

Subject: Signs of the Times - The Natural Path September 2020

September Events

[View Calendar](#)

While we aren't teaching this month, here are some great learning opportunities to improve the overall health of yourself, your family and pets!

Gut & Microbiome Rescue Summit

September 7th - 13th

Online Summit -Register here:

<https://microbiomerescuesummit.com/>

Discover the latest advancements in microbiome studies (gut health!) that could change how you improve health throughout your body. Learn all about your microbiome — which is becoming known as your “second brain!”

And speaking of the brain....

Alzheimer's, The Science of Prevention

September 9th - 20th

Online Summit -Register here:

<https://scienceofprevention.com/>

Learn how to reduce your risk for Alzheimer's disease, improve overall health and brain function, in addition to the keys to living a long and healthy life.

Pets - Prevention and Maintenance for Optimal Health

Replay from last month available here:

<https://www.youtube.com/watch?v=XU28D3zyD3Q>

Also, another live presentation with Tracie:

September 16th, 6:00 pm MST

Live Zoom Call:

[https://us02web.zoom.us/j/84135945330?](https://us02web.zoom.us/j/84135945330?pwd=OEdvNGtEQ2o5N1VXbTh6MIR5RXFZZz09)

[pwd=OEdvNGtEQ2o5N1VXbTh6MIR5RXFZZz09](https://us02web.zoom.us/j/84135945330?pwd=OEdvNGtEQ2o5N1VXbTh6MIR5RXFZZz09)

Meeting ID: 841 3594 5330

Passcode: 201849

Presented by Tracie Hoffman, Standard Process Vet Tech. Learn more about nutrition and supplements to keep your pet feeling their best throughout their ages and stages.



Don't Forget to Vote!

We are excited to be listed in the top 5 of Alternative Health practices for 2020! Please go to <https://nocostyle.com/2020-best-of-survey###> and vote for us! Voting ends on September 30th.

Just go to the link and find Alternative Wellness under the Health & Beauty heading. Be sure to vote for all of your favorites while you are there.



Expert Nutrition Advisors

Newsleaf September 2020



In this newsletter:

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Signs of the Times

Right now we are finding our world full of new signs at every turn and in almost every public place we go. At times it feels overwhelming to keep up with all the new directions we are being given - wear the appropriate accessories; be nice, but not too close; go this way, not that way; etc., etc. These are all signs of our current times with a world on edge and everyone trying to stay as safe as possible.

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bring our attention to an issue and to change our behaviors. Signs are typically meant to give good advice and help keep us safe. It is good to know where the 'EXIT' is during an emergency or that a floor or road may be 'SLIPPERY WHEN WET'.

This month we want to focus on some less highlighted 'signs of the times' that you really should be paying attention to. Health symptoms are signs that your body gives you. As with any helpful sign, you should pay attention and consider changing your behavior.

Symptoms are common, but they are not normal.

Many of us dismiss symptoms - ignoring them, writing them off as normal aging or covering them up with an over-the-counter solution. If symptoms are like the dash lights on your car, these strategies will not work for long. Even if you put tape over a dash light, pull out the fuse or simply ignore it, the underlying problem isn't just going to go away. The same is true of health symptoms.

Some of the most common symptoms we find that people ignore or try to self-medicate are heartburn, gas, stomach bloating or pain, allergies, arthritis, foggy thinking, sleep problems, or just general fatigue. Antacids, sleeping pills, painkillers and allergy medicines are some of the most common quick fixes out there.

Unfortunately, ignoring or 'taping over' these symptoms will likely lead to more significant health issues later.

Symptoms are not the problem - they are the result of the problem.

We understand that it isn't always easy to figure out what to do differently to address the real problem behind a symptom. Often there may be hidden stressors such as food sensitivities, pathogens, or toxins. We are passionate about helping you figure out what is truly contributing to your symptoms so you can address the root cause once and for all.

Our Nutrition Response Testing is a great starting point and is the main focus of our new client appointments. We also have Health Detective sessions available if you need to go deeper with lab work or need to address diet and lifestyle changes.

Many of us would prefer to have a few less signs around these days. While we can't do much about that, we can do something about the signs (aka symptoms) our bodies are giving us. Take the time now to get things right. Remember....'an ounce of prevention is worth a pound of cure'!



We get it....sometimes you just want something that will work fast!

While there is a pill for every ill, there are many natural supplements that can help with symptom relief but not be as hard on your body as some of the over-the-counter options.

We have an inexpensive Natural Fast-Aid Cabinet guide available that you can keep on hand to help you find fast relief using Standard Process products. Here are some of the products you might want to consider for your medicine cabinet:



We will be **closed** in observance of Labor Day on:
Monday, September 7th



Monday, September 21st through Friday, September 25th.

While we won't be taking appointments, Beth will still be available part of the time to help with scheduling and supplements.

Leave a message that week and she will get back to you. Best time to stop in will be between 9:30 and 1:30.



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Cataplex E2 - Use whenever altitude sickness or fatigue is a problem.

Cataplex F - Especially helpful for muscle cramps, sun sensitivity, and heat exhaustion.

Chlorophyll Complex - Helpful for all kinds of gastric pains related to ulcers, inflammation, etc. Perles can be opened to use on wounds and burns. Can also help with pain throughout the body.

Cramplex - Good for any kind of smooth muscle spasms. May be helpful for migraines, IBS, PMS cramps, etc.

G.I. Detox - This is a broad spectrum binder (attaches to bad stuff) and can be helpful whenever your gut isn't feeling quite right. It is also helpful in dealing with the die-off from killing pathogens.

Zypan - Never travel without it! Helps prevent food-borne illnesses. Also helps with foul-smelling gas.

It is a good time to build your resilience by addressing symptoms sooner rather than later. In the words of our colleague James Maskell - 'Be Hard To Kill'!

Dr. Carl Malone
Doctor of Natural and BioEnergetic
Medicine, Psychotherapist

Kimberley Malone
Functional Diagnostic Nutrition
Practitioner



"If you don't make time for your wellness you will be forced to make time for your illness."



This month, members will receive a free copy of the **Natural Fast-Aid Cabinet** guide.

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



Natural Remedies



In addition to our suggestions of supplements to have on hand, there are many other natural remedies to consider having close by. Here are a few to get you started:

Apple Cider Vinegar - make sure to look for organic with the 'mother'. There are so many uses for ACV that there are whole books dedicated to it's versatility. You can do everything from improve heartburn symptoms to clean with it!

"If it doesn't challenge you, then it doesn't change you."



Signs of Stress

By Dr. Malone
Certified NET Practitioner

Most of us hide it pretty well. We manage to keep stress under "control". We stuff it deep in our subconscious and unconscious mind.

But, there are triggers. An unkind word, a graphic post or news story. These triggers pull up these suppressed feelings. We may not even be aware that we are actually experiencing the emotional reaction to something from our past.

Because our conscious mind can't remember, we don't usually make the connection to the original time or event. That is called the "NEC", Neuro Emotional Complex. With NET, we can connect the original time or event to the feelings and

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Bentonite Clay - this is another type of binder. It is my first recommendation for diarrhea.

Epsom Salts - make sure to have this handy for soaking sore muscles, bites or stings. Whenever the body needs to get rid of toxins, this is a good option.

Honey - raw, local and minimally processed. Taken regularly, can help with allergies. Also good for sore throats or other immune challenges. You can even put it on a wound or burn.

Homeopathics - these can work super fast. Consider buying a kit that includes information on which remedies to use for various conditions. Arnica is well-known for helping with sprains, strains and sore muscles. We really like Genexa products and sell some at the office <https://www.genexa.com/>.

Our physical body reacts to these triggers, too. The heart races, the blood vessels constrict, the gut tightens and the breathing rate increases. These visceral reactions affect our health. We can stop repeating old cycles or patterns and move forward.

While supplements support our biological functions, NET can support our mental well being. Together they offer a remarkable mind-body approach to healing. Give the body the correct input and it will right itself.



“If you do what is easy, your life will be hard. But if you do what is hard, your life will be easy.”

~ Les Brown ~



Ruby's Corner



September Specials

**Fast-Aid Supplements
10% Off**

**Includes:
Bio-Botanicals G.I. Detox**

MediHerb Cramplex

Standard Process Antronex, Cataplex E2, Cataplex F, Chlorophyll Complex Perles and Zypan

Even I have to deal with signs I don't like.

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I don't give up - I just find a new path!

"I focus on this one thing: forgetting the past and looking forward to what lies ahead."

Philippians 4:13 NLT

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