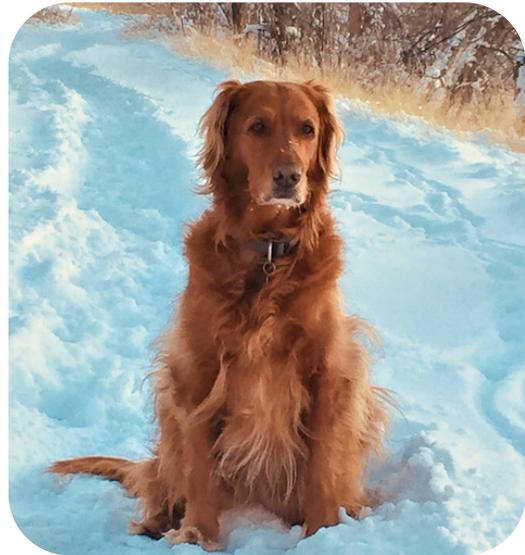
### Ruby's Corner

We believe it is much more productive to resolve TO DO something than NOT TO DO something. This year we are rereading the gospels - Matthew, Mark, Luke and John. We are also enjoying watching the series, [The Chosen](#).

Of course we will definitely continue using mouth tape when sleeping!



Carl and Kimberley Malone



2021 was a bit 'ruff'. Thankfully, Mom isn't making me sleep with tape over my mouth! But I don't 'mouth breathe' until summer anyway.



### Sinus Flushing

Sinus flushing can be very helpful in keeping your sinuses clear - especially if you suffer from allergies, congestion or are recovering from an infection. You have to keep your sinuses clear to ensure you don't become a 'mouthbreather'.

Always make sure to follow all instructions, such as using sterile water or the appropriate saline rinse. There are devices to help with sinus flushing such as [neti pots](#) ([check out this video from Ashley's Green Life for instructions](#)) and a newer tool called the [Navage Nose Cleaner](#) (this one can be pricier, but some people just love it!)

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**Lungs, Large Intestine and Sinus Support  
10% Off**

Includes:

Country Doctor ICF #1 (Intestinal Cleanse Formula) and ICF #2 (Intestinal Cleanse Formula),  
Resp-Free and SHA (Sinus/Hay Fever/Allergy)

MediHerb Broncafect and Sinus Forte

NET Metal

Standard Process Antronex, Emphaplex and Pneumotrophin

**Deep Healing Lung Protocol  
4-6 Weeks  
20% Off**

This protocol should be used for any chronic lung condition, recurring lung illness such as bronchitis or pneumonia or post illness with nagging cough.

2-3 x Pneumotrophin (90) PMG – 6/day

1 x Cataplex C (360) – 9/day

1 x Cataplex F (350) – 9/day

1 x Calcium Lactate Powder – 1-2 Tbsp./day

1 x Optional: Cataplex ACP (180)

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

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We offer complementary and alternative health care services pursuant to "Colorado Natural Health Consumer Protection Act" SB13-215. We are a private membership and not affiliated with any Naturopathic Doctors nor do we practice any form of Naturopathic Medicine.

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