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Subject: How to be a Heart Hero - The Natural Path - February 2021



Expert Nutrition Advisors

Newsleaf
February 2021



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How to be a Heart Hero

Your heart needs a hero. It is busy beating 100,000 times per day, moving blood throughout your entire body and all without anyone taking notice. Days off are out of the question and the working conditions can be challenging. Sounds a lot like being a mom!

February Events

View Calendar

SHAPE Program Presentation - FREE

Saturday, February 6th, 11:00 - 12:00 pm (in person)
Monday, February 15th, 6:15 - 7:00 pm (Zoom Call)

What SHAPE is your heart and overall health in? Would you like to improve chronic health issues or lose a few pounds? Come learn about the SHAPE Program now available in Northern Colorado. Both Dr. Carl and Kimberley Malone are certified SHAPE practitioners and are excited to help bring your health back into balance.

Heart Health and Heart Scan Presentation - FREE

Wednesday, February 10th, 6:15 - 7:00 pm
Zoom Call - see below)

Don't wonder any longer about your heart health. Attend this presentation to learn about our unique heart scan and the type of information it provides 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.

Zoom Call Info:

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

Password: Colorado

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110



Everyone at The Natural Path wishes you a healthy heart and a Happy Valentine's Day!

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for the long haul. And the 'long haul' is something we may all worry about a bit. Whether it is a family history of heart-related conditions, knowing we have made health-compromising choices along the way or just a nagging concern about our heart health, we could all use a plan to step up to be our heart's hero.

To add to concerns over heart health, the last year's pandemic has taken a toll on many people's hearts. Here are a couple of interesting statements from an American Heart Association article: "A growing number of studies suggest many COVID-19 survivors experience some type of heart damage, even if they didn't have underlying heart disease and weren't sick enough to be hospitalized." and "Researchers found abnormalities in the hearts of 78% recovered patients and "ongoing myocardial inflammation" in 60%." Read the full article here:

<https://www.heart.org/en/news/2020/09/03/what-covid-19-is-doing-to-the-heart-even-after-recovery>

So how do you become a heart hero? It isn't too hard at all. Often, the heart just needs a little extra nutrition. Also, like the rest of your organs, the heart greatly benefits from a good night's sleep, a decent diet and a little exercise.

A great way to get started is to have a heart scan using the advanced computerized technology in our office. It is quick and easy to see where your heart is at today, make a plan for improvement and then track your progress. We have a deal this month for you to give a discounted heart scan to your special someone when you come in for a heart scan, too.

What SHAPE is your heart in?

Heart health goes much deeper than how much you exercise, the vitamins you take or what you put on your fork. The heart does its best work when the whole body is in balance - everything from the digestive system to the endocrine system to the immune system to the lymph system, etc.

We are really excited to introduce a new program this month called SHAPE ReClaimed. This is a health restoration, lifestyle modification program that provides a simple, effective and safe way to achieve optimal health. It works so well because it addresses four key underlying areas of disease: inflammation, detoxification, immunity and weight. Be sure to check out one of the information sessions this month to see if this may be a good plan for you and your heart.

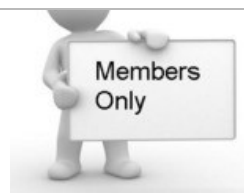


SHAPE ReClaimed

It is 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 for a heart scan and see which ones may be best for you.

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

Standard Process Cataplex B-Core - In addition to supporting a healthy heart, also supports cell energy production and a healthy



supplement your heart would love to get for Valentine's Day!

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



"Love doesn't make the world go 'round. Love is what makes the ride worthwhile."

~ Franklin P. Jones

Heartbreak

This past year has been heartbreaking. I've seen so many folks struggling with painful times.



Thank goodness for Neuro Emotional Technique (NET). We can find and clear those emotional complexes that, left alone, can fester and cause real problems mentally and physically.

Emotions like 'feeling deserted' or 'left alone', 'vulnerable' or 'hurt', 'lost' or 'helpless' may affect the health of the heart. I offer in-office or online sessions that work well to release these painful emotions. Let's work on fixing that broken heart.

Carl Malone
DNM, BD, Psychotherapist

Dental Hygiene and Heart Health

Study after study show that people who have poor oral health (such as gum disease or tooth loss) have higher rates of cardiovascular problems such

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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.

NutriWest Total Heart - Synergistic heart support is boosted with other ingredients, including the electron-carrier nutrient Co-Enzyme Q-10.

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

connection here:

<https://www.health.harvard.edu/diseases-and-conditions/gum-disease-and-the-connection-to-heart-disease>,



To keep your teeth and mouth in great shape, we highly recommend Vicky Flint at [Dental Hygiene Haven](#) located in mid-town Ft. Collins. She specializes in helping people who prefer alternative medicine, herbal products and a holistic approach. Those are our kind of people!



Your partners in heart health!

Dr. Carl and Kimberley Malone

(Gluten-free, of course!) --->



Healthy Chocolate Covered Strawberries

Instead of a box of chocolates, consider making your Valentine something a little healthier.



Ingredients:

- ¼ cup (36 g) cocoa butter
- 3 tbsp (12 g) raw cacao
- 1 ½ tsp raw honey
- 20 fresh strawberries

Instructions:

To make the chocolate, melt the cocoa butter in a heatproof bowl set over a pot of simmering water. The bottom of the bowl should not touch the water. Add the cocoa powder and honey and mix well to combine. Cool slightly then dip each strawberry into the dark chocolate.

Set strawberries on the parchment paper. Dip a fork in the remaining chocolate and drizzle the chocolate over the dipped strawberries. Refrigerate for an hour before serving.

Credit: Harper (PaleoGrubs.com)

Ruby's Corner

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February Specials

**Heart Scan
Buy One Get One for \$35**

Give the gift of heart health to someone you love.

Makes a great Valentine's Day Gift!

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**Heart Support Supplements  
10% Off**

Includes: Standard Process Cardio-Plus, Cardiotrophin, Cataplex B-Core, Country Doctor Heart (capsules or tincture) NutriWest Total Heart

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**Standard Process
Canine or Feline Cardiac Support
10% Off**

Don't forget about healthy hearts for all your four-legged friends. **Canine and Feline Cardiac Support** are both great overall heart supplements.



www.TheNaturalPathLtd.com

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Open Monday – Thursday, 9 am – 6 pm
and Friday 10 am - 4 pm
Saturday - By Appointment Only
Sunday - Closed