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Subject: Thank You For Five Years - Let's Celebrate! - The Natural Path - July 2021



Expert Nutrition Advisors

July 2021



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Thank You For Five Years - Let's Celebrate!

We are so grateful for you, our clients! Whether you have been with us a short time or since our start 5 years ago, we appreciate your trust in us as your partners in good health. We will be celebrating all month with some great offerings and specials (see below). Plan to stop in at our Anniversary Celebration for refreshments, prizes and to enter the drawing for either \$100 in supplements or services

[Schedule an Appointment](#)



July Events

5-Year Anniversary Celebration

Saturday, July 31st, 10 - 2 Open House

Come celebrate 5 years with us! There will be refreshments, gifts and prizes. Keep an eye on our Facebook page for more details.

Low-Level Laser Presentations

Call to schedule - 970-829-1110

This month we are bringing the presentations to you. If you have a group of people who are interested in learning more about low level laser, we will bring lasers to try and lots of information about how it works to reduce pain, inflammation, and assist the natural healing process. As host or hostess, we will give you a discount to purchase your own laser.

SHAPE ReClaimed Group Meetings

Wednesdays, July 7th and 21st, 5:00 - 6:00 pm - Zoom Call

If you are part of the SHAPE program, plan to join us this month for support, sharing and education.

Login info:

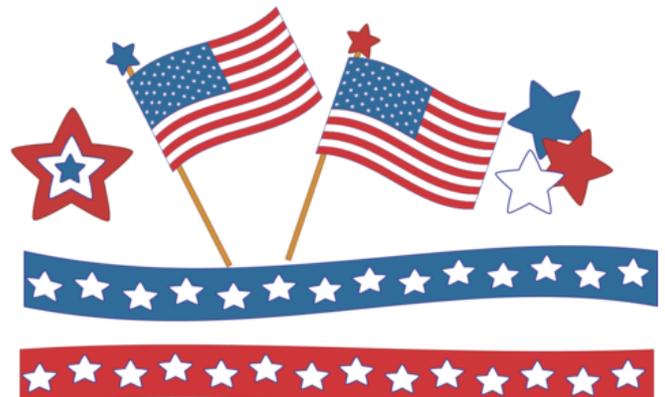
<https://us04web.zoom.us/j/2445711756>

Meeting ID:244 571 1756

Passcode: Colorado



Happy 4th of July!!



We will be open on Monday, July 5th.

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milestone, we wanted to reflect and focus on where things really started - laser!!



Carl's love of laser started early on when he went to his first concert. It was ELO (Electric Light Orchestra) Laser Light Tour in 1977. He was amazed by the light show and become fascinated by light, the stars, lightning, etc.

In 1998, a chiropractor used Low-Level Laser (LLL) and NET (Neuro Emotional Technique) to help clear Carl's unresolved back pain. This started a new fascination with laser and a drive to learn the techniques his chiropractor was using. Fortunately, this chiropractor saw his potential and was willing to become his teacher/mentor.

In addition to being a great teacher, this chiropractor was friends with the doctors who worked to get low level laser FDA-approved in the US. This relationship enabled Carl to receive advanced laser training as the chiropractor's assistant.

The next step was to acquire a laser and Carl's mentor helped him get his first laser which was the same model being used by pro sports teams at the time. Carl attended so many seminar trainings that he lost count. A career change wasn't far behind as he left British Telecom to begin using laser to help people with pain and injuries of all kinds.

When relocating to Ft. Collins 12 years ago, Carl took his laser knowledge and training in a new direction and started working with horses. They are amazingly responsive to laser therapy and it was very rewarding work. However, God had other plans.



Carl was asked to work with just a "few" people at another chiropractor's office and before long that turned into a full time job. This is where Kimberley comes into the story.

A friend recommended that she try laser therapy for her knees. Her only experience with laser up to that point involved Pink Floyd at the planetarium. She met Carl and thought that the therapy was helpful. Well, a few sessions turned into a few more....and you will just have to ask if you want more specifics of that story. Needless to say, the Malones have been together ever since.

Low level laser is what led to The Natural Path and why it is so foundational to our practice.

### Why Low-Level Laser?

Low-level laser (also known as cold laser) may be new to some of you so here is a little more info.

Most lasers are "hot" or high-powered lasers. They are the type used in surgeries, cauterizing or cutting tissue, and they increase thermal temperature of what they contact.

Low-level laser light is compressed light of a wavelength from the red part of the spectrum of photon emissions. It is different from natural light in that it is one precise color; it is coherent (it travels in a straight line), monochromatic (a single wavelength) and polarized (it concentrates its beam in a defined location or spot). These properties allow laser light to penetrate the surface of the skin with no heating effect, no damage to the skin and no known side effects.

Low-level laser light directs light energy (photons) to the body's cells, which the cells then convert into chemical energy to promote natural

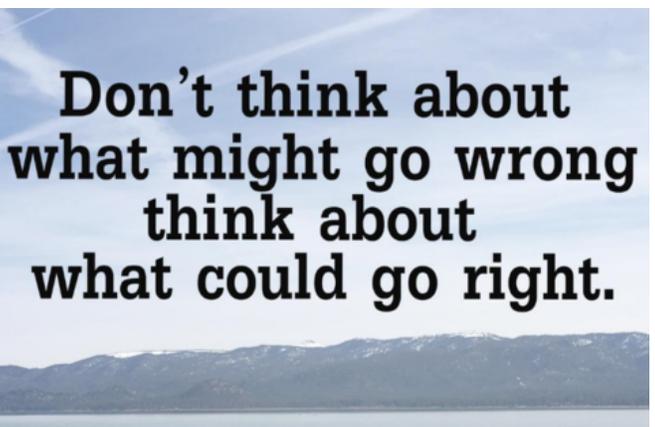


## We will not be taking appointments Monday, July 12th through Friday, July 16th.

While we won't be taking appointments, you can still receive help with scheduling future appointments and ordering or picking up supplements. Call before stopping by the office to make sure someone is available to help you.

### SHAPE ReClaimed

We continue to see some fantastic results with the SHAPE ReClaimed program. Why not join us? There are group meetings if you need a little extra accountability to stay on track with a plan. All you have to lose is....pain, brain fog, inflammation, anxiety, a few pounds, headaches, fatigue....



### Meet Someone New

You may have seen a new face or heard a new voice in the office recently. We are really excited to have Marissa helping us this summer (and hopefully longer)! She will be working on projects with Kimberley, as well as helping with the day-to-day tasks around the office. She recently graduated from Ridgeview and is headed to UNC this fall.

Be sure to welcome her and say 'hi' next time you are in.

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Currently we use QuantumWave Scalar Lasers due to their unique scalar wave, ease of use and versatile functionality. We use these lasers in many of the sessions offered in our office.

We also have lasers that can be rented for use in the office and sometimes have longer term rentals available as well. Ideally, we like clients to have them for home use and assist many people in acquiring their own laser to use with themselves, family and pets. If you would like to learn more, schedule a

presentation by calling the office.

We hope you find as much value as we do in using low-level laser. Regardless, it is just one tool of many that we use at The Natural Path and we are happy to work with you to figure out the best path for your health journey. Thanks again for the last 5 years and we look forward to many more years together. We are so grateful for you and your referrals of friends and family!



### Professional Wellness Alliance



Thank you to everyone who has joined the Professional Wellness Alliance to help protect our right to provide and your right to receive complementary and alternative care. As more regulations and restrictions of natural health care and products continue to amass, it becomes even more important to be part of an organization that protects your rights and freedoms.

Learn more and become a member at: <https://www.pwai.us/>

Not only is it The Natural Path's anniversary, it is our anniversary this month too. We will be taking a little time off to 4-wheel and enjoy some 'mountain time'.

Wishing you a happy and safe 4th of July!

Dr. Carl and Kimberley Malone



### The Wild Animal Refuge



'Giving back' is important to the Malones and has been a core value of The Natural Path since the beginning.

One of the organizations we (and you as a client) support is The Wild Animal Sanctuary.

One of our first dates was to The Wild Animal Sanctuary. Kimberley wanted Carl to meet her adopted tiger, Katy. Sadly, Katy has since passed, but we now sponsor Kody, a grizzly.



### Palm Pasta

Here is a super simple recipe that is SHAPE Phase I compliant and yummy!

Ingredients:

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need for much more space. Almost 10,000 acres became available in Springfield, CO and is now up and running as The Wild Animal Refuge. We had the opportunity, as founders, to visit the refuge recently and are excited by the possibilities to help rescue even more endangered wildlife. Click here to learn more about the new facility: <https://www.wildanimalsanctuary.org/the-refuge>.



- 25 oz. jar marinara sauce - no sugar added
- Garlic or other seasonings
- Nutritional Yeast - optional

Serves 4

Directions:

Start the marinara sauce warming in a sauce pan. Brown the ground beef, drain grease and add to the sauce. Add any extra seasoning you like. We love garlic salt in a grinder. Warm the palm pasta in the same pan the ground beef was cooked in. Since this is not a grain pasta, no cooking in water is required and it takes only minutes to warm up. Serve with sauce and sprinkle with nutritional yeast.

We do love Trader Joe's and get all the ingredients needed for this recipe there. We often prepare 1/2 the recipe for the two of us (just 1 box of palm pasta). Enjoy!



### Ruby's Corner



Laser is great for 4-legged family members, too! I have a laser at home that Mom and Dad use to help with day-to-day aches and pains and my hip dysplasia. I love my laser and it helps me continue working as a greeter with enthusiasm!

### July Specials

#### Laser Tune-Up Add-On

Add on a laser tune-up at your next appointment.

**\$10**  
Reg. \$35  
~~~~

#### Lobby Laser Rental

Use a laser in our lobby for 20 minutes.

**\$15**  
Reg. \$20  
~~~~

#### QuantumWave Scalar Laser 15% Off

While Supplies Last and Includes:

- 1 Hour of Training
  - Laser Tip E-mails
- ~~~~

#### Anniversary Special - Buy 3 Get 1 Free

Buy 3 of the same supplement and get an identical one free - great time to stock up on those foundational supplements you use frequently. Call ahead to make sure we have what you need.

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

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Open Monday – Thursday, 9 am – 6 pm  
and Friday 10 am - 4 pm  
Saturday - Sunday Closed

We offer complementary and alternative health care services pursuant to "Colorado Natural Health Consumer Protection Act" SB13-215. We are a private membership and not affiliated with any Naturopathic Doctors nor do we practice any form of Naturopathic Medicine.

The information and the services provided are not intended to be a substitute for obtaining professional medical advice, diagnosis, or treatment. The Natural Path, Ltd. is not a licensed medical entity, is not affiliated with insurance entities, and does not practice medicine, or render medical advice.