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Subject: Grasses and Pollens and Trees, Oh My! - The Natural Path - April 2019

The Natural Path

Expert Nutrition Advisors

Newsleaf
April 2019

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

Grasses and Pollens and Trees, Oh My!

Just seeing the picture above may make some of us break out in fits of sneezing. While we love to see the end of winter marked with grass growing and flowers and trees blooming, spring is also a time of watery red eyes, runny noses and congestion. Yuck! Who wants to deal with that?

We have several ways to help make your journey through spring allergies a little more tolerable this season.

First, we are offering discounted sessions on our computer-based biofeedback therapy to help balance the body to environmental sensitivities. These quick and painless sessions take about 15 minutes and can really help improve the symptoms caused by seasonal changes. See the specials below.

April Events

View Calendar

Gut Check Summit and Wellness & Beauty Expo
Saturday, April 6th, 8:30 am - 5:30 pm
Lincoln Center

We are very pleased to be a sponsor at this event! Go to https://wunderhealth.com/ for more details and be sure to stop by our booth. **Also, make sure to come by the office this week to pick up free tickets to the event.**

Self-Care Using Laser (Pain and Inflammation)
Wednesday, April 24th, 6:30 - 7:30 pm
Origin House of Fitness

Nicole Adams (https://www.originhof.com/) will be hosting this event. Carl will present on using laser for your own self-care - especially for pain and inflammation. Lasers will be available to try.

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

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level laser. This is a quick 5 - 10 min. session and can be done on a walk-in basis.

Third, we recommend supplements to support and strengthen your natural defense systems.

Standard Process Allerplex - Supports the body's ability to handle seasonal, environmental, and dietary challenges. Supports the body's natural ability to manage mucus movement, healthy liver function and healthy lung and respiratory function.

Standard Process Antronex - Supports the body's normal detoxification mechanisms, the liver and the body's natural immune system function. Helps the body clear histamine.

MediHerb Albizia - Herbal that helps maintain healthy breathing passages, assists in handling of occasional seasonal stresses, supports normal immune system response and the body's organs of elimination.

MediHerb Sinus Forte - Helps maintain healthy and normal mucus secretion in nasal passages, healthy response to environmental stresses and healthy mucous membranes (particularly of the nose and sinus). Assists in maintaining healthy breathing passages to support free and clear breathing.

Country Doctor SHA - An herbal product that helps with the **s**inuses, **h**ay fever and **a**llergies. Works as a decongestant and natural antihistamine. Can be taken as capsules or tincture.

Country Doctor Herbals Calendar Cleanse

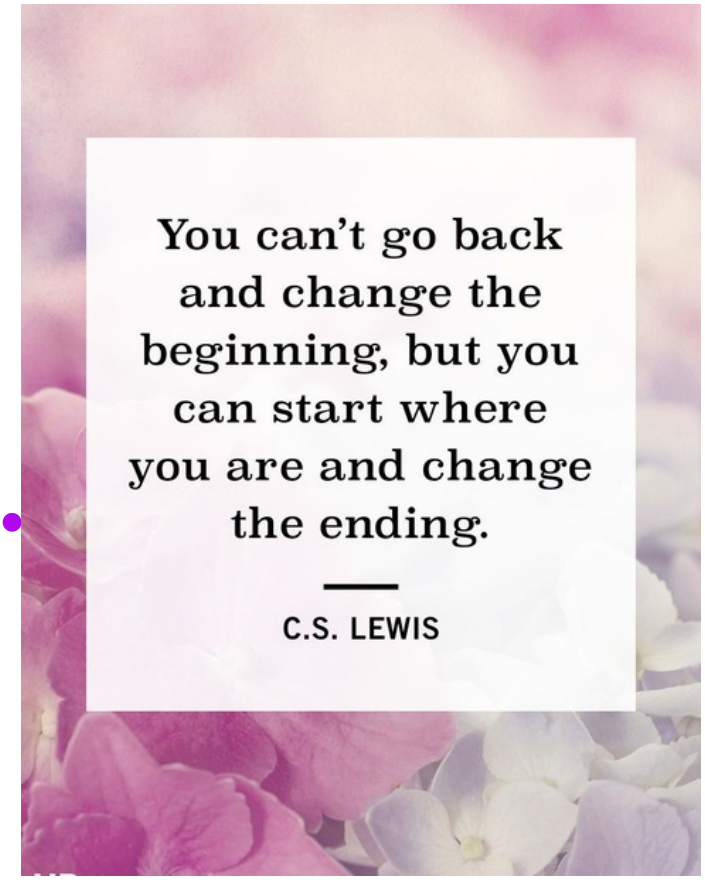
This month we continue the cleanse options provided by Country Doctor Herbals. These are scheduled throughout the year to work systematically through different organs and systems of the body. This month is a really good time to get started because we go back to revisit the Bowel Cleanse. This is a 7-day cleanse using the intestinal cleanse formulas - ICF #1 and ICF #2.

Gut issues often go hand-in-hand with allergy symptoms. If you suffer from seasonal allergies, cleansing and rebuilding the gut can go a long way to reduce sensitivities and symptoms.

Come by to pick up a schedule of the cleanses or download an online copy here: https://thenaturalpathlive.weebly.com/health-documents.html. All cleanse products are available at our office.

We were so excited to have a weekend away in March! We had a wonderful time in Saratoga, WY. If you haven't been to the Hobo

Each of us at The Natural Path wishes you a Happy Easter full of blessings and new beginnings!



Friday Fun Day

The Natural Path is growing rapidly along with all the flowers this spring. To make sure we can see everyone who wants to come in, I will be in the office on Fridays from

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stay at Copperline Lodge. The hospitality and homemade breakfast can't be beat!

A fun part of the adventure was the Grand Encampment Museum. During the summer months, you can take a step back into the past to see a blacksmith shop, mercantile and other buildings restored from the copper mining days. Be sure to check it out! gemuseum.com

Unfortunately, it is difficult to take a 'selfie' with a dog!

We wish you a healthful spring,

Dr. Carl and Kimberley Malone

Fridays are a great day to bring a friend, get a quick check and show them what we offer with our unique way of addressing health. I use Fridays as a more casual "play day", so I'll always have something fun to share with anyone who wants to stop in.

Carl Malone
DNM, BD, Psychotherapist

April Specials

Environmental Sensitivity Scan
$39
Reg. $50
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Allergy Support Supplements
10% Off
Includes: Standard Process Allerplex and Antronex, MediHerb Albizia and Sinus Forte, and Country Doctor SHA
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Standard Process
Canine VF Antronex
20% Off

We are very excited to share that prices have dropped on our Functional Remedies CBD products about 20%!

A 500 mg, 30 ml tincture is now just $49.99.

CBD has many helpful properties including balancing hormones and mood, healing the gut and calming pain. If you haven't experienced the benefits of CBD, ask us if it may be right for you.

The documentary '*Stressed*' is now available on Amazon Prime Video, iTunes and Google Play. Links are here: https://stresseddoc.com/ Want to learn more about the Neuro Emotional Technique that Carl uses? Check out this very informative documentary showing the scientific connection between health and emotions.

The symptoms you have today are the result of the many yesterdays that lead up to this point. It also means that doing something different today will bring about a different tomorrow as well!

~Don Colbert, MD~

Ruby's Corner

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This time of year you will often find me covered in grass. Doesn't spring just make you want to get outside and roll in the new green grass? Even though I am allergic to Kentucky Blue Grass, my mom can't get me to stop! So I can be pretty itchy this time of year. Mom keeps my scratching to a minimum by wiping me down with a wet rag and giving me VF Antronex. This is the veterinary formula Antronex that helps me quickly clear histamines caused by my grassy romps.

www.TheNaturalPathLtd.com

2212 S. College Ave.
Fort Collins, CO 80525

970-829-1110

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