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Subject: Out with the Old, In with the New - The Natural Path - January 2021



January Events

[View Calendar](#)

Detox 101 - Free

Wednesday, January 13th, 6:15 - 7:00 pm MST

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

Password: Colorado

This presentation focuses on why we need to detox, how the body does it and steps to take to make detox an ongoing lifestyle. This month's detox supplements will also be discussed and available at a 20% discount.

Expert Nutrition Advisors

Newsleaf January 2021



rln this newsletter:

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- Scheduling and Appointment Type Changes
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Out with the Old, In with the New



We recently watched a movie on Netflix (which we really liked) called "Holiday in The Wild" with Rob Lowe. He said, "Without change, there wouldn't be any butterflies." There is great truth in that and we really like the symbolism of the

butterfly as we step into a new year.

2020 felt like the 'Year of the Caterpillar' - crawling around slowly, possibly eating too much here and there and basically ending up in

Call or email to reserve your seat.

TheNaturalPathInfo@gmail.com

970-829-1110

"Motivation is what gets you started. Habit is what keeps you going.

~Jim Rohn~



Happy New Year!!

Scheduling and Appointment Type Changes

If you use the online scheduler, you will see some changes this year. We are streamlining the options. All of the same services are available but a number of

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We all know that it is hard to make resolutions and changes 'stick' for the year, so let's start very simply. Our challenge to you this month is to focus on your water intake. Depending on your unique make-up, your body is about 60% water. That's a lot!

Challenge: Drink 1 oz of water for every 2 pounds.

Just divide your body weight in 1/2 and you have how many ounces of water you should strive to drink every day. Coffee and other caffeinated beverages do not count here!

The quality of water you consume is also very important. Tap water is often full of chemicals such as chlorine and fluorine, as well as other contaminants. It is helpful to have your tap water analyzed so you can determine the best type of filter for your water. If you buy distilled water or use reverse osmosis, make sure to add minerals back to your water. It is hard to find a perfect water source, so do your best. We drink Eldorado Spring Water most of the time.

Drinking sufficient clean water is one of the best ways to help your body detoxify. Water helps to flush the lymph (the body's sewer system) and keeps the bowels moving well. As bioenergetic beings, the conductivity of water is also what keeps energy in our body flowing correctly. We often ask people to drink water to improve their 'testability' in our office.

Have you heard of structured water?

Structured water is amazing. Dr. Gerald Pollack calls it the Fourth Phase of Water (check out his book). Structured water changes the energy of water, like a charged battery, and revitalizes water into a state that is more easily absorbed by your body. Much of the water in our bodies is structured.



We are promoting a new product this month called Rewire Water that is a stabilized structured water. The benefits of this type of water are more efficient hydration, improved nutrient uptake, heightened metabolic efficiency, improved long-term endurance and reduced fatigue.

This water can turbo-charge the benefits of your new water drinking habit! Learn more at rewirewater.com. Receive 20% off when using code NATURALPATH20. Swap out that sugary coffee drink with this water for just a month and you will really feel the difference. Your cells will thank you, too!



If you feel like you have already nailed the water consumption goal, your next step is to add in more detox support. We have a few options for you to consider.

The first is the Standard Process Detox Balance Program. You can choose either the 10-day or 28-day plan. Each plan includes a tasty, all-in-one shake, supported by sample meals. This detox delivers whole food-based nutrition that encourages easy, safe and healthy removal of toxins.

We also have the Country Doctor intestinal cleanse supplements on special.

If you are coming into the office for help with nutrition, emotional clearing or body work, just schedule an 'In-Office Visit' for the amount of time you would like. The default is always 20 minutes, but you can easily add on 10 or 20 minutes. This can be done with our remote sessions as well.



You will still see a few other services separated out such as biofeedback, heart scans and laser training. This is simply because specific rooms need to be available for certain services.

If you don't see what you are looking for, please let us know so we can help with the scheduling or make improvements if needed. Remember that online scheduling is available from our website:

<https://thenaturalpathlive.weebly.com/schedule.html> or from the big blue 'Book Now' button on our [Facebook](#) account.



This month, members will receive an extra 10% off all product specials.
(Excludes Rewire Water)

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



Sun-Charged Water



Here is a 'recipe' to get your water drinking habit off to a good start. Sun-charged water can be a benefit by increasing energy and giving a heightened sense of well-being.

- Find a clear glass container and fill it with clean, filtered water. Spring water is ideal.
- Cover with cloth or anything non-plastic. Cork is good.
- Place the container in direct sunlight on bare earth, concrete, sand or rock.

movement of the colon), strengthens the muscles of the large intestine, discourages putrefaction, disinfects, soothes and promotes normal healing of the mucous membrane lining of the entire digestive tract.

Country Doctor ICF #2 - This binder is a strong intestinal cleanser and has a vacuum-like effect on the intestinal colon walls. It draws accumulated fecal matter and built-up mucous lining off the walls of the colon and out of any bowel pockets. It will cleanse the small intestinal tract and enliven the villi for nutrient absorption as well as remove accumulated poisons, toxins, parasites and heavy metals. This formula promotes the body's ability to remove any drug residue lingering around in the digestive tract.

Lastly, check out these binders and other detox supplements:

Biocidin G.I. Detox - Gentle, full-spectrum binder. Helps remove debris, mops up toxins and supports microbial balance.

MicroBiome Labs Mega IgG 2000 - Dairy-free immunoglobulin concentrate that supports healthy digestion, binds environmental toxins, and maintains healthy gut barrier function.

Standard Process Spanish Black Radish - Standard Process research shows that this product stimulates the body's detoxification enzymes in cell and animal models, supports healthy liver and gallbladder function, encourages healthy digestion and enhances the body's normal toxin-elimination function.

Standard Process SP Cleanse - Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes, healthy kidney, liver, and gallbladder function, to encourage healthy digestive function and to promote healthy elimination.

A nice way to support further detox (especially in winter) is using infrared sauna. Not only do you receive a nice detox, but also a boost to your immune system. Here is our niece enjoying an at-home sauna. (Just kidding - it isn't turned on - she is a little young to be using a sauna!)



If you don't have access to an at-home sauna ask us about getting your own. There are also a couple of great locations in Ft. Collins where you can buy sessions very inexpensively. On the north end of town, go to [Happy, Whole, You, Wellness Center](#). On the south end, check out [New Beginnings Functional Medicine Clinic](#).

Like many of you, I (Kimberley) have been reflecting on my hopes and goals for the new year. I can be a bit of a 'Type A' personality so I love to accomplish things like saving money, losing a few pounds or cleaning out a messy room. But this year feels like the time to embrace changes that are much harder for me - things like having more grace with myself and others, practicing more kindness and patience, especially with those closest to me and setting aside much more quiet time without TV, music, phone, or social media in order to pray, read and truly rest!

I think one reason that change is hard for all of us is it requires discipline. We are not a society that appreciates denying ourselves comforts even if the end result is so much better than being 'comfortable'. Our encouragement for you this year is to do a few things that make you uncomfortable so you can look back at 2021

- Consume the water as soon as it is charged to obtain the most benefit. Recharge the water after 24 hours.

Don't forget your water outside overnight - the glass will likely break! Unfortunately, we recently made this mistake.



The NET Butterfly



The symbol for NET is the Blue Butterfly. You may have seen it on one of our brochures.

This is such a great image for emotional release. We often build a shell around our emotional self that no one can get through. We feel trapped in the cocoon of old habits and patterns that no longer serve. We don't know how to break free.

Most of the time, our conscious mind cannot connect to the emotional complexes that formed the limiting patterns. NET helps us let go of anger, resentment, shame, fear and frustration. It is very freeing to live in forgiveness and gratitude. It can literally change our biochemistry and improve our physical health.

A single NET session changed my life and helped my back heal after years of pain. It inadvertently helped my digestion and sleep, an unexpected benefit. These two areas had given me a lot of distress over the years. I have seen strained relationships mend as well.

Try a session and release yourself from the self-imposed emotional cocoon and experience the freedom of emotional release. We all have that butterfly inside.

Carl Malone
DNM, BD, Psychotherapist



"The truth is, you don't break a bad habit; you replace it with a good one."

~Denis Waitley~



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Dr. Carl and Kimberley Malone



January Specials

**Rewire Hydration
20% Off**

**Go to: rewirewater.com
Use Code: NATURALPATH20**

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**Cleanse Support Supplements  
10% Off**

**Includes: Bio-Botanical G.I. Detox  
Country Doctor ICF #1 and ICF #2  
MicroBiome Labs Mega IgG2000  
Standard Process Detox Balance Program, Spanish Black  
Radish and SP Cleanse**

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I love sunny walks with my mom. They always make me feel better. She says that, just like the sun can transfer energy to water in a glass jar, it can transfer energy to the water in all our cells.

Also, don't forget to make sure all my furry-friends out there have access to high-quality water to drink, too. We would love sun-charged water. It can make a big difference in our long-term health!

A little progress each day adds up to BIG results!



www.TheNaturalPathLtd.com

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