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Subject: Starry Skies and Restful Nights - The Natural Path - August 2021



[Schedule an Appointment](#)



Expert Nutrition Advisors August 2021



Please Vote - 2021 Best of NOCO!

We are really excited to be in the running again for 2021 Best of NOCO in the Alternative Wellness category under Health & Beauty. Please vote for us [here](#). You will have to enter your email address and vote by September 30th.



The Natural Path Turns 5!!

In this newsletter:

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Starry Skies and Restful Nights

We both developed a love of 'starry skies' early in life.

Kimberley remembers an early science project where her dad helped her poke holes in cards to make constellations "appear" in a box with a lightbulb. She also remembers the absolute brilliance of the Milky Way



Thanks to everyone who came by our Open House and 5-Year Anniversary Celebration. The weather cooperated and it was a wonderful day. We really appreciate all the support.

glow with a likeness of the night sky when the lights go out at bedtime.

Carl remembers his astronomical efforts to earn a merit badge in Boy Scouts. He has also enjoyed gazing at the stars through several telescopes he has owned and especially enjoys going to the high country to see the stars better with much less atmosphere and city lights to block them out.

Over the years, we haven't lost our love of starry skies and invite you to check out one of our favorite clubs below.

But we understand that sometimes you would rather be sleeping soundly than staring at the stars. Trouble sleeping is a serious issue for many people.



It wasn't all that long ago when a good night's sleep was more often the rule rather than the exception. People were up with the sun, working outside some part or all of the day, and going to bed when the sun went down. Easy access to electricity and the advent of technology has made it

possible to work well into the night and sitting at a desk with minimal exercise is much more common. However, these 'advances' are taking a toll on our sleep and ultimately our health.

If you struggle with falling to sleep, staying asleep or need to use a little 'help' with sleep, there can be many factors contributing to your lack of slumber. Here are a few key items that may help you:

1. Have a routine! To bed at the same time and up at the same time. Remember that sleep before midnight is much more beneficial to the body than sleep after midnight.
2. Exercise! Make sure to do this earlier in the day so you aren't too stimulated to sleep.
3. Turn off electronics (WiFi especially) before bed. Leave your cell phone at least 6 feet from you. EMFs affect the body's ability to rest and heal as it should when we sleep.
4. Turn off screens or use blue-blocking glasses or apps after dark. The blue light inhibits our body's ability to generate melatonin needed to fall asleep.
5. Avoid alcohol, caffeine, sugar and any foods you are sensitive to later in the day. Blood sugar imbalances are a key reason for waking up after you have already gotten to sleep.

If you need further assistance with a sleep issue, don't hesitate to schedule an appointment to see what may be at the root of it. We have supplements on special this month that can help. Remember, the better you sleep, the better your health will be!

Restful Night Supplement Protocol

Min-Chex, Min-Tran or Organically Bound Minerals - 3 before bed
Valerian Complex or Kalmz - 2 before bed
Ashwagandha Forte - 1 am and 1 before bed

40% Off Laser - Nancy E.
New Client Eval + \$50 in Products - Chere M.
\$100 in Products/Services - Sandy T.
Immune Health Packets - Mary Beth M.

This month, members receive 50% off bottles of Standard Process Organically Bound Minerals (limit 3). These are great for helping you get back into good sleep patterns.



Members, you may have noticed that we are getting a little busier these days. We suggest scheduling appointments as early in the month as possible to ensure you are able to use all of your membership benefits. We don't mind last minute scheduling, but are finding it harder to accommodate.

Are You Ready to Get Your Sleep in SHAPE?

Our SHAPE participants have found so many beneficial health improvements when doing the program. One big bonus is improved sleep! The outcomes of poor sleep are numerous and undesirable. Check out more details of the SHAPE program here: <https://thenaturalpathlive.weebly.com/shape-reclaimed-program.html>

Symptoms of inadequate sleep:

- Blood sugar imbalance
- Digestive problems
- Frequent colds
- Inflammation
- Cravings
- Memory loss
- Brain fog
- Hormone imbalance





Northern Colorado Astronomical Society

Kimberley has always loved these two paintings from Vincent van Gogh.

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"Starry Nights"

and

"Starry Night Over the Rhone"



Northern Colorado Astronomical Society. Since we both had an early love of the stars and astronomy, it has been nice to continue our shared passion by engaging with a group of avid star-gazers. We really enjoy learning about various astronomical topics at the monthly meetings (hopefully to be held at the Discovery Museum again soon). Meetings are currently held via Zoom at 6:15 pm the first Thursday of the month (August 5th this month).



Check out The Original Immersive Van Gogh Exhibit opening September 30th in Denver. It should be pretty cool!

<https://www.denvervangogh.com/>

There are many night sky events open to the public that the club hosts too. Learn more about various viewing opportunities or become a member at: <http://www.nocoastro.org/>

If you just need a good resource to know what is going on in the night sky, check out this page each month: <https://www.space.com/16149-night-sky.html>. Here is a helpful short video too: <https://videos.space.com/m/s2NJfzNW/vega-and-lyra-constellations-summer-triangle-and-more-in-aug-2021-skywatching?list=9wzCTV4g>



In August, the not-to-miss sky event is the spectacular Perseid meteor shower. It will peak during mid-day in the Americas on Thursday, August 12th. The best time for seeing the most Perseid meteors in North America will be the hours before dawn on Thursday morning. This is the most popular shower of the year, delivering up to 100 meteors per hour at the peak. NCAS plans to observe the Perseids on Wed 8/11 (weather backup 8/12) at Lory State Park. Registration with [Lory State Park](#) and a park pass are required.

We really enjoyed celebrating our 11th anniversary back where it all started - Candlelight Dinner Theatre. Carl proposed during the intermission of My Fair Lady more than a decade ago. He says we are looking pretty good for now, but expects us to look more like the couple on the right in another 11 years.

Dr. Carl and Kimberley Malone

"Rest is not this optional leftover activity. Work and rest are actually partners. They are like different parts of a wave. You can't have the high without the low. The better you are at resting, the better you will be at working."

Alex Soojung-Kim Pang

Buena Vista and Westcliffe



"Remember, the rest you deserve is not contingent on the work you complete. Avoid



We had a great vacation a few weeks ago 4-wheelin' with one of our clubs - "Difficult Roads Often Lead To Beautiful Destinations". That's a mouthful, but very much describes the group. We meet up with folks from all over the country to off-road on some pretty extreme terrain, but see some of the most beautiful places at the same time.

Highlights from this trip included 4-wheelin' on Tincup, Hancock and Cumberland Passes, Chinaman and the boulder fields of Iron Chest, that took a tole on several rigs. We also travelled some amazing country in the Santa de Cristos above Westcliffe. The wildflowers were truly stunning above timberline. While not the most relaxing of vacations, we do find these adventures very refreshing!

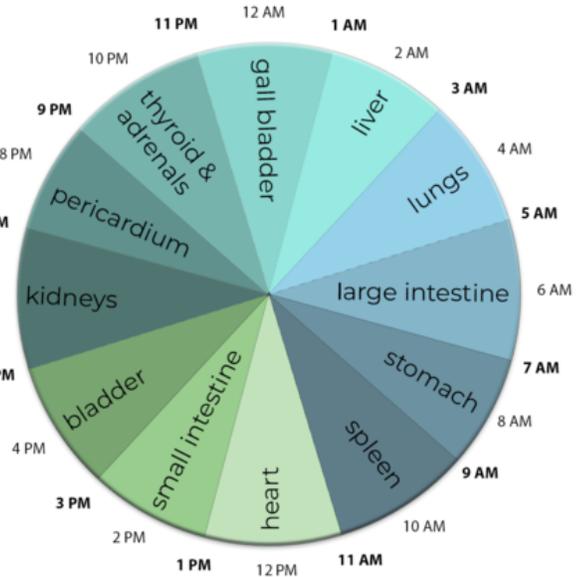
Ruby very much prefers 'rock sitting' to 'rock crawling' these days. We think she almost appreciates the break downs so she can find a nice spot to rest a while.



August Specials

**Sleep Support Supplements
10% Off**

Emily Whitten



Body Organ Clock

Take a look at the Body Organ Clock. Do you wake up at night? Is it the same time every night? See what organ corresponds with the clock.

Often there is a correlation between our health issues (affected organs) and what time we wake up. To take it a step further, there can be emotions associated with the organs that are involved in health concerns. The NET (Neuro Emotional Technique) chart shows the connection between organs and emotions; anger in the liver, fear-kidney, grief-lung, large intestine-feeling stuck, pancreas-control and sub-categories of these. With my NET testing, I can help identify and clear the emotions that may be affecting a specific organ and potentially causing disruptions in your sleep.

The Body Organ Clock is another guide to help interpret what your body needs help with. Using it, along with NET and nutritional testing, I can develop a program customized to your unique needs. I recommend fine-tuning your program with monthly check-ins to stay on track and adjust as needed. Schedule a Nutrition Response Test (NRT) every month and add an NET to keep yourself moving forward in your journey to great health.

Carl Malone, DNM, BD, Psychotherapist

Ruby's Corner

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MediHerb valerian and Ashwagandha Forte
Nutri-West SLP Renew Lozenges
Standard Process Min-Chex, Min-Tran and
Organically Bound Minerals
VerVita Kalmz

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



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Wishing you starry skies and restful nights!



4-Wheelin' is not my favorite activity! It's a lot like trying to sleep on a bed of rocks. Maybe Mom and Dad will take me to the lake next vacation...a girl can dream.....

.....
"God made two great lights—the larger one to govern the day, and the smaller one to govern the night. He also made the **stars.**"

Genesis 1:16 NLT

"On the seventh day God had finished his work of creation, so he **rested** from all his work."

Genesis 2:2 NLT

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