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Subject: Scarier Than This! - The Natural Path - October 2021

The Natural Path

[Schedule an Appointment](#)



Expert Nutrition Advisors

October 2021



That's it! It's apples and raisin boxes this year!

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Scarier Than This!

What could possibly be scarier than being out of treats when this cute ghost shows up at your door? Being stuck at home sick without any supplements or remedies to help you start feeling better as quickly as possible, of course!

Reminder



If you have been exposed to COVID or are otherwise feeling like a sick puppy, please take advantage of our remote sessions instead of coming into the office.

You can schedule remote appointments either with our online scheduler or by calling the office. We are happy to provide supplements for pickup or shipment.

We are doing our best to stay well so we can continue to help as many people as possible!

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suggest having on hand in case you end up sick with the latest bug. Let's break it down into three tiers:

- Tier I:
- Calcium Lactate
 - Cataplex C
 - Cataplex F
 - Congaplex (especially when you are sick)
 - Immune Health Packs (10-day supply)
 - Immuplex (take this even before you get sick, but during too)
 - Multi-Bac (Country Doctor) or Total Bac-T(Nutri-West)
 - Total Multimune (Nutri-West)
 - Virex tincture (Country Doctor or Nutri-West)

- Tier II:
- Cataplex AC or ACP
 - Cod Liver Oil (Vitamin D+)
 - Spleen Desiccated
 - Thymex
 - Zinc Chelate (especially when losing taste or smell)

- Tier III:
- Andrographis (anti-bacterial herbal support)
 - Antronex (helpful with sinus congestion)
 - Biocidin/Megacidin Throat Sprays (move to Tier I for throat issues)
 - Echinacea
 - Genexa Flu-Fix (they have lots of great clean homeopathic remedies - look at Sprouts, WF, etc.)
 - MediHerb Viranon
 - NET Flu Immune
 - Pneumotrophin (move to Tier I for any lung-related stuff)
 - St. John's Wort (helps the body fight enveloped viruses)

We know this is a big list and probably overwhelming. If you have any questions about what may be best for you to have on hand, please just give us a call. Otherwise, just start your 'collection' with Tier I.

Here are our top recommendations to help you get over a bug fast:

- Get plenty of sun - if you can't be outdoors, find a sunny window.
- Get outside and 'ground'. Bare or socked feet will work even if you can't lay on the ground. Try for 20 minutes.
- Set pure spring water outside to make 'sun water' and drink lots!
- Get plenty of rest.
- Use an infrared sauna.
- Schedule a Biofeedback session.
- Take your supplements and remedies!



receive an extra 10% off boxes of **Immune System Health Packs**. These are great to have on hand when you feel like you are coming down with something. Be sure to have one for each member of your family. 1 box is intended to be a 10-day supply.



Good while supplies last, limit 3 boxes.



Weston A. Price Seminar

We were excited to have a booth at the Weston A. Price Seminar in September.

Sally Fallon was the speaker and did an amazing overview of the principles for eating a traditional diet. Carl was pleased to have Sally sign a copy of her book for him - "[Nourishing Traditions](#)".



Reclaim Vitality Appointment

On Special This Month!
\$129



Have you recently experienced an illness, accident, injury, surgery or trauma? All of these things can contribute to a sense of being 'off balance' and needing to reset your mind and body.

We introduced this new appointment type last month. People are finding that the unique combination of services is helping them reclaim their vitality and improve body balance. These appointments include physical, mental and emotional aspects of health in one comprehensive session to restore body function and improve the sense of well-being.

Wishing you all a beautiful and healthy fall season. Make sure to save some time for 'leaf-peepin' in our glorious Colorado mountains!

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Kimberly Malone

(Kinesiology) is used in Nutritional Response Testing (NRT), Contact Reflex Analysis (CRA) and Neuro Emotional Technique (NET); a computer is used for the Spectra Vision biofeedback and Laser Neuro Muscular Therapy (LNMT) for balancing organs/nerves/muscles.

This appointment leaves no stone unturned when it comes to helping you restore balance and wellness. Schedule an appointment and reclaim your vitality.

Sweet Potato Hash



One of our favorite fall meals is very quick and easy.

To start, we always have cooked sweet potatoes in the freezer that we can pull out for this recipe.

Ingredients:

- 1 lb. ground beef
- 1 large sweet potato (ideally previously cooked and frozen)
- 1 tsp Celtic sea salt
- ½ tsp pepper
- 1 tsp minced garlic
- 1 tsp parsley flakes (or 2-3 Tbsp. fresh parsley)
- 1 tsp celery leaves (or 2-3 Tbsp. fresh celery leaves)
- 1/2 tsp smoked paprika
- Broth as needed.

Brown the ground beef in a large skillet. Cut the frozen sweet potato into 1/2 to 1 inch pieces and mix in with the meat. Add all other ingredients and simmer for 10 minutes. Add a little broth at a time as everything is cooked together to keep it moist.

October Specials

Immune Support Supplements 10% Off

Includes: Bio-Botanical Oliverex,
Country Doctor Multi-Bac and Virex,
NET Flu Immune,
Nutri-West Total Bac-T, Total Multimune,

Stocking Up

As flu season is upon us, it is important to have your 'remedy' cabinet ready. Recently, I was down for several days with a bug. I was so grateful to have my stock of remedies ready. This month we want to help you get stocked up by offering discounts on remedies that everyone should keep on hand.



A few weeks ago we experienced a spike in folks coming in with a virus. We attempted to order extra Immune Health Packs only to find out they were on back order. As soon as they became available we ordered extra in anticipation of another shortage. Lately, there has been a lot of press about shortages for food and fuel. If this should happen, it will likely affect our supply.

Having your 'remedy' cabinet stocked means that if you or a loved one becomes ill you can call us for recommendations as to amounts, but you don't have to wait to start feeling better. I encourage you to have some supply of Immune System Health Packs, Zinc Chelate, Congaplex (chewables for kids) and NutriWest Multimune on hand for a "rainy day".

Carl Malone, DNM, BD, Psychotherapist

Ruby's Corner



This year I'm dressing up as a cat - they have the best treats and hopefully I will get lots of

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Immune System Health Packs,
and Canine and Feline Immune Support.

'meow'.....

Check out the [website](#) (Specials) for more info on each
supplement.

Reclaim Vitality Appointments Just \$129 Reg. \$155



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Monday:	9:30AM–2PM, 3PM–6PM
Tuesday:	11AM–6PM
Wednesday:	9:30AM–2PM, 3PM–6PM
Thursday:	9:30AM–6PM
Friday:	10AM–4:30
Saturday and Sunday:	Closed

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