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Subject: Do You Have the Heart for the Long Haul? - The Natural Path - February 2019



Expert Nutrition Advisors

Newsleaf February 2019



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

Do You Have the Heart for the Long Haul?

Your heart is one of the organs that you just can't live without. You need it performing well, day in and day out, for your entire life. Hopefully, that is a really LONG time!

Here are a couple of things you may not know about your heart.

1. You shouldn't notice your heart. It should do its job 24/7 without complaining to you about anything - no fluttering, no pain, and no racing. You shouldn't even hear it beating when you lay down to sleep at night.
2. Your heart should actually be at rest 2/3 of the time. Do you know if your heart is getting good quality rest? Even with all that laying around, your heart still finds time to beat about 100,000 times per day!

February Events

[View Calendar](#)

Heart Scans and Heart Health - Free
Tuesday, February 12th, 6:30 - 7:30 pm

Learn about our heart scans and the type of information they provide to help you improve your heart health over time. Do you have a family history of heart issues, high blood pressure or stroke? Prevention is key to make sure you walk a different path. **All attendees will receive a complimentary heart scan.**

Stressed - Movie Night - Free
Tuesday, February 19th, 6:15 - 7:45 pm

We often find ourselves 'stuck' and don't know why. Come watch this documentary film exploring our emotional reality and ways to move forward. NET (Neuro Emotional Technique) is a powerful tool to help us move out of 'stuckness' and toward our goals.

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110



Happy Valentine's Day!

Each of us at The Natural Path wishes you a

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you need it to. (Don't you wish your stomach would agree to the same work ethic?!)

However, you may have concerns due to a family history of heart attacks, congestive heart failure or even strokes. Perhaps you are already struggling with high blood pressure or high cholesterol. Whether you are taking medication for these types of issues or not, there is still a lot that you can do to slow the progression or reverse the trend all together.

Using an advanced heart scanning device called the Heart Sound Recorder, a graph is taken of each valve of your heart. The rate, rhythm and tone is then evaluated to determine overall functioning of your heart. Recommendations will be made to improve your heart health and graphs can be re-run over time to ensure progress toward your goals.



Make sure your heart is working hard for many years to come. Those who love you will appreciate having you around for the long haul.

It's vital that your heart has the proper nutritional balance in order to keep a healthy rate, rhythm and tone. To help support your heart nutritionally, we have some supplements on sale this month. Come in to have a quick heart scan and see which ones may be best for you.

Standard Process Cardiophin - Supports heart and cardiovascular system health by providing a unique profile of minerals, nucleotides, and peptides. Includes bovine heart extract.

Standard Process Cataplex B - In addition to supporting a healthy heart, also supports cell energy production and a healthy nervous system. Almost everyone could benefit from taking this supplement!

Standard Process Cardio Plus - This is a heart multi-vitamin. It includes the previous two supplements along with some added vitamin C and E. Supports healthy blood flow, oxygen delivery to muscles and overall functioning of the heart.

Country Doctor Heart - An herbal product that can be taken either as capsules or a tincture. This combination of herbs supplies nutrition to protect and feed the heart, reduce inflammation, increase circulation and increase oxygen to the heart.

When eating for heart health, make sure to include high quality liver, wheat germ or nutritional yeast for your much-needed B vitamins. If these aren't your favorites, ask us about Cataplex B - it includes all three!



**Country Doctor Herbs
Calendar Cleanse**

This month we are continuing the cleanse options provided by Country Doctor Herbs. These are scheduled throughout the year to work systematically through different organs of the body. This month we are doing a kidney/bladder cleanse and a lymph cleanse. If you didn't start with us in January, it isn't too late to jump in and start cleansing. Your body will love you!



This month, members will receive a free **heart scan**.

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



**Be like a postage stamp.
Stick to a thing until you get there.**

~Josh Billings~



Love - finding love, falling in love, staying in love, having healthy love relationships... many people struggle in these areas. Neuro Emotional Technique (NET) can help look at the underlying emotional aspects of love and relationships. Heart emotions include feelings of: Lost, Vulnerable, Abandoned, Deserted, and Insecure.



Perhaps there is an original event we don't recall in our conscious mind that is holding us back, keeping us from fulfilling healthy love relationships. NET helps find and clear those blocks enabling us to move forward. It is a powerful tool that we use to help get 'un-stuck' in life, whether it's love, health, money or just You. As a Certified NET practitioner



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documents.html. All cleanse products are available at the office.

can move ahead with life.

Carl Malone
DNM, BD, Psychotherapist

We had a wonderful time this past month furthering our training on the advanced heart scanning device (Heart Sound Recorder) and learning more about healthy heart support. It is such a quick and easy scan to ensure you are on track with your heart health. Whether you have never had this type of scan or just haven't had one in a while, call to schedule with us this month for a discount. A scan would make a great Valentine's gift for those you love too!

Wishing you a healthy heart and a Happy Valentine's Day,

Dr. Carl and
Kimberley
Malone



Among the things you can give and still keep are your word, a smile and a grateful heart.

~Zig Zigler~

Ruby's Corner



February Specials

Heart Scan

Makes a great Valentine's Day Gift!

\$25

Reg. \$40

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#### Heart Support Supplements

10% Off

Includes: Standard Process Cardio-Plus, Cardiotrophin, Cataplex B and Country Doctor Heart

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Standard Process

Canine or Feline Cardiac Support

20% Off

Above all else, guard your heart,
for everything you do flows from it.

~Proverbs 4:23~
NIV

There's nothing I love more than spending quality time on an adventure with my mom! To keep us exploring for years to come, Mom makes sure my heart is in tip-top shape with Canine Cardiac Support.

www.TheNaturalPathLtd.com

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Open Monday – Thursday, 9 am – 6 pm
and Friday 10 am - 3 pm
Saturday - Sunday Closed