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Subject: Who Will Win?!! - The Natural Path October 2020



Expert Nutrition Advisors Newsleaf November 2020

November Events

[View Calendar](#)

Immune System Support

Monday, November 16th, 6:15 - 7:00 pm MST

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

Password: Colorado

Dr. Malone and Kimberley will present information on a variety of immune system support supplements as well as general immune-building practices.

Call or email to reserve your seat.

TheNaturalPathInfo@gmail.com

970-829-1110



In this newsletter:

- Events
- Happy Thanksgiving - Office Closed
- Memberships
- Who Will Win??
- Convoy of Hope Donation
- New Appointment Type Available
- Emotions and the Immune System
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Who Will Win??

No, we aren't going to predict the outcome of today's historic election. We might be writing this from our very own tropical island if we could correctly provide information on how things will turn out!

Instead, we are asking who will win the showdown for your health - your very intricate immune system or the 'bad guys'? In today's world, the 'bad guys' can be pretty bad, so you definitely want to support your immune system any way possible.



We wish you a peaceful and blessed Thanksgiving!

In celebration of the holiday, the office will be closed on Thursday, November 26th and Friday, November 27th.



This month, members will receive samples of the our new Immune Health Packets.

If you aren't a member yet, consider joining to receive great discounts and special pricing. Membership pricing will increase next year, so partner up now for the best deal.



Thanks to everyone who purchased supplements or made an appointment on October 9th and 10th. Our proceeds from those two days were donated to Convoy of Hope to help in their mission of bringing hope and help to those in need around the world.



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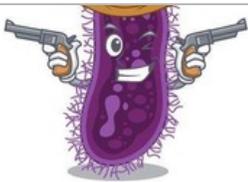
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answer to how best to build it up. One simple way to think of it is you need both a weapon (gun) and some ammo (bullets) to be ready for a showdown with viruses, bad bacteria, and other immune challenges.

The 'weapon' is the many organs that contribute to immunity like the thymus, spleen, lymph, etc. The 'bullets' are the

nutrients required for healthy immunity. We will talk more about this concept during our upcoming Zoom call on Immune System Support.

"The primary cause of disease isn't germs, genes or toxins. It's malnutrition."

-Dr. Royal Lee

Since there isn't one easy answer to making sure your immune system will win every showdown, focus on the basics:

- Make sure you are getting 7 - 9 hours of good sleep every night.
- Stay well hydrated - aim for 1/2 oz of filtered or spring water for every pound of body weight.
- Avoid sugars and processed foods. Sugars compete for the same receptors as Vitamin C and seriously impact your immune system!
- Eat organic as much as possible to avoid at least some pesticides - better your health resources be used for your immune system than trying to get rid of extra toxins.
- Get some sunshine every day, even during the winter months.

To help make sure your weapon and ammo are working as well as possible, we have our anti-viral products on special this month - see below for those products.

We are really excited about a new product - Immune System Health Packs. They include our favorite immune system support supplements all in one handy packet.

Stock up before you are in the middle of a showdown!

We are now offering Standard Process and MediHerb products to all via this website:

<https://thenaturalpath.standardprocess.com/products>

Feel free to pass it on to family and friends. We'd be glad to offer product guidance or recommendations to anyone interested in ordering.

Thank you for being part of The Natural Path family. We truly appreciate each and everyone of you for giving us the opportunity to serve you in health!



New Appointment Type



If you use our online scheduler, you will now see options for appointments with Dr. Malone that can be used for a combination of different therapies including nutrition, emotional clearing or body work. You can mix and match services and choose to add time if you would like.

Check it out online or you can always call to schedule if you prefer. Look for 'Dr. Malone Appointment'.



Emotions and the Immune System



By Dr. Malone
Certified NET Practitioner

Did you know that emotions can affect our immune systems? Much of the immune system is along the digestive tract. Emotions that affect different areas of the digestive tract can thereby impact our overall immunity.

Feeling 'Stuck' or 'Defensive' affect the large intestine. Feeling 'Lost', 'Helpless', 'Vulnerable' are emotions that affect the small intestine. The stomach reacts to feelings of 'Despair' and feelings of 'Disgust'.

These are just a few examples of how emotions can disrupt the function of an organ making us more susceptible to illness and disease. Using Neuro Emotional Technique, we can help release and clear negative emotions, enabling us to more easily experience emotions such as 'Gratitude' and 'Love'. Shifting to positive emotions can actually help us get 'unstuck', heal and move forward.



Ruby's Corner

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Dr. Carl Malone

Doctor of Natural and BioEnergetic Medicine,
Psychotherapist

Kimberley Malone

Functional Diagnostic Nutrition Practitioner



Mom and Dad keep my immune system tuned-up with Canine Immune. It helps me keep the upper hand on all the rascally critters out there!

Blueberry Sheet Pan Pancakes



We just tried this recipe from the Dr. Amy Meyer's website and loved it! So many ways to change it up to suit your tastes - try different fruits, add nuts, etc. It is great for those with food sensitivities as it is dairy-free, egg-free and gluten-free! Some of these ingredients may be new to you. We found everything we needed at Natural Grocers.

Ingredients

- 1 cup cassava flour
- 1/2 cup tigernut flour
- 1/4 cup tapioca starch
- 2 Tbsp coconut sugar

November Specials

Immune Health Supplements
10% Off

Includes:

Bio-Botanical Oliverex

Country Doctor Virex (Capsules or Tincture)

MediHerb Viranon

Nutri-West Virex Homeopathic or VR-X

Standard Process Immune Health Packets, Immuplex, and Canine & Feline Immune

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1.5-2 cup canned full-fat coconut milk (plus up to ~2 Tbsp extra)
3 Tbsp coconut oil (we used avocado oil)
1 Tbsp apple cider vinegar
1/2 cup fresh or frozen blueberries

Instructions

Preheat oven to 350°F. Line an 8x12 inch baking sheet (or similar size baking sheet) with parchment paper.

In a large bowl, sift together the cassava flour, tigernut flour, and tapioca starch. Add the coconut sugar, baking soda, and salt. Mix well.

In a medium bowl, combine 1.5 cups coconut milk, coconut oil, and apple cider vinegar. Whisk together, and slowly add to the dry ingredients being careful not to overstir.

Add additional coconut milk 1-2 tablespoons at a time if the batter is very thick. Pour the pancake batter into the parchment-lined baking sheet. Top with blueberries.

Bake 25-30 minutes, or until the edges turn golden brown and the top springs back when pressed gently. Remove from the oven and let rest for 5 minutes. Cut into 8-12 squares. Serve warm.

We topped ours off with Kerrygold butter and organic maple syrup. Great as a brunch dish and so good!

<https://www.amymyersmd.com/recipe/blueberry-sheet-pan-pancakes/>



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