

Subject: Spring Training - It's Not Just For Baseball! - The Natural Path May 2018



## Expert Nutrition Advisors

# Newsleaf May 2018



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

### Spring Training - It's Not Just For Baseball!

"In Major League Baseball (MLB), spring training is a series of practices and exhibition games preceding the start of the regular season. Spring training allows new players to try out for roster and position spots, and gives existing players practice time prior to competitive play." ~Wikipedia

If the pros need to practice and prepare, we do too - whether we are working toward competing in a triathlon or just feeling good after daily chores or gardening. Often, working toward our goals requires us to first start with a new habit or two. These don't have to be big changes, just small things that help us take steps in the right direction.



For instance, a new habit of working out more may not mean you make it to the gym everyday. It may mean you stop for 5 minutes in your day to stretch a bit or do some wall push-ups. Your brain and body will thrive on even the smallest of successes. If you are at the end of the day and feel like you haven't accomplished what

## May Events

### View Calendar

#### Laser Basics - Free

Tuesday, May 8th, 6:15 - 7:15 pm

Participate in a presentation of how cold laser works to reduce pain, inflammation, and assist the natural healing process. Learn how you can help yourself, your family and your pets by using laser. Lasers will be available to try.

#### Orientation - Free

Thursday, May 10th, 12:00 - 12:30 pm

Tuesday, May 15th, 6:15 - 6:45 pm

Tuesday, May 22nd, 12:00 - 12:30 pm

Thursday, May 31st, 6:15 - 6:45 pm

Learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees receive a discount on a New Client visit or Wellness Review.

Call or email to reserve your seat for any event.

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

970-829-1110

**"Better has no finish line."**

~Susan Garrett  
Dog Agility Trainer

## Happy Mother's Day!

### Sunday, May 13th

If you still have your mom - thank her today!

"Train up a child in the way he should go, even when he is old he will not depart from it."  
Proverbs 22:6 NASB

have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense."

If you find you need a little help toward reaching your training goals this spring, we are offering specials to help you on your journey. See below for discounts on: body work to help ease pain, inflammation or injury; heart scans to see if your heart could use any fine-tuning; and nutritional testing to take the guess work out of what nutrition and supplements are right for you.



## Mystery Salad



Sometimes having natural options to help manage pain and inflammation on your 'training' journey can be very helpful. This month we are offering some of our favorite MediHerb products at a discount.

They include:

**Boswellia Complex** - Contains Boswellia, Celery Seed, Ginger and Turmeric. These work together to:

- Support the normal function of the kidneys.
- Maintain and support healthy joints.
- Support healthy circulation.
- Provide antioxidant activity.

**Saligesic** - Contains Willow Stem Bark and is a good substitute for NSAIDs.

- Supports musculoskeletal system health and helps maintain and support healthy joints.
- Eases the temporary discomfort caused by exercise-related mild aches and pains.
- Supports and maintains normal body temperature already within a normal range.
- Temporarily relieves mild, occasional exercise-related lower back pain.
- Relieves occasional stress-related mild headaches.

**Turmeric Forte** - Formulation of Turmeric rhizome and Fenugreek seed extracts to enhance absorption and improve bioavailability.

- Supports a healthy inflammation response.
- Used traditionally to maintain and support healthy joints.
- Provides antioxidant activity.
- Supports a healthy response to environmental stressors.
- Supports healthy liver function.
- Used traditionally to support healthy digestion.

Be good to you and enjoy the journey!

**Carl and  
Kimberley  
Malone**

This salad is a mystery only because we don't know what you will put in it.

One of the habits we encourage everyone to incorporate on their health journey is to replace a meal or two a week with a healthy salad. This can be very easy to do - especially with a little pre-planning. It is easy to cut veggies and cook protein ahead of time. Having something easy and ready to go may also prevent that last-minute dash to a drive-thru.

### Ingredients

Greens - spring mix, spinach, kale, arugula, etc.  
Protein - chicken, tuna, salmon, beans of all kinds  
Veggies - carrots, celery, beets, cucumber, etc.  
Extras - avocado, olives, dried or fresh fruit

Pick at least one thing from each category and toss it all together. We suggest making your own dressing over store-bought processed stuff. Here is an easy one to make.

### Easy Dressing:

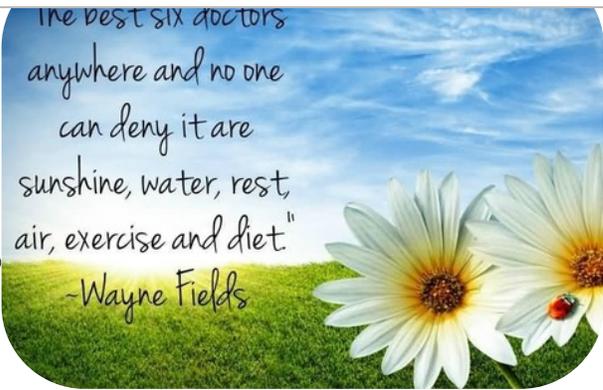
1/4 C. olive oil  
1/4 C. balsamic vinegar or apple cider vinegar  
1/4 tsp. salt (Sea, Celtic or Himalayan)  
dash of pepper

As always, go with the best ingredients you can find - organic and local are the best!



**On your quest to build the perfect salad, consider the local Farmer's Markets open in your area. Here is a link to a good overview of what is available around Northern Colorado: <https://nocofood.org/2018-summer-farmers-market-directory/>**





## May Specials

**Body Work**

**\$49** (30 min.)

Includes cold laser therapy

**Heart Scan**

**\$29**

**NRT (Nutritional Response Testing)**

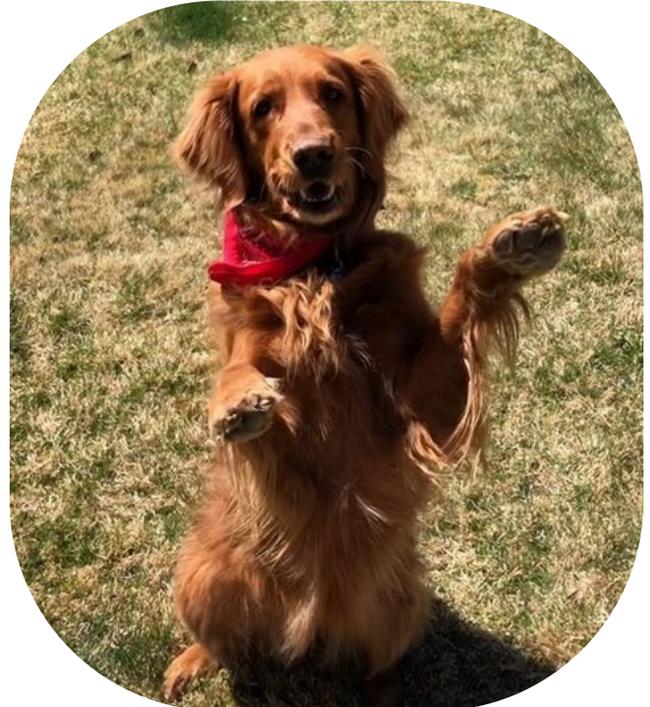
**\$29**

**Pain and Inflammation  
Support Supplements**

**10% Off**

Includes: Boswellia Complex, Saligesic and Turmeric Forte

## Ruby's Corner



**Monday, May 28th - Office closed in observance of Memorial Day. Make sure to thank a service member for their sacrifice to keep this country free!**

Speaking of training, have you ever seen any of my tricks? Make sure to ask me to perform one next time you are in. I love to show off what I have learned!

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

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Open Monday – Thursday, 10 am – 6 pm

Friday and Saturday by Appointment

This is an online snapshot of a newsletter created by the owner of info\_207445 (Carl Malone, Fort Collins, 80525 Fort Collins, United States) and sent via GetResponse on 2018-05-02.

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