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Subject: Are You Addicted? - The Natural Path May 2021

Software glitches - sorry if this is received twice



Expert Nutrition Advisors

Newsleaf May 2021



In this newsletter:

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- Emotional Eating
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Are You Addicted?

Sometimes addictions can become so much a part of our daily lives that we don't even realize that we are addicted. Webster's defines addiction as 'a compulsive, chronic, physiological or

May Events

[View Calendar](#)

SHAPE Up! Summer's Comin' - Free

Saturday, May 8th, 11:00 - 12:00 pm (in-person)

Monday, May 17th, 6:30 - 7:30 pm (zoom call)

Did you gain the "COVID 19" this past year? Food addictions became a very real problem when many of us were in lock down with not much to do other than binge-watch Netflix and order take-out.

But, there is hope. We have been seeing some great results with our SHAPE packages! This 2-month program is very helpful for reducing inflammation, toxic load and cravings. Come learn more about how you can leave those COVID-19 pounds behind.

For Zoom meeting on the 17th:

<https://us04web.zoom.us/j/2445711756>

Meeting ID: 244 571 1756

Passcode: Colorado

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110



On average, a Panda feeds for approximately 12 hours per day.

This is the same as an adult at home under quarantine, which is why we call it a "Pandemic"



We are all familiar with traditional addictions like drugs, alcohol and gambling. As our society evolves, we are seeing new addictions related to video games and other technologies (how long can you stand to be separated from your phone?). Another more recent addiction is related to food - especially foods made out of refined flour and sugar.

Sugar consumption in America has increased dramatically in our modern times.

- 200 yrs ago – 2 lbs of sugar per person per year was average
- 1970 – 123 lbs of sugar per person per year was average
- Today – 152 pounds of sugar per person per year is average

That's 3 pounds (or 6 cups) of sugar in one week!



Part of the reason this is happening is that we have much easier access to refined and processed foods than we ever had in the past. In addition, like addictive drugs, highly palatable foods trigger "feel-good" brain chemicals such as dopamine.

And let's not forget the marketing that tells us how convenient it is to buy processed foods instead of cooking for ourselves.

Even if we are ready to make better choices, there truly is an addictive quality to sugar - it impacts us physiologically. An article in *Neuroscience and Biobehavioral Reviews* states: "[Food addiction](#) seems plausible because brain pathways that evolved to respond to natural rewards are also activated by addictive drugs. Sugar is noteworthy as a substance that releases opioids and dopamine and thus might be expected to have addictive potential."

Happy Mother's Day!

Sunday, May 9th

Mother's Day comes early this year. Don't forget to celebrate your mom!



Paleo Pancakes

We love this very quick-to-make and yummy recipe. Maybe you could make them for your mom....

- 2 Lg. Eggs
- 1/3 C. Unsweetened Applesauce
- 1/4 C. Almond Meal
- 1/2 tsp. Baking Powder
- 1/4 tsp. Vanilla
- 1 1/2 tsp. Maple Syrup or Honey (you can also skip the sugar and use Inositol Powder for sweetness)

Thoroughly heat a skillet on low to medium. Melt some butter or use a non-stick spray, like coconut oil, and spoon in the batter. Cook 3-4 minutes on the first side or until firm, flip carefully and cook 2-3 minutes on the second side.

Top with fruit, yogurt, nuts or nothing at all and enjoy!

Credit: fitfoodiefinds.com/grain-free-applesauce-pancakes

Emotional Eating

Sweet-toothed mothers risk having sugar addict babies and put their long-term health at risk

- Infants being forced on to sugary drips after birth to counter withdrawal symptoms
- Women who develop diabetes while pregnant 'put their children's health at risk'

By DAILY MAIL REPORTER

UPDATED: 17:22 EST, 12 December 2011

Want to learn more? Check out this article at Healthline: "[Experts Agree: Sugar Might Be As Addictive As Cocaine.](#)"

You may be feeling good so far because sugar isn't your thing. But keep in mind that many processed foods made out of refined flours turn to sugar, also called glucose, very quickly in the body.

Here are some signs you may be dealing with a food addiction:

- Cravings despite feeling full
- Eating more than intended
- Eating until feeling excessively stuffed
- Feeling guilty after consumption, but doing it again

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- Hiding eating habits from others (hiding wrappers in the trash)
- Unable to quit despite physical problems

The result of our food-addicted society is sky-rocketing chronic diseases primarily due to the imbalances in our blood sugar caused by refined sugar and flour. In 1938, Dr. Royal Lee said: "Candy, all white sugar and its products, and white flour, including its products such as macaroni, spaghetti, crackers etc., should be absolutely barred from the diet...these are energy-producing foods that contain no building materials for the body. The consequences of their toleration are susceptibility to infections, enlarged tonsils, carious teeth, unruly dispositions...and very often, permanent damage to many organs of the body (especially the endocrine glands) that depend on the vitamin supply for their normal function and development."

Here are some signs that food choices are having a negative affect on your blood sugar regulation and leading to more chronic issues:

- Cravings for carbs or sugar
- Shaky feeling between meals
- Low energy or lulls in energy
- Moodiness
- Fitful sleep
- Endocrine dysfunction - hormone imbalances

To know for sure if you are dealing with blood sugar dysregulation, have your fasting glucose levels checked, as well as your A1C. Remember that there will often be a rise in these numbers before you are even given a diagnosis of diabetes or pre-diabetes.

This can all seem rather depressing, but there are steps you can take to improve the situation.

- Check out our SHAPE Program!
- Keep addictive foods out of the house
- Increase your fiber intake
- Drink plenty of water
- Choose foods with a lower [glycemic index](#)
- Take steps to manage stress and emotional/impulse eating
- Get enough sleep
- Support your adrenals (ask us for a good supplement)
- Make sure to include protein with your first meal
- Intermittent fasting - only if your blood sugar is already stable.

Here is a chart of a few ideas for healthier food options to help put a stop to food cravings.

met, we look for ways to deal with the emotions. Emotional pain can trigger us to seek relief in unhealthy places. Food and alcohol are often the way we seek to feel better... "Had a hard day, I'll just grab a pizza or junk food. I'll feel better".



Learning to recognize emotional eating and finding the root emotion is a powerful tool to help you be successful in your health journey. The Neuro Emotional Technique (NET) can help identify and clear root emotions so they won't continue to sabotage your efforts. Are you ready to move ahead?

Carl Malone, DNM, BD, Psychotherapist



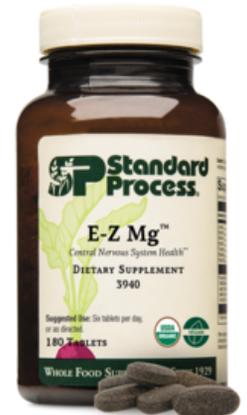
All members receive an additional 10% off all products on special this month.

Why aren't you a member yet?

New Products from Standard Process and MediHerb

Magnesium deficiency is often at the root of chocolate cravings. Ensure you are getting enough of this very important mineral with E-Z Mg.

E-Z Mg is a plant-based, multiform organic magnesium (Mg) supplement developed to support inadequate dietary magnesium intake. Magnesium is an essential mineral that supports foundational health and contributes to more than 300 enzyme reactions in the body on a daily basis that include energy production, nutrient metabolism, nerve conduction, and more.



Modern-day life can be exhausting. Its non-stop stresses and strains can have a chronic impact on many of the body's delicate systems. Unfortunately, it can also lead to sugar cravings.

Ashwagandha Forte to the rescue. This MediHerb product

- acts as a rejuvenative tonic to support the body's natural immune system
- supports general well-being after challenge
- acts as a nervous system relaxant that calms the mind and soothes the

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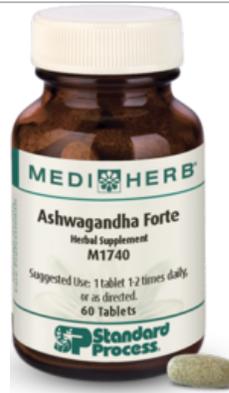
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environmental stresses

- supports healthy cognition, learning, and memory



Ruby's Corner

Lastly, here are a few good supplements to help with blood sugar management and ease the sugar cravings:

Cataplex GTF - 100% food derived chromium with vitamin B complex and some amino acids. Improves cellular receptivity of insulin, enhances glucose utilization.

Diaplex - Whole food ingredients to regulate glucose and support healthy digestion. Key ingredient is chromium yeast, essential for proper carbohydrate metabolism and sugar handling

Inositol (tablets or powder) - B complex factor, indicated for fat metabolism/cholesterol in cases of diabetes. The powder tastes sweet and can be used in shakes or other recipes to reduce or eliminate added sugar.

Gymnema - Herbal that is helpful in cases of Insulin resistance, metabolic disorders, hyperglycemia, diabetes, and reactive hypoglycemia. Helps to rebuild and repair the beta cells of the pancreas that help store and release insulin. Naturally cuts sugar and carbohydrate cravings (about 20%).

Sugar 911 Drops - Liquid Gymnema drops to put on the tongue. Temporarily (1-2 hours) disables the ability to taste sweetness. Very helpful when you want to avoid indulging in sugary treats.

We struggle along with everyone else when it comes to unhealthy food cravings. A little improvement each day can add up to big results down the road. Being perfect can be the enemy of just doing better.

Be good to you and enjoy the journey!



Finally.....my favorite time of year!

Stick and water season!!

Sticks are high in fiber and low in sugar and we could all use a little more water.



Dr. Carl and Kimberley Malone



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Nutritional Support Delivered To Your Door



Did you know that you can order Standard Process and MediHerb supplements direct to your door as a client of The Natural Path?

Save yourself some time when you need to reorder supplements by following the steps below.

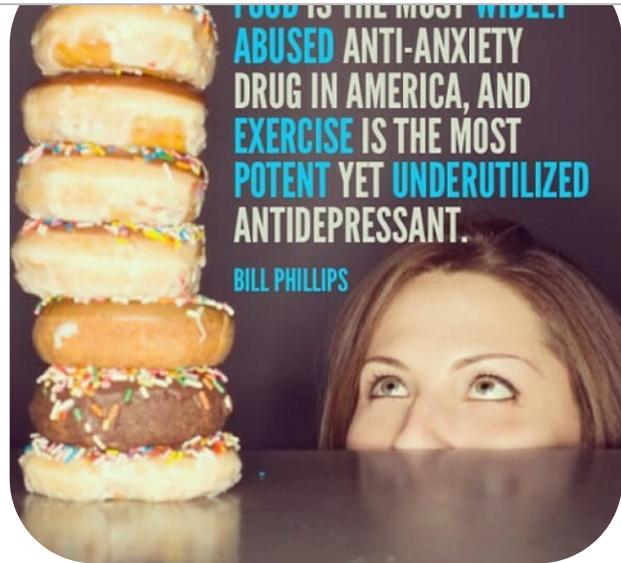
Remember, periodic check-ups ensure the ideal supplement plan for you and provides the best results.

Would you like friends or family to be able to order product too? Send them here:

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

Register for a Patient Direct Account

- 1 Ask your health care professional for their Patient Direct code. This code may not be shared with anyone.
- 2 Go to standardprocess.com/patient-direct and register.
- 3 Accept the terms of use and enter the six-digit code provided by your health care professional.
- 4 Complete the application, which will be reviewed by your health care professional.
- 5 Once approved by your health care professional, you will receive an email notification that directs you to setup and use your Patient Direct account.



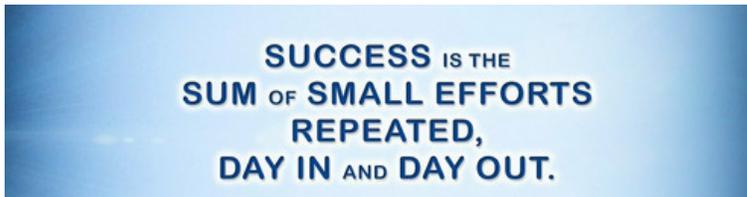
May Specials

Sugar 911 Drops
\$10

Blood Sugar Support Supplements
10% Off

Includes: Standard Process Cataplex GTF, Diaplex, and Inositol (tablets or powder) MediHerb Gymnema

SHAPE Package
\$499



Monday, May 31st

The office will be closed in observance of Memorial Day. Make sure to thank a service member for their sacrifice to keep this country free!

Flag Patrol

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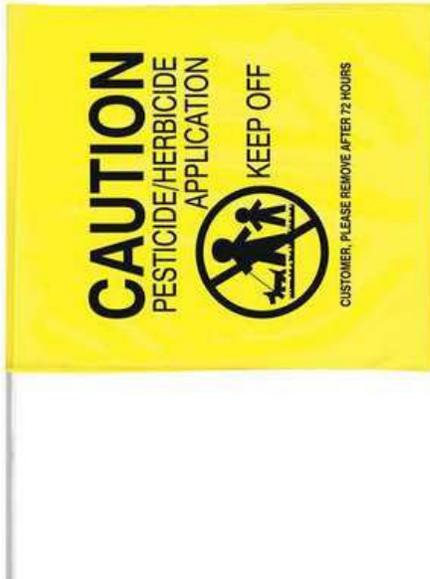
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areas. This time of year, many chemicals are sprayed on lawns and other landscaping to prevent weeds from growing and to prevent insects from eating plants.

One of the most common herbicides is glyphosate, the active ingredient in Round-Up. Glyphosate is a proven carcinogen. Your pets do not wear shoes, and, worse, may lick their feet when they come inside. Glyphosate will also damage the microbiome, leading to an inflamed gut, and inflammation elsewhere in the body.

Pesticides are strong chemicals that are often neurotoxins. They can also damage the gut and affect the nervous system.

To protect your kids and pets, avoid walking on groomed lawns, parks, or any landscaping that may be sprayed for weeds. Minimize exposure by wearing shoes if these areas can't be avoided (booties for your pets) and wash hands and feet (and paws) as soon as you can.

Taken from Animal Healing Arts, Paw Prints Newsletter

www.TheNaturalPathLtd.com

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Open
Monday – Thursday, 10 am – 6 pm
Friday 10 am - 4 pm
Saturday by Appointment
