

Subject: Talking Trash - The Natural Path - March 2022

The Natural Path

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Personalized Health Solutions

March 2022



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Talking Trash

Living in a trashcan with garbage would make just about anyone grouchy. Just ask Oscar! Unfortunately, many of us may be living in more garbage than we even realize. Toxicity is rampant today and the body does its best to deal with the onslaught of 'poisons' with which we come in contact.

While we all hear about the overload of toxic junk in our lives, why should we care? Here are some reasons:

- Fatigue or difficulty sleeping
- Indigestion and other temporary gastrointestinal upset

March 13th

Daylight Saving Time

Don't forget to move those clocks forward.



Ordering Supplements

Need to save some time this month? :-)



Save a trip by ordering Standard Process and MediHerb supplements directly here:

[MEDIHERB](#)

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

Free shipping when ordering over \$100 in product.

If you are a client at The Natural Path, check out the bottom of your receipt for instructions to order using Patient Direct at a lower cost.

NO Update

Last month we discussed the mighty NO (nitric oxide) molecule and how important it is to so many areas of health. As we age, it becomes much more difficult for the body to produce adequate amounts of NO. If you missed last month's newsletter, check it out [here](#) to catch up on the NO discussion.

We spent the last few weeks experimenting with diet, lifestyle and supplementation to raise levels of nitric oxide. The biggest impact we have noted so far has come from drinking juiced beets or beet kvass. Beet kvass is a very easy and simple ferment to make. Check out this video from Amy Mihaly at Be Well Clinic: <https://www.youtube.com/watch?v=0OdfN7tBkZc>

We have found that NO supplementation is very effective and have experienced increased energy, improved brain clarity and reduction of blood pressure in the short-term. We will continue to experiment to see what other health benefits we attain.

If you are interested in trying nitric oxide supplementation yourself, just let us know. We have test strips available to quickly assess your levels of NO.

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- Low libido
- Skin issues
- Joint discomfort

A toxin is defined as a substance that is harmful to life. These include chemicals and metals from a variety of sources, as well as biological toxins given off by the many pathogens our bodies host. We can accumulate more toxins than our bodies can naturally handle, especially when our detox pathways become clogged and sluggish. What kind of garbage is filling our trashcans? A look at an average day tells the story:

We start the day with a shower - chemicals are often added to our soaps and shampoos to make them smell and feel just right. And what about the water? We soak up and breathe in a good dose of chlorine (among other things) to start the day, too.

Next, we dress and breathe in the familiar smell of our laundry detergent and dryer sheets - two more sources of toxins that we breathe throughout the day or absorb through our skin. Sodium lauryl sulfate (just ONE of many toxic ingredients common in laundry detergent) may cause irritation of the skin and eyes, organ toxicity, reproductive issues, neurotoxicity, hormone disruption, cellular damage, and even cancer. For those using other personal care products such as deodorant, lotions and makeup, it is well known that many ingredients used in these products are also harmful.

On to breakfast and the possible toxins coming to us through our food in the form of herbicides and pesticides. US-grown organics can definitely be a better option for avoiding some of these added chemicals. We also need to be cautious about using plastics and non-stick or aluminum cookware.

Perhaps we also start the day with a prescription medication or two - yes, another possible source of toxins the body will have to deal with.

Of course, we could continue this story through the day listing the toxins we inhale from air pollution, manufactured fragrances in everything from perfumes to candles to cleaning products, and even the off-gassing of the new paint and carpet in our homes.

Learn so much more about the toxins in your environment from the Environmental Working Group. Are your products safe?

EWG.ORG

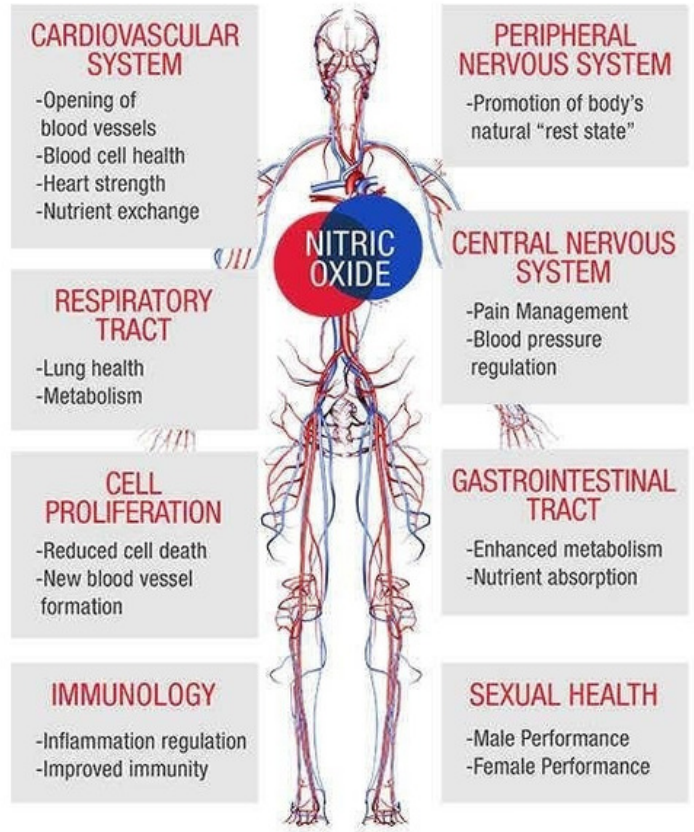
This isn't a very cheery story, and it is daunting to even try to lessen the garbage filling up our proverbial trashcans. But there is good news! You live in a body that is made to detoxify and get rid of all the trash.

We recommend taking a two-pronged approach to the problem of toxic garbage that we are all living with.

First, begin removing and avoiding toxins in your day-to-day. Start by replacing a product you use up with a product that uses natural and safe ingredients. If you are a 'do-it-yourself-er', there are many ideas and recipes for making your own products. We have included directions below for one of the easiest and cheapest products you can make - hand soap. There are also many brands available now that use much safer ingredients.

Second, clean up your detox pathways to help support the bodies normal 'trash collection'. Read more about detoxification in Carl's Detox 101 section. We also have lots of great supplements on special this month to help with detox, including [binders](#).

Binders



March 17th

Memberships

Monthly members save 50% on Spanish Black Radish or GI Adsorb (new product!)

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attaching to various toxins in the gut. Once toxins are bound, they can more easily be eliminated.

There are a number of different types of binders including chlorella, charcoal, zeolite and bentonite clays, silica, citrus pectin and fulvic and humic acids. They are usually taken on an empty stomach and away from medications and other supplements.

Binders are very helpful when trying to detox because releasing toxins may make you feel sick. Adding binders helps to quickly remove toxins from your system. They also help lessen the toxic load by reducing toxins in the gut so they don't recirculate in your system and continue to cause you harm.

We have some great binders to choose from on special this month. Check out Bio-Botanical G.I. Detox, Country Doctor ICF #2, MicroBiome Labs Mega IgG 2000 and Standard Process GI Adsorb.

You may also want to keep some activated charcoal on hand - a binder used for food or chemical poisoning - and Bentonite Clay - a binder that is very helpful in cases of diarrhea. You can find both of these at your local health food store.

Toxicity Balance with Biofeedback

While we all need to work at reducing the toxins coming into our bodies and helping our detox organs work better, there is another tool you may find useful. Biofeedback can help balance the body to all kinds of toxins. This is especially helpful if you are experiencing increased sensitivities to certain toxins like the chemicals in air pollution (or wildfire smoke, as we often breath in Colorado). We are discounting single-session biofeedback appointments for toxicity balancing this month - 20% Off!

If you would like to evaluate your toxic exposure further, consider taking the [Toxicity Survey](#). Print out your results and then make an appointment to get some help emptying your trashcan.

It's time to take out the garbage!



Carl and Kimberley Malone

DIY Hand Soap

This is a super simple DIY soap that can help you remove some of the 'garbage'. The added bonus is that this

How does the body detox?

There are many mechanisms that are part of the overall detox process, but here is a simple way to understand how the body performs detox.



The lungs release 70% of your toxins through breath. The alveoli sacs in the lungs transfer oxygen from the air you breathe into the blood to be distributed throughout the body. If these tiny sacks were spread out together they would be the size of a tennis court. This is much like a huge filter that automatically releases toxins. During exercise and movement, your breath releases the majority of toxicity.

The skin releases 20% of our toxicity through sweat. In dry climates, sweat evaporates so quickly you often are not aware that you sweat at all.

Urine releases 7% and the last 3% is excreted through the bowel. Everyone should be having at least one bowel movement per day.

There are many ways to support your body's detox pathways. Epsom salt baths are very helpful and easy to do. Epsom salts are magnesium and sulfate. Magnesium is a natural muscle relaxer and sulphate pulls toxins out through the skin. A general rule of thumb for baths is soaking in very warm water for at least 20 minutes. Soak up to your ears with about 2 cups of Epsom salt. You may want to add some lavender or your favorite oils to further relaxation and experience better sleep.

It is also important to drink pure, clean water to help stay hydrated and flush toxins. Try to drink an ounce of water for every two pounds of body weight. If you weigh 150 pounds, you will drink 75 ounces (about 2 1/2 quarts) of water.

More intense detox can be achieved through the use of infrared saunas, castor oil packs, enemas and binders.

Monthly office visits can help you move from toxicity overload to efficiently clearing toxins. Regular rechecks help you easily stay ahead of toxins and naturally detox more effectively.

Wellness is cheap, illness can be expensive. My grandmother, Dessie Langston, always said "an ounce of prevention is worth a pound of cure". After all these years, I have truly come to comprehend her wisdom all too well.

Carl Malone, DNM, BD, Psychotherapist

Resource & Resiliency Group

Do you struggle with a chronic illness? Do you suffer with ongoing pain, sleep issues, digestive trouble, brain fog, etc.?



What do all chronic illnesses have in common? THEY INTERFERE WITH YOUR QUALITY OF LIFE!

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you use that may also be harboring harmful chemicals.

- 2 Tbsp Liquid Castile Soap
- Water
- Essential Oil
- Foaming hand soap dispenser

Fill an empty 8 oz dispenser nearly full with water. Add 2 Tbsp liquid castile soap to the top. (Adding the soap first will create bubbles, so do the

soap last.) If you have a dispenser with the soap and water lines marked, follow that.

Add drops of whatever essential oil(s) you like. We like to use sweet orange and other citrus scents. Try 10 - 15 drops and add more if you like.

Tip: If the castile soap settles at the bottom, gently turn the bottle upside down once before dispensing.

know-how of what works for them. There will be no selling, no medical advice, and no pressure to talk, and the best part, NO COST!

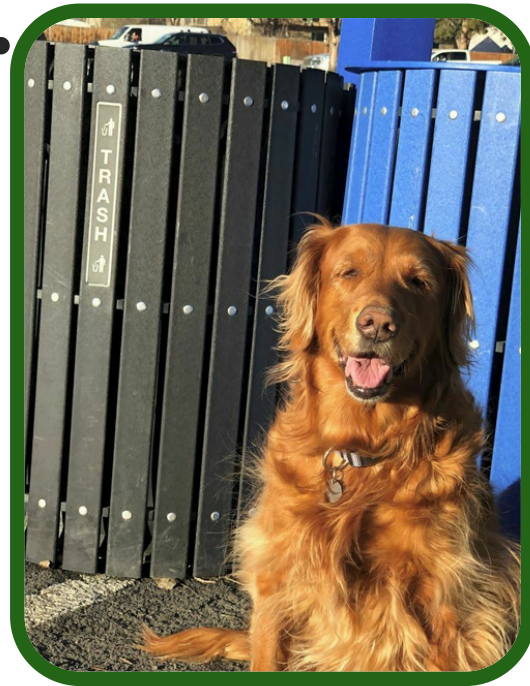
The group will meet at StraightLine Fitness Studio (Prospect/Lemay) at 5:30 pm on the following Wednesdays: April 13th, May 11th and June 8th. A light dinner will be served. Please sign-up in advance at 970-817-3499.

Don't miss out on support from other seasoned and experienced auto-immune/chronic illness attendees, encouragement for your own quality of life challenges and occasional health professional guest speakers.

Shelly Beyerle will be your group facilitator and brings a wealth of knowledge from her own health journey as a survivor of Lyme, mold, EDS, Hashimoto's and long-haul COVID. She is a local fitness and stretching professional.



Ruby's Corner



I love trash as much as Oscar (or at least what I can find in trash cans). But I'm no grouch!!

If I accidentally eat something that doesn't agree with me, Mom and Dad help me detox with Canine Enteric. I may have to take a G.I. Detox or GI Adsorb too!

March Specials

Detox Support Supplements 10% Off

Learn more about each supplement on our [Specials](#) page.

Includes:
Bio-Botanical G.I. Detox

Country Doctor Detox, ICF #1 and ICF #2

MicroBiome Labs Mega IgG2000

Standard Process GI Adsorb,
Spanish Black Radish and SP Cleanse

20% Off

Standard Process [Detox Balance Program](#)
(10 or 28-day - must pre-order)

Order direct (discounts don't apply):

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

20% Off Toxicity Balance Biofeedback Scans
Reg. \$75



www.TheNaturalPathLtd.com

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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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