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## Subject: Gut Check - The Natural Path - March 2019



### Expert Nutrition Advisors

# Newsleaf March 2019



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

### Gut Check

Hippocrates said 'All disease starts in the gut'. Unfortunately, we have an epidemic of gut issues these days leading to all kinds of health problems. Sometimes we don't recognize we are having problems with our gut because we aren't experiencing any digestive issues.

However, problems are brewing when things like malabsorption of nutrients, dysbiosis of gut flora and leaky gut sneak up on us. Not to mention the more traditional digestive issues like heart burn, gas, bloating, nausea, burping, stomach pain, constipation or diarrhea.

### March Events

[View Calendar](#)

#### Digestion and Leaky Gut - Free

Tuesday, March 12th, 6:15 - 7:15 pm

It is pretty obvious to most of us when we are having digestive issues - heart burn, gas, bloating, nausea, etc. But how do you know if you have leaky gut? Is it really a big deal? Solutions to common digestive issues will be discussed, as well as how you can determine if you may have leaky gut and what to do about it. **2 tickets to the Wellness & Beauty Expo at the Lincoln Center will be given away too!**

#### Drop-in Quick Check - \$15

Friday, March 29th, 10:00 am - 5:00 pm

No appointment needed. Just drop in for a quick scan to evaluate any health concerns. Haven't been in for a while? Come in for a quick check. Bring a friend.

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

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

970-829-1110



**DO YOU SUFFER WITH**  
 FREQUENT HEADACHES AND MEMORY LOSS  
**BELLY PAIN** SKIN RASHES  
 GAS BLOATING INFLAMMATION IBS  
**THE GUT CHECK SUMMIT**  
 WELLNESS & BEAUTY EXPO  
 APRIL 6, 2019 | THE LINCOLN CENTER  
**BRAIN BAD MOOD**  
**F O G** WUNDERHEALTH.COM  
 ARTHRITIS & JOINT PAIN  
 IMMUNE ISSUES EXCESSIVE FATIGUE

**Join us on Saturday, April 6th at The Gut Check Summit + Wellness & Beauty Expo.**

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Symptoms could range from the traditional digestive issues to problems such as joint pain, brain fog, fatigue, skin issues and immune system problems (even autoimmune concerns).

So much can be done to improve gut function. We are offering 'Gut Checks' for \$20 all month. Just fill out a quick survey to receive recommendations and a brief consult. We are glad to provide this deal to anyone - no need to even come to the office.

When working on gut issues, a lot of people would like to improve appearances too. Do you have some extra inches around your middle? Our Body Light system is great to use when working on gut health. Check below for the specials we have running this month.



The local pharmacy offers so many things to help with digestive issues - everything from antacids to Pepto Bismol to laxatives. While these can be helpful in an emergency, using them routinely can lead to other health issues. We have many other safe and natural products available to improve digestive conditions. The goal is to help with healing rather than just knocking out a symptom. Here are a few on special this month:

**Standard Process Betafood** - Helps thin bile and can be very helpful when eating fatty meals or when eating causes nausea.

**Standard Process Cholacol** - Provides bile salts for those who don't have a gall bladder anymore. It is very important to supplement for the missing function of the gall bladder to prevent other health issues down the road.

**Standard Process Lactic Acid Yeast** - Provides probiotics to help supply the good gut flora you already have. Many people take probiotics - make sure you are feeding and nourishing them!

**Standard Process Zypan** - Contains acids (HCL) to assist protein digestion and kill off 'bad guys' coming in through the stomach. Also supplies enzymes.

**MediHerb Digest Forte** - An herbal product that stimulates gastric juice output, supports healthy digestion and intestinal function. An excellent overall digestive support.

**MediHerb Gut Flora Complex** - Helps with imbalances in gut flora and destroys pathogenic organisms in the lower gut. May help with candida, fungal, bacterial, viral and parasitic infestations.

Schedule a Gut Check and find out if any of these products may benefit your digestion.

say 'hi'.

Your gut health is the root of your total health and well-being. Learn secrets of the gut microbiome and tools for transforming your life!

To register for the summit, go to [WunderHealth.com](http://WunderHealth.com). Use code **WUNDERFRIEND20** to save \$20.

The Wellness & Beauty Expo is open to the public for just \$10 (\$15 at the door).



Don't forget the start of daylight savings time.

March 10th

Set your clocks ahead 1 hour.

**Weed, Seed and Feed**

Happy St. Patrick's Day  
Sunday, March 17

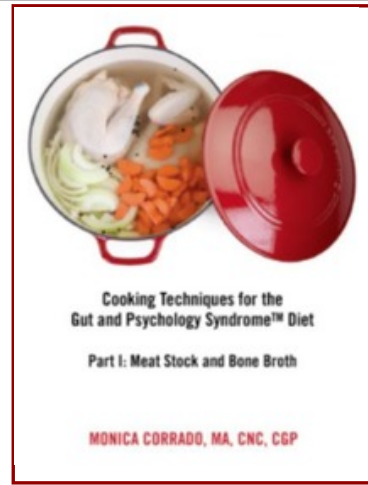
Good luck is when opportunity meets preparation, while bad luck is when lack of preparation meets reality.

~Eliyahu Goldratt~



weed out the intruders, put down good seed and then feed those seeds to keep them healthy and happy. Those seeds are your gut flora or gut microbiome. Their health is critical to your health!

For those who need some extra gut healing and support, we have a program called Weed, Seed and Feed. For 6 weeks, supplements are used to help with **weeding** out the bad (fungus, yeast, bacteria, virus and parasite), sowing the good **seed** (probiotics) and then **feeding** the seeds (prebiotics). This program may help not only with typical digestive complaints, but also brain fog, joint pain, skin issues and the list goes on.



### Cooking for Gut Health

Right here in Ft. Collins we have access to one of the best 'gut health' chefs around. Monica Corrado is a Certified GAPS practitioner and has a number of very helpful cook books available.

First, she can teach you a lot about 'healing and sealing' your leaky gut by making meat stock and bone broth. It is important to know when to use each of these very healing elixirs.



We really enjoyed attending training with Lee Carroll from MediHerb this past month. He is a brilliant herbalist, and we always learn so much from him. He presented information on metabolic syndrome and a new product, Metabol, that may greatly

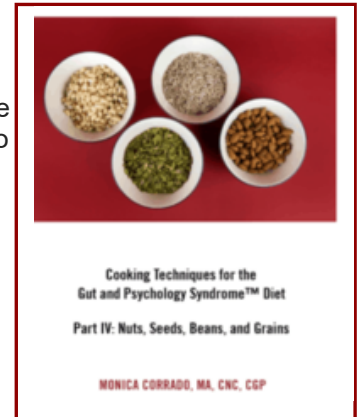
help with the condition. Metabolic syndrome is typically defined as experiencing a cluster of issues - excess abdominal fat, high blood pressure, high cholesterol and high blood sugar with insulin resistance (diabetes) - all at the same time.

Wishing you the luck of the Irish!

Dr. Carl and Kimberley O'Malone

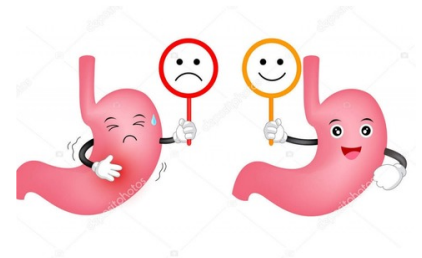


Second, she can teach you about the appropriate ways to prepare and eat nuts, seeds, beans and grains. These foods often cause people digestive distress unless prepared correctly.



Both of these helpful cooking companions can be purchased at the office.

Do you want to be well?



### Ruby's Corner

Sounds like an odd question. But the reality is, of course, everyone wants to be well. Or do they? We could have every intention of being healthy and well. Maybe we do everything right - good diet, sleep, exercise, reduce stress and supplement. That should be everything we need to do. Right? Well, what if there was an underlying emotional stressor?

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etc. But what about the emotions associated with the gut? To name just a few... Stomach: disgust, helpless, lacking control. Large Intestine: feeling stuck, defensive or sad. Small Intestine: Lost, helpless or vulnerable. Many times our wants are not congruent with our emotional reality. What are our NeuroEmotional Complexes and where did we pick up them up?

NET (Neuro Emotional Technique) helps us to find these conditions, begin to clear them and become congruent with the outcomes we seek. Good references are: "Molecules of Emotion", Dr. Candice Pert and "Feelings Buried Alive Never Die..." by Karol K. Truman. Get your gut checked for emotional stressors today.

Carl Malone  
DNM, BD, Psychotherapist



The health of my gut affects everything from allergies to joints. My Mom keeps my gut in check using Canine Enteric Support. I also have meat stock or bone broth with some meals and never eat dry kibble (Mom says it is too 'ruff' on my gut lining). Adding bone broth to dry kibble makes it so much better, but water works, too.



## March Specials

**Gut Check - \$20**



**Body Light Sessions**

**3/\$89 or 6/\$179**

Reg. \$139

Reg. \$239



**Digestive Support Supplements**

**10% Off**

**Includes: Standard Process Betafood, Cholacol, Lactic Acid Yeast, Zypan, MediHerb Digest Forte and MediHerb Gut Flora Complex**



**Standard Process**

**Canine or Feline Enteric Support**

**20% Off**



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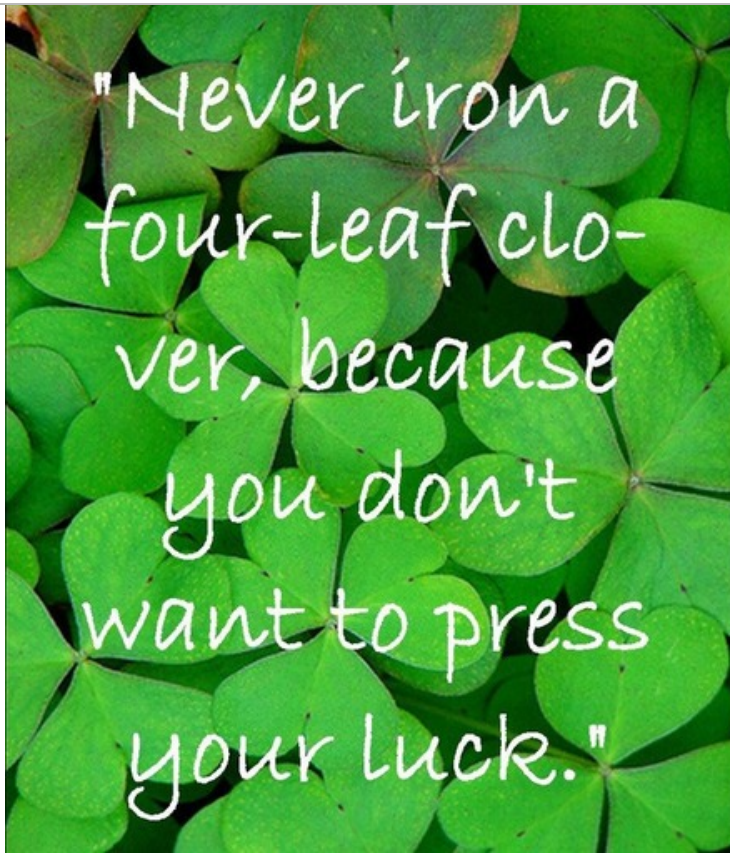
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[www.TheNaturalPathLtd.com](http://www.TheNaturalPathLtd.com)

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