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Subject: Spring Cleaning - Inside and Out! - The Natural Path - March 2020

The Natural Path

Expert Nutrition Advisors

Newsleaf
March 2020

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

Spring Cleaning - Inside and Out!

It may not quite feel like 'spring is in the air' yet, but we have a couple of weeks before it officially arrives. Spring is when we really start thinking about cleaning and tidying up our houses and yards, and it is a perfect time to do some internal 'house-cleaning' as well.

This is a great time to think about cleansing and detoxifying our bodies, because after a long winter, we are ready to begin 'eating cleaner' and moving more. The longer days motivate us to be outside to soak up some sun and get some exercise after a time of hibernation.

People ask a lot of questions about how to go about detoxifying safely. One of the most important things you can do is to stop 'filling the tub'!!

March Events

View Calendar

Non-Toxic Beauty Revolution
March 9 - 15th
https://nontoxicbeautysummit.com/

The toxins and treatments we use in the name of beauty could set off illness at any given moment — and our culture conditions us to believe we need them! There are realistic, non-toxic solutions to build your beauty from the inside out. Join us!

If you can watch only a few of the speakers, we recommend watching Lara Adler, Wendy Meyers and Reed Davis.

Detox 101 - Free
Wednesday, March 11th, 6:15 - 7:15 pm

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 bundles will also be discussed and available at a 20% discount.

Laser Training Class - $49 (includes lunch)
Saturday, March 14th, 10:00 am - 1:00 pm

Learn laser history and basic laser for home use. We will also go over protocols for allergy reprogramming, UNWIND and supporting the body's organs and immune system. Use laser to help yourself, your family and your pets. Bring your laser and please RSVP, space is limited. If you don't already have a laser, we will have lasers you can use for the training and for sale.

Seminar on Healthy Traditional Diets - $45+
Saturday, March 28th, 8:30 - 4:30, Lunch included
Early Bird thru March 6 - $45, $55 after
Sunrise Ranch, Loveland CO
https://www.westonaprice.org/events/

We are excited to have an exhibit table at this wonderful conference presented by the Weston A. Price Foundation (WAPF) with presenter Sally Fallon Morell. This is a not-to-be-missed event in our own backyard!

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110

This month, members will receive a **free 20 minute session with the SRT lights.**

These bioenergetic devices emit the frequency of healthy cells and help tune the body at a cellular level. SRT

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Think of your body as the tub and the water being the toxins that your body has to deal with. Even if you have the drain open, your tub may still fill to overflowing if you don't turn the water down or off. This is true of toxins in our bodies and why we need to do periodic detoxifying. While our bodies are wonderfully made to naturally detox minute by minute, we overwhelm our detox systems if we don't lessen the amount of toxins we allow in. If our normal detox pathways completely shut down, we would likely not make it more than half a day.

The amount of toxins we come in contact with everyday is overwhelming. Significant sources come from our food, water, air, cleaning products, personal care products, medications and the list goes on. Instead of feeling like "why even try", pick just one or two areas to work on each month. In our events section, you will find more information on an upcoming summit focusing on non-toxic beauty products. Also, we will be posting ideas all month on our Facebook page about ways to cut down on toxins in your day-to-day life. Some of your spring cleaning this month may include clearing out some toxic products.

There are many easy ways to support normal detox of the body:

Exercising or using a vibration plate (this keeps the lymph, the body's sewer system, moving).

Drinking 1/2 oz. per pound of body weight a day in clean, pure water.

Breathing deeply releases toxins via the lungs. We often are so busy and rushed that we begin to breathe very shallowly and negate one of our easiest detox mechanisms.

Sweating through exercise or using an infrared sauna (this allows us to release toxins through the skin).

Eating detoxing foods - many healthy fruits and vegetables help support detoxification through providing fiber to bind to toxins in our intestines and nutrients to support the liver and kidneys.

More advanced detoxifying can include enemas, castor oil packs and binders.

This month we are discounting some of our detox programs to help kick-start your efforts. Be sure to come to our Detox 101 class to learn more about detox and save 20% on our supplement bundles.

If you don't have access to your own infrared sauna or vibration plate, make sure to check out Happy. Whole. You. Located in north Ft. Collins, this is a healing

reduce pain and encourage healing.

Anyone can use the SRT lights in the office for just $1/minute - no appointment needed and we will show you how to use them!

"It is our attitude at the beginning of a difficult task, which, more than anything else, will affect its successful outcome."

- William James

Don't forget the start of daylight savings time.

March 8th

Set your clocks ahead 1 hour.

Happy St. Patrick's Day
Tuesday, March 17

Allergies on the Horizon

Next month we will be talking a lot more about allergies. However, if you already know that springtime is when you really suffer from all the blooming and budding, consider starting biofeedback sessions now.

Biofeedback is a quick and painless way to 're-educate' your body's reaction to a variety of allergens. Make an appointment to find out if biofeedback may be a good fit for you.

Wouldn't it be nice to get through spring without the watery nose and red eyes and save some money on Kleenex?!

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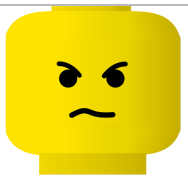
detox and healing. Give Kathleen a call to learn more or schedule a session.

Toxic Emotions



Toxic emotions are negative and can often lead to us feeling 'stuck' or even physically ill. These include emotions like bitterness, unforgiveness, resentment, shame, sorrow, regret, jealousy, helplessness, depression, loneliness, fear, rejection, etc. These are things we need to 'detox' as much as chemicals and metals from our bodies.

Sometimes, our 'emotional reality' may differ from reality. Have you ever been together with family and someone recounts an event and someone else says, “that’s not what happened, it was like this…. ". We don’t always remember things exactly as they happened and may even add to or embellish a memory. Well, that's our 'emotional reality'. Regardless of what may have actually happened, the way we remember an event is what matters.

Often, we may remember an event in a way that triggers negative emotions. We can clear those toxic emotions with NET (Neuro Emotional Technique). We don't need to be stuck or feel physical effects from guilt, shame, resentment, etc. NET is a simple way to find and clear toxic emotions. Schedule an appointment today.

Carl Malone
DNM, BD, Psychotherapist

Binders

What is a binder you may ask? It is a substance that has an affinity for attaching to various toxins in our gut. Once toxins are bound, they can more easily be eliminated.

There are a number of different types of binders including chlorella, charcoal, zeolite and bentonite clays, silica, citrus pectin and fulvic and humic acids. They are usually taken on an empty stomach and away from medications and other supplements.

These can be very helpful when you are on a detox protocol because releasing toxins may make you feel sick. Adding binders helps to quickly remove them from your system. This also helps lessen your toxic load so they don't recirculate in your system and continue to cause you harm.

We have some great binders to choose from on special this month. Check out Bio-Botanical G.I. Detox, Country Doctor ICF #2 and MicroBiome Labs Mega IgG 2000.

Here is some information on the product specials this month:

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

Country Doctor ICF #1 - Supports peristaltic action (the muscular 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.

MediHerb LivCo - This herbal formula contains Schisandra, Rosemary, and Milk Thistle. These herbs have been traditionally used to aid in the elimination of naturally occurring toxins and support healthy general detoxification, liver function and digestive health.

Ruby's Corner

Ruby: Snuggles and wet sloppy kisses are how I show my love. But sometimes I share more with my Mom than she would like.

Mom: Remember that your pets often share more than just their love. You may want to consider being checked for parasites. Or have you struggled to rid yourself of parasites and find that it is a recurring

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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.

Country Doctor Detox Bundle Includes - ICF #1, ICF #2 and Superfood.

Standard Process Detox Bundle Includes - SP Detox Balance shake mix - 10-Day protocol.

Are you familiar with the Weston A. Price Foundation (WAPF)? The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. There is a local chapter in Ft. Collins and we had the pleasure of speaking at their February meeting.

We are also excited to have an exhibit table at their conference later this month in Loveland. See the events section for more information. If you are interested in learning more about locally sourced high-quality foods, this is a great organization to engage with.

Wishing you the luck of the Irish!

Dr. Carl and Kimberley O'Malone

March Specials

Detox Bundles
10% Off
Country Doctor or Standard Process

Free BEMER session with every bundle purchase.
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Detox Support Supplements
10% Off

members.

Picture Courtesy of Sharon Post
post.s.photography (Instagram)

Beef and Cabbage

March is a great time to share one of our favorite cabbage recipes again. This one is from the Malone cookbook of favorites.

Ingredients:
1 lb. ground beef
1/2 head green cabbage
1 small can tomato paste
1 tsp. garlic (fresh is best!)
1 C. beef broth
Water (optional)
Parmesan
salt and pepper to taste

Instructions:
Brown the ground beef in a large skillet. Drain if a lot of fat cooked out. We always leave at least some fat in the recipe.

Cut up the cabbage and add to the meat. Add the beef broth. Also add some water if necessary to ensure the cabbage is almost covered with liquid in the skillet. Mix in the tomato paste (Carl has decided he prefers no tomato flavor, Kimberley likes to include it), garlic, salt and pepper and bring to a boil. Allow the mixture to boil for five minutes then lower temperature to a simmer. Cook until cabbage is tender and most of the liquid has evaporated.

Sprinkle with Parmesan and serve. This recipe is even better as leftovers!
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Country Doctor ICF #1 and ICF #2
MediHerb LivCo
MicroBiome Labs Mega IgG 2000
Standard Process Spanish Black Radish and SP Cleanse
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Parasite Cleanse Supplements
10% Off

Includes: Country Doctor ParActive
MediHerb Wormwood
NutriWest Total Para
Standard Process Zymex II

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and Friday 10 am - 3 pm
Saturday - Sunday Closed