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Subject: Something To Tickle Your Funny Bone - The Natural Path October 2020



Expert Nutrition Advisors

# Newsleaf October 2020

## October Events

[View Calendar](#)

### Laser and Bone Health

Wednesday, October 7th, 6:15 - 7:00 pm MST  
Zoom Call - RSVP to receive login info

Dr. Malone and Kimberley will discuss the use of cold laser for bone healing. In addition, supplements for bone health will be covered. Discounts on a cold laser purchase will be available for attendees.

Call or email to reserve your seat.

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

970-829-1110



In this newsletter:

- Events
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- Skeleton Tune-Ups - Integrative Sports Medicine
- Member Special - Laser
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- Ruby's Corner
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## Something To Tickle Your Funny Bone

It seems like we could all use a little more humor and fun these days. If you have been around our office much, you know that we appreciate a good joke. Beth will almost always have one for you, if you ask. Here are a few to tickle your funny bone:

Why are skeletons so calm? Because nothing gets under their skin!



## Saturday Appointments Now Available!

While we have received great feedback on our pet wellness appointments, we have heard that Saturdays may be the best day to bring in 4-legged family members. If you don't see the time you would like in the online scheduler, call to make a Saturday appointment. Costumes are not required and treats may be involved. ( 2-legged family members may even be able to sneak in a Saturday appointment too).



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is very sternum.

Why are graveyards so noisy? Because of all the coffin.

What do skeletons order at restaurants? Spare ribs!

What do you call the lie told by a skeleton? A little fib-ula.

Ok, ok, maybe those are more groan-worthy than funny. Next time you are in, tell us your funniest joke so we have some better ones to share!

What isn't funny are issues with bone health. Osteopenia and osteoporosis are becoming more common and can lead to fractures. Many people suffer from bone spurs and other bone deformities. Even tooth problems are a reflection of skeletal health. These issues often seem to be age-related, but are actually more related to diet and life-style choices. Dr. Royal Lee (founder of Standard Process) said:

**“No structure can be any better than its foundation. Good nutrition is the foundation of health. What we eat today becomes our body of tomorrow. The mysterious ailments we develop by reason of carelessness in choosing our food is the inevitable result of our trying to make something out of nothing. Heart disease, arthritis, cancer, tooth decay, pyorrhea all appear to be end results of our own carelessness and neglect to eat honest food.”**

Lectures of Lee p. 202 Dallas 1960

The bone matrix is made up of 1/3 water, 1/3 protein and 1/3 mineral (most of which is calcium).

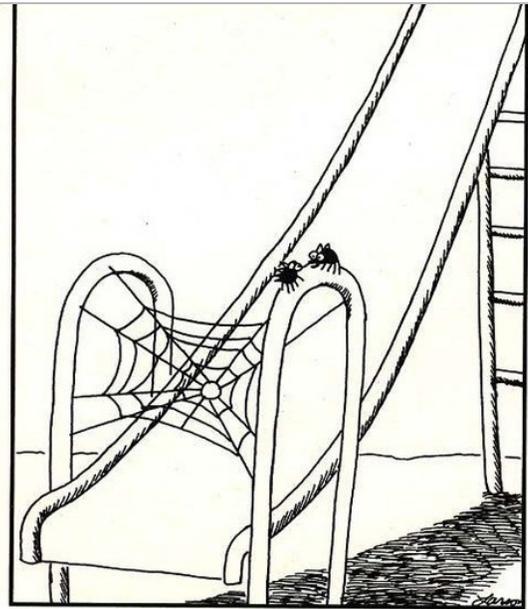
First, good hydration is very important. Ensure your water is filtered and free of chemicals like chlorine and fluorine. Try to drink 1/2 oz of water for every pound of water weight. If you weigh 150 pounds, drink 75 oz. of water a day. We like Eldorado Spring Water.

Second, eat adequate protein. Sometimes eating protein isn't enough if you don't have the enzymes and hydrochloric acid to digest it. Consider adding digestive aids to your meals or supplement with good amino acids (Calcifood or Protefood) to provide the raw materials for building strong bones.

Third, minerals are very necessary, especially calcium. Calcium requires an acidic digestive tract and vitamin D to be properly absorbed. Including apple cider vinegar to your daily routine as part of a salad dressing is a great way to help acidify and better absorb calcium. If vinegar isn't your thing, try using products like Zypan (helps with protein digestion too) or Cal-Amo. In summer your body can make plenty of vitamin D with sun exposure. In cooler months, adding Cod Liver Oil is a great way to get a natural source of vitamin D.

As for lifestyle, bone strength is greatly improved by weight-bearing exercise. A rebounder or vibration plate work great, but even walking really helps.

When it comes to bones, prevention is definitely best. However, we also have some great tools to help with bone healing. Cold laser has long been used to speed the healing of broken bones. It will even help with dental issues. We will be covering this in more depth during our class this month.



“If we pull this off, we’ll eat like kings.”



## Skeleton Tune-Ups

Have you heard of orthobiologics? It refers to restorative techniques such as stem cell therapy and PRP (platelet rich plasma). Dr. Brad Abrahamson uses

his advanced knowledge, experience and tools to improve all types of musculoskeletal issues - sprains, strains, overuse and acute injuries, degenerative conditions, etc. So whether you are an elite athlete, a weekend warrior or just trying to get off the couch, be sure to check out all of your options before settling for surgery or a lifetime of medications.

Kimberley received both stem cell therapy and PRP at Integrative Sports Medicine and has enjoyed a significant reduction in knee pain.



Get your skeleton tuned up today!

Contactless Check-In is available.

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below. Keep an eye on our Facebook and Instagram accounts for more bone supplement details.



### What's So Funny About a Funny Bone?

New England Baptist Hospital

Well, it isn't a bone at all. The "funny bone" is the spot at the back of your elbow where the ulnar nerve (one of the three main nerves in the arm) rests against the humerus (upper arm bone).

The ulnar nerve runs from your shoulder into your hand, where it is mostly protected by bones, muscles and/or ligaments. As the nerve passes the elbow, it is protected only by skin and fat, making it vulnerable to bumps. When you hit your funny bone, you're actually hitting the nerve itself or hitting the nerve against the bone and compressing it. The result is pain, tingling, and numbness.

There are two thoughts on where the name "funny bone" originated. It may be based on the sound resemblance between the name of the upper arm bone, the "humerus" and the word "humorous", used to describe something funny. It may also refer to the odd sensation you get when it is struck.

We had a great time last month romping around the high peaks above Ouray, Telluride and Silverton. Black Bear is a favorite pass with the rough roads being worth the view. It was also nice to be out of the smoky air for a week. Wishing you all happy trails!



#### Dr. Carl Malone

Doctor of Natural and BioEnergetic Medicine, Psychotherapist

#### Kimberley Malone

Functional Diagnostic Nutrition Practitioner

To thrive in life you need three bones.  
A wishbone.  
A backbone.  
And a funny bone.

Reba McEntire

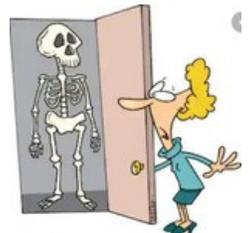


This month, members will receive a free 'lobby laser rental'. If you are a member who already has your own laser, have a free BEMER session on us instead.

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

### Skeletons in the Closet

By Dr. Malone  
Certified NET Practitioner



'Skeletons in the closet' usually describes something we want to keep secret. But what if we have 'skeletons in the closet' that we don't even know about? It can be unnerving when something 'triggers' us and a skeleton tumbles out that we didn't even know was there.

Make no bones about it - "the issues are in the tissues". This old saying really rings true when it comes to how emotions affect our body's health, whether we are aware of it or not. We carry Neuro Emotional Complexes in our body such as anger in the liver, grief in the lungs, etc.

Bone issues often relate to kidney/bladder. Feelings of fear(scared), dread, bad memories, impending doom (something really bad is about to happen), paralyzed will (can't do something

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As we head into fall, it seems like the perfect time to get out the crock pot or dutch oven and start some bone broth. Or is it? Bone broth is high in something called glutamic acid and can be problematic for anyone with gut or nervous system issues (i.e. ADD, ADHD, MS, seizures). Instead, it is best to start with meat stock which is cooked a much shorter period of time and with more meaty bones. Once one's gut lining is 'healed and sealed' bone broth is better tolerated. All of this is described extensively in the book by local author Monica Corrado.



Cooking Techniques for the Gut and Psychology Syndrome™ Diet

Part I: Meat Stock and Bone Broth

MONICA CORRADO, MA, CNC, CGP



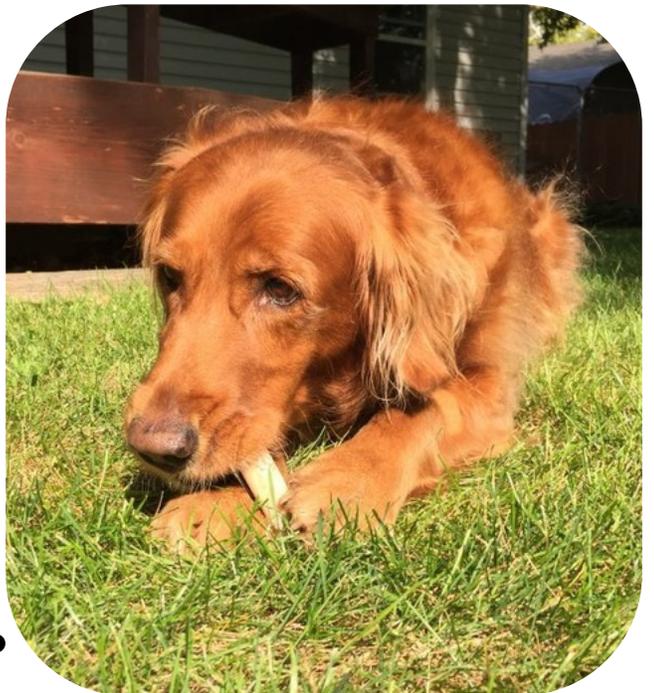
You can request Monica's book at the office or order it directly from [Selene River Press](#).

Fortunately, we can use NET (Neuro Emotional Technique) to find and clear these emotions so we can stop repeating self-defeating programming that keeps us from moving ahead. The homeopathic remedy "WATER" is specifically made to help with kidney and urinary problems, ear aches, hearing sensitivities, sensitivity to cold, and discomfort in the bones and inflammation.

Schedule an NET session to help uncover these hidden 'skeletons in the closet' and move forward with better health.



### Ruby's Corner



One of my favorite things is a good bone to chew. It helps keep my teeth looking good. Mom says I can only have raw bones and the best ones come from [Raw Dog Food and Company](#).



### October Specials

**Bone Support Supplements  
10% Off**

**Includes:  
Country Doctor B-F-C**

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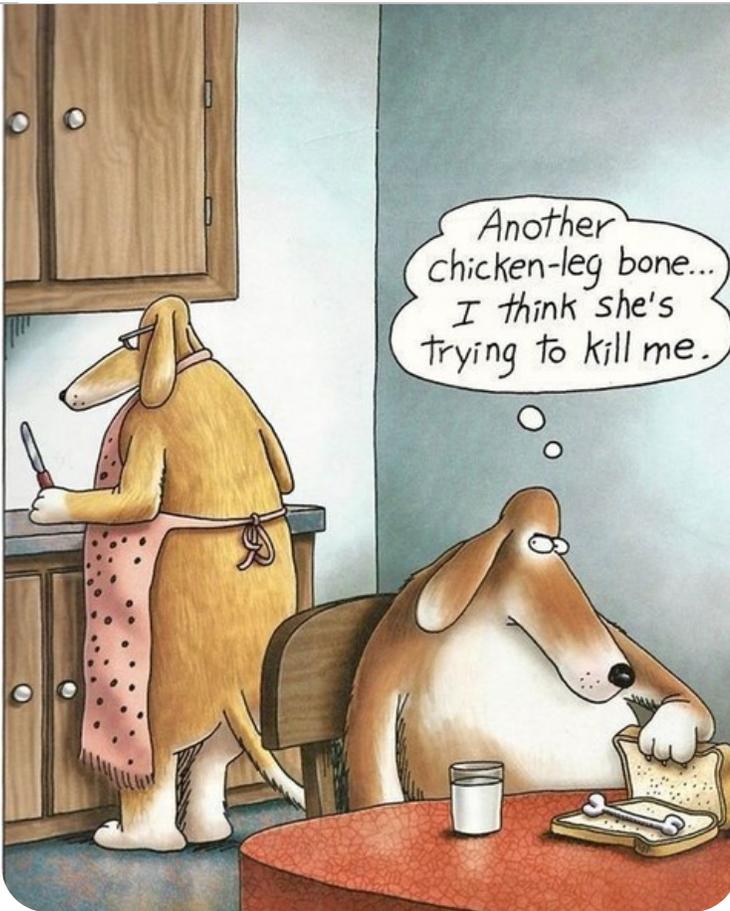
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## MediHerb Bone Complex

**Standard Process Calcifood  
(Wafers and Powder), Cataplex D,  
Cruciferous Complete, Ostrophin  
PMG and Phosfood Liquid**

**Canine Musculoskeletal**

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Standard Process  
Bone Health - Daily  
Fundamentals Packets**

**Osteopenia/Osteoporosis Protocols  
Discount applies to protocols of 3  
or more bone support products.**

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

2212 S. College Ave.  
Fort Collins, CO 80525

970-829-1110

Open Monday – Thursday, 9 am – 6 pm,  
Friday 10 am - 5 pm,  
Saturday by Appointment  
Sunday Closed