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Subject: You've Won! Fabulous Dream Vacation for the Whole Family!! - The Natural Path - April 2020



Expert Nutrition Advisors

Newsleaf April 2020



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

You've Won! Fabulous Dream Vacation for the Whole Family!!

You and your whole family will spend at least 30 days together at a relaxing all-inclusive get-away called home. Yes, this will be a 'stay-cation'. This fabulous dream vacation is being brought to you by COVID-19 - a world-wide pandemic. No, this isn't an April Fools Day joke.

We really are living in a crazy time. While this is truly a serious situation around the world, we hope you are finding reasons to smile every day and are using your unexpected vacation time wisely. Here are some of the things we are doing with our guilt-free extra time:

- Yard Work - and lots of it since it is also doubling as exercise!
- Dog Walking - is anyone else's dog tired of walking yet?

COVID-19 Update

We have made some changes to how we will be doing business over the coming weeks. Here are the highlights:

In-person appointments will be available by calling the office with the following restrictions in place:

- Anyone coming to the office must be well and have not knowingly been exposed to others with COVID-19.
- Only one client/family in the office at a time.
- Appointments will be separated by 30 minutes to allow for appropriate cleaning and avoid any overlap.

Remote sessions for nutrition and emotional work will still be provided. You may use the online scheduler to make your appointment.

Supplements may be purchased and picked up curbside or shipped. We have reduced our shipping charges for small orders (4 items or less) to \$5. Orders of \$250+ are shipped free of charge.

We will not be providing the following services at this time: any body work, including cranial and lymph drainage, BEMER sessions and SRT.

We will continue to provide new client evaluations, heart scans, nutrition support, emotional clearing, biofeedback and in-office laser use.

Our lobby may be locked. Please call to have an order brought out to you or wait in your car until we are able to begin your appointment.

Increased cleaning and disinfecting will continue after every client and throughout the day.



April Events

[View Calendar](#)

Family Stay-Cation

April - All Month Long

Enjoy a guilt-free stay-cation with your family and pets. Catch up on all those books you've been meaning to read, prep the garden, walk the dog

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- Cooking - so many recipes...maybe still not enough time.
- Improvised Exercising - keep an eye out for suggestions on our Facebook page - couches aren't just for potatoes anymore!
- New (or old) Hobbies - piano, guitar, puzzles, sewing, gardening....
- Self-Care - this should probably be at the top of the list - now is the time to eat well, sleep well, move well and drop the stress, you have time on your hands

How are you doing 'stay-at-home'? Let us know on our [Facebook](#) page. We will be posting lots of ideas and challenges to make your fabulous dream stay-cation the best it can be! And remember, introverts are in heaven right now, so don't worry if you don't hear from them for awhile.

We seem to be having a typical spring in Colorado - a series of just beautiful sunny days to be followed by a snow storm tomorrow.



The flowers and trees will be in full bloom soon, as well as all the pollens and other allergens that accompany them this time of year. This is a good time to get your seasonal allergies under control - people may look at you sideways if you are sneezing and blowing your nose too much. Are you contagious?

One of the most helpful things we have found for environmental allergies is biofeedback technology. This is a computer-based device that we use to test your body's reaction to different substances and then balance the body to anything that causes an over-reaction. We are offering discounted scans all this month. It is better to address allergies before they are in full swing, so be sure to get your biofeedback scan soon.

We are also discounting supplements this month to address allergy symptoms.

Standard Process Allerplex - Supports the body's ability to handle seasonal, environmental, and dietary challenges. Supports the body's natural ability to manage mucus movement, healthy liver function and healthy lung and respiratory function.

Standard Process Antronex - Supports the body's normal detoxification mechanisms, the liver and the body's natural immune system function. Helps the body clear histamine.

MediHerb Albizia - Herbal that helps maintain healthy breathing passages, assists in handling of occasional seasonal stresses, supports normal immune system response and the body's organs of elimination.

MediHerb Sinus Forte - Helps maintain healthy and normal mucus secretion in nasal passages, healthy response to environmental stresses and healthy mucous membranes (particularly of the nose and sinus). Assists in maintaining healthy breathing passages to support free and clear breathing.

Country Doctor SHA - An herbal product that helps with the

Happy Easter

Each of us at The Natural Path wishes you a Happy Easter full of blessings and new beginnings!



Expert Nutrition Advisor

While you have a little extra time on your hands, consider checking out our nutrition website. There are a ton of videos for all of our Standard Process and MediHerb products. Want to know why you might have been asked to try a certain supplement, watch the video to learn more. The videos are short and sweet and a quick way to learn something new on your 'stay-cation'.

www.expertnutritionadvisor.com/thenaturalpath

There is a good chance you already have a login to this site if you completed a System Survey for us. If so, your login will be your email and the password will be your first name with a capital letter - i.e. Kimberley

This may also be a great time to do the System Survey again to see where your health is at today. We'd be glad to review the survey with you and provide recommendations via a remote session.

We are all feeling some degree of emotional stress at this time. I've done many sessions

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the underlying positive lessons here.



When we clear the 'Neuro Emotional Complex' and replace with the growth opportunity, everything changes. Your emotional outcome, your mental outlook and your ability to cope can all become great ways to improve yourself. NET is life-changing and can even help improve your immune system.

Remote sessions are available and you can make an appointment with our online scheduler or by calling the office.

Carl Malone
DNM, BD, Psychotherapist

#10by10sleepchallenge



One way that you can take care of yourself during this crazy time is to stick to a good sleep schedule.

Currently we are running a sleep challenge on our [Facebook](#) page. The objective is to be in bed by 10

pm for 10 nights in a row.

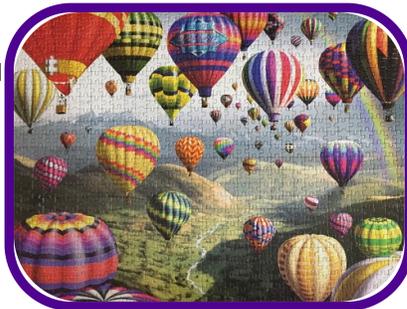
It's been proven that the sleep we get before midnight is more restorative to our bodies than sleep after midnight. It's been a tough challenge for the night owls in our group, but the health benefits of trying to make sleep a good habit far outweigh anything that we are doing late at night. It's not too late to join us!

Many of you may not know that Kimberley is an avid jigsaw puzzler. Sorting through thousands of multi-color shapes to find just the right fit is her idea of a good time. While you may not agree, there is evidence that 'puzzling' is healthy for you.

In the April 2020 edition of Reader's Digest, there is an article titled 'Piece of Mind'. Susan Vandermorris, a clinical neuropsychologist and global leader in brain health and aging research, says that any type of puzzle is good for the brain. She especially highlights the stress-relieving benefits of jigsaws in particular. "If you're doing a puzzle, you are, by definition, disconnected and engaged in a task that's immersive, away from the interruptions and stresses of day-to-day life."

With all the recent extra time on her hands, Kimberley has pared down her jigsaw puzzle collection and would like to give some of the fun away. Get in touch if you would like a **free puzzle** - they are being kept in the garage at the office away from people.

Here is Kimberley's most recent completed puzzle:



We wish you good health and abundance during these tough times!

Dr. Carl and Kimberley Malone



April Specials

Remote Sessions
Nutrition or Emotional Clearing

\$30
Reg. \$40
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Environmental Sensitivity Scan

\$39  
Reg. \$50  
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Ruby's Corner



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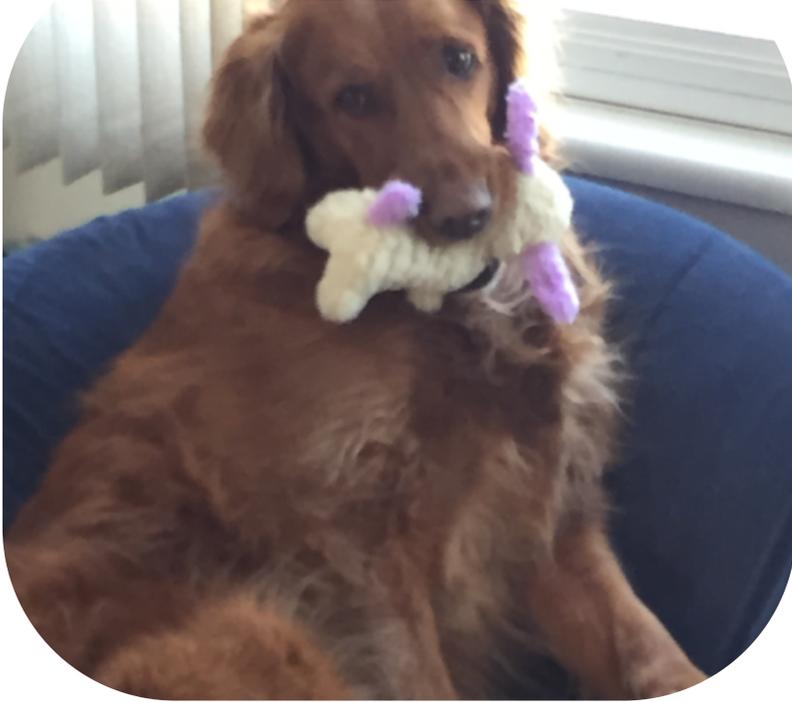
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10% Off

**Includes: Standard Process Allerplex and Antronex,
MediHerb Albizia and Sinus Forte,
and Country Doctor SHA**

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**Standard Process  
Canine VF Antronex  
20% Off**



"For God has not given us a spirit of  
fear, but of power and of love and of a  
sound mind."

2 Timothy 1:7



I was not made for 'social distancing'! I need to be  
close to you and maybe kiss you and you need to pet  
me. I can't wait until we can all be together!!!



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

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Open Monday – Thursday, 9 am – 6 pm  
and Friday 10 am - 3 pm  
Saturday - Sunday Closed