

Like 0

Tweet 0

Share 0

Pin it 0

0

Subscri

Subject: Renew You! - The Natural Path - January 2020

January Events

[View Calendar](#)

**Laser Demos with Dr. Malone - FREE
@ Origin House of Fitness Open House**
Saturday, January 11th, 10:30 - 12:30 pm

Origin House of Fitness is turning two! To celebrate, they are offering two classes (make sure to save your spot) and an open house party in the middle. Stop in for demos, snacks, sips, sales and a chance to win raffle prizes! Dr. Malone will be demonstrating laser therapy and giving away a free session. More info on this fun day here:

<https://www.originhof.com/event/anniversary-party-open-house/>

Healthy Gut Class with Kimberley - FREE
Thursday, January 16th, 6:15 - 7:15 pm

How do you know if you have a healthy gut? Symptoms of and 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. All gut support supplements are 20% off for attendees.

Nutrition at The Natural Path with Molly - FREE

Tuesday, January 21st, 6:15 - 7:15 pm

This is an informative class on what we do at The Natural Path and a demonstration of how our testing is done. If you are already a client of The Natural Path, you will be given a complimentary nutritional office visit if you bring two or more guests who are interested in also becoming clients. New clients will receive a 50% discount on their New Client Evaluation for attending.

Emotional Health for 2020 with Dr. Malone - FREE

Thursday, January 30th, 6:15 - 7:15 pm

Move ahead by clearing old emotional blocks that have been holding you back all this time. Have you been stuck in a loop, repeating old patterns? Learn how to let go of old, worn out ideas that keep you from meeting or exceeding your dreams, goals, and aspirations.

The Natural Path

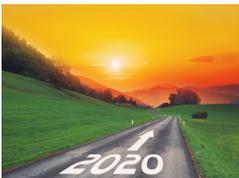
Expert Nutrition Advisors

Newsleaf January

2020

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

Renew You!



Renew.....reset.....reboot.....resolve..... these words may all be associated with how we approach a new year - especially a new decade! Webster defines the prefix 're' as 'again' or 'back to an original place or condition'. Based on that, we think 'renew' best describes what we would all like to achieve - getting back as close as possible to new, physically and emotionally.

We know that over time our bodies and minds have to deal with a lot and end up a little 'worse for the wear'. So, where should we start to renew them? It is common to do a detox this time of year to get rid of last year's junk and that can be helpful. But, what if you are trying to take out the trash and find that the can is already full or you can't even get to the can because there is just too much other junk in the way? The trash could really start to pile up and this is similar to what can happen in our bodies if we don't detox correctly.

So, to really renew our bodies this year, let's plan to detox the right way!

Nothing can leave the body if we aren't getting rid of waste through the colon. Constipation is the first signal that our bodies aren't ready to detox much of anything. This issue has to be solved before moving further up the detox pathway. If you are effectively removing waste, a colon or bowel cleanse is the

waste moving through).

Once the gut and colon are working well, further detox can be initiated. Liver and gallbladder are addressed next, followed by the kidneys and bladder. The lymphatic system - the sewer system of the body - is detoxed next. Did you know that you have more lymphatic vessels than blood vessels? Once all of these systems are running clean, organs and other tissues can detox and finally cells.

This may seem like an overwhelming task to accomplish, but the body is wonderfully made and knows how to detox very well. You've experienced this first hand if you have ever had food poisoning.

A little support of your detox pathways will go a long way toward helping to renew your body. We are focusing on the gut/colon this month so be sure to check out the discounted products in the specials below and consider attending the Gut Health class.

In addition to renewing the body, the mind is a powerful contributor to our state of health or disease. Dr. Malone will be presenting on Emotional Health and getting off to a good start in the new decade. Be sure to check out his section on gut emotions below, too.



TheNaturalPathInfo@gmail.com

970-829-1110

"Your future is created by what you do today, not tomorrow."

~Robert Kiyosaki~



This month, members will receive \$10 off one gut support supplement.

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

Walk-Ins Welcome - \$25



Last month we tried out a new service - walk-in day. It felt like it was a pretty good fit for us and customers, so we are going for it again in January. When we have a designated 'walk-in' day, we will take appointments on a first come first serve basis. This is a good fit for a nutrition check-up, a little emotional clearing, a biofeedback rescan or even a little laser therapy. We will keep sessions to 20 min. or less to serve as many people as possible on those days.

If you require a specific set appointment time on a walk-in day, you can schedule, but it will be a regularly priced session.

We will have a sign-in sheet when you come into the office on walk-in days to help track who is up next. You are welcome to call ahead to get an idea of wait time. We will probably post on Facebook each time we have a walk-in day because sometimes they may be spontaneous. For now, we are planning walk-in days on **Friday, January 17th and 31st**. Come on in!

Family Memberships Now Available! Just \$75/month

We have had lots of requests to expand our membership offerings to include a family membership. You asked for it - you got it! This membership is \$75/month for a minimum of 6 months. 3 sessions will be available to share among family members during each month. The sessions available on the membership include:

- Nutrition Testing (NRT)
- Emotional Clearing (NET)
- Body Work with Laser (LNMT)
- Biofeedback Rescans
- Heart Scans (HSR)

All member sessions are 20 min.

If you have family members that are new to our office, a new client evaluation may be needed before they can take advantage of the other membership sessions. Let us know if you have questions or would like to sign up!

Country Doctor Herbals 2020 Calendar Cleanse



This year we are again supporting the cleanse options provided by Country Doctor Herbals.

These are scheduled throughout the year to work systematically through different organs of the body. This month is the Bowel Cleanse (ICF #1 and ICF #2) followed a couple of weeks later by a Liver/Gallbladder Cleanse. Cleanses throughout the rest of the year include Kidney/Bladder, Lymph, Parasite and Heavy Metals.

Come by to pick up a schedule of the cleanses or download an online copy here: <https://thenaturalpathlive.weebly.com/health-documents.html>.

Like 0

Tweet 0

Share 0

Pin it 0

0

Subscri

We are so looking forward to another year of helping you achieve better health! If there is anything we can do to serve you better, please let us know. You are the reason we love what we do! Here is to a year of ongoing health improvement for us all.

Dr. Carl and Kimberley Malone



Have you ever gotten bad news and had that feeling like you were socked in the gut? Even just seeing a social post or text can trigger emotions and the gut tightens up. Emotions of Lost, Vulnerable, Abandoned and Deserted affect the small intestine. The ileocecal valve can get stuck from the emotion of feeling Stuck. The Stomach is affected by feeling Over Sympathetic, Nervous or Stifled. NET (Neuro Emotional Technique) helps us find and clear those emotional complexes that affect us even though we cannot consciously connect to them. These sessions are powerful and often life changing. If you are stuck or can't seem to get past something, come try a session. It may be just the right thing at the right time.

Dr. Carl Malone
DNM, BD, Psychotherapist



We want to give a quick shout out to a new local business in town. Plant To The Plate offers some great Southern comfort food. We especially recommend the Maple Baked Brussels - delicious! <https://planttotheplate.com/>. We ordered these for a holiday event and everyone loved them. They cater and deliver!

Definitely check them out the next time you are planning to splurge a little with your diet. Located off College and Locust just across from CSU.



Winter Wellness

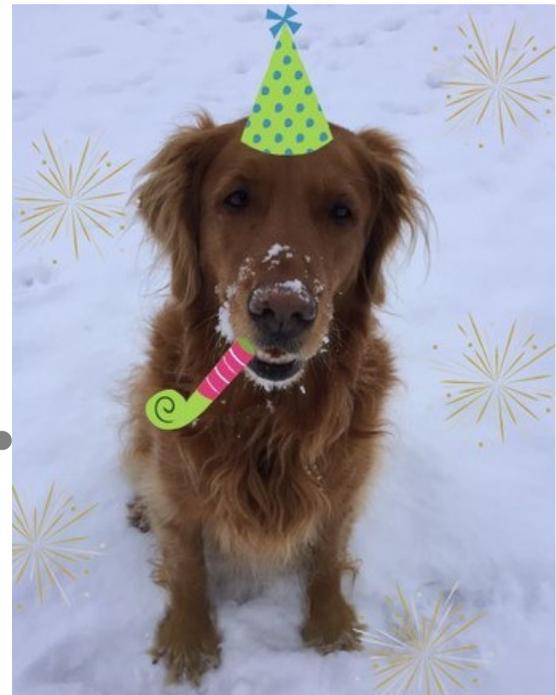
If you would like to be proactive in staying healthy the rest of this season or need some tips to get better quickly, check out the Winter Wellness handout on our website here:

<https://thenaturalpathlive.weebly.com/health-documents.html>

This handout provides some action steps as well as some suggested helpful Standard Process products depending on whether you are maintaining good health or fighting a bug. Thanks to one of our best mentors, Joseph Antell, for this handy handout.



Ruby's Corner



Happy New Year!

January Specials

Walk-In Days
\$25 - first come first served

~~~~~

### Gut Health Supplements

**10% Off**

**Includes:**

- Bio-Botanicals G.I. Detox
- Country Doctor ICF #1 and ICF #2
- Microbiome Labs MegaSporeBiotic
- Standard Process Gastro-Fiber

~~~~~

Canine or Feline Enteric Support
20% Off

important too. Mom and Dad give me **Canine Enteric** to help with any tummy troubles.



Sugar and Immunity

We all know that sugar is not the best thing for us to consume. Besides its tendency to add girth to our middles, cavities to our teeth and blood sugar ups and downs, it has a major affect on our immune systems. Check out this information from the book, *Sugars Effect on Your Health*:



"We know that glucose and Vitamin C have similar chemical structures, so what happens when the sugar levels go up? They compete with one another upon entering the cells. And the thing that mediates the entry of glucose into the cells is the same thing that mediates the entry of Vitamin C into the cells. If there is more glucose around, there is going to be less Vitamin C allowed into the cell. It doesn't take much: a blood sugar value of 120 reduces the phagocytic index by 75%. So when you eat sugar, think of your immune system slowing down to a crawl."

From *Sugar's Effect on Your Health*
by Marc Leduc



"Do not conform to the pattern of this world, but be transformed by the **renewing** of your mind."

Romans 12:2a



www.TheNaturalPathLtd.com

2212 S. College Ave.
Fort Collins, CO 80525

970-829-1110

Open Monday – Thursday, 9 am – 6 pm

Like 0

Tweet  0

Share  0

 Pin it  0

 0

[Subscri](#)