

Subject: 'The Eyes Have It' - The Natural Path - May 2019



May Events

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Expert Nutrition Advisors

Newsleaf May 2019



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

'The Eyes Have It'

What do the eyes have? Our attention when they aren't working well! Normally, we don't give much thought to how our eyes are doing, until we don't see as well as we should. Sight is one of the last senses many of us would want to lose, so protecting it is very important.

There are a number of conditions that directly impact quality of vision - nearsightedness, farsightedness, cataracts, glaucoma, dry eye, macular degeneration and the list goes on. There are many natural supplements and herbs that can help support good vision and improve or prevent many common eye conditions. For example, Vitamin A (whole food source and not synthetic) is commonly known to be good for the eyes, especially when it comes to night vision.



If you are struggling with any eye conditions, please let us know at your next appointment. We stock a number of products that may help. Here are those on special this month:

Standard Process Iplex - Supports normal eye function, healthy cellular and connective tissue associated with the eye and healthy eye vascular tissue.

Health Detective

Wednesday, May 15th, 6:30 pm - 7:30 pm

Ever feel like you have a chronic health concern that just never seems to be solved or wonder if you are as healthy as you could be? Come learn about our Health Detective options to see if they may be a fit for you. Discounts on packages will be available to attendees.

NET (Neuro-Emotional Technique)

Wednesday, May 29th, 6:30 - 7:30 pm

Origin House of Fitness

Nicole Adams (<https://www.originhof.com/>) will be hosting this event. Dr. Carl will present on how stress responses such as fear, anger and grief can negatively affect us long after the original event that caused them. When we don't 'let go' we often find ourselves 'stuck' with unexplained self-sabotaging behaviors, destructive beliefs, phobias and even chronic physical problems. Neuro Emotional Technique (NET) can be used to identify and help you let go of 'stuck' mind-body stress patterns.

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110



Online Scheduling is Here!

Some of you may have already noticed changes in how you are notified of appointments. We are using a new tool for scheduling and appointment reminders. This means you can now schedule for yourself online. Look for the scheduling link on our website and social media accounts.



When you schedule yourself or call in to make an appointment, you should receive a confirmation email. You will then receive a reminder email and text the day before your appointment. It should also be easy to reschedule online if you need to.

We really want this tool to be a benefit to you, so let us know how you like it. We apologize for any 'growing pains' as we all become accustomed to the changes.



Happy Mother's Day!

Don't forget to celebrate your mom on
Sunday, May 12th!

trauma.

MediHerb Bilberry - Helps promote vascular integrity, build healthy connective tissue and maintain health of capillaries, all important for healthy eyes.

Country Doctor Eyebright - An herbal product that will cleanse and strengthen the eyes by increasing circulation and removing waste around the eyes. It is also anti-bacterial.



In addition to making sure we are consuming the nutrients we need for healthy eyes, we need to protect our eyes from damage. We are all aware of the damage that UV light from the sun can cause to our eyes. However, new research is beginning to question

if blue light may be causing eye damage as well.

Blue light is given off by the sun, but the biggest unprotected exposure is from the screens on all the technology being used today - smart phones, tablets, computers and TVs. Due to the ability of blue light wavelengths to travel through the eye to the retina, it is possible that long term exposure could lead to macular degeneration.

Some blue light exposure during daylight hours is important, as it helps the body maintain a healthy circadian rhythm. However, blue light exposure later in the day can disrupt normal rhythm and make sleep difficult. If turning off all the electronics when the sun goes down doesn't appeal to you, consider using blue blocker glasses or using applications on the devices to filter blue light. Many applications are available including f.lux and Iris. This is an easy step to both protect your eyes and get a good night's sleep.

For more information on blue light, check out this article: <https://www.allaboutvision.com/cvs/blue-light.htm> Also, be aware that some blue blockers are better than others. Consumer Reports suggest that the Uvex Skyper safety glasses block most blue light. Do your research.



Country Doctor Herbals Calendar Cleanse



This month we continue the cleanse options provided by Country Doctor Herbals. These are scheduled throughout the year to work systematically through different organs and systems of the body. This month focuses on two very important cleanses - Parasite Cleanse and Metal/Chemical Cleanse.

You can join in anytime if you are interested in improving your health. Come by to pick up a schedule of the cleanses or download an online copy here: <https://thenaturalpathlive.weebly.com/health-documents.html>. All cleanse products are available at our office.



We had a wonderful time at the Gut Check Summit last month. Thank you to everyone that came by to say 'hi'. It was a great time of learning for everyone and we came away with more ideas to help clients with gut healing.

Warm Regards,

**Dr. Carl and
Kimberley
Malone**

Our eyes are placed in front because it is more important to look ahead than to look back....



Avocado Butter

- 1/2 C. butter, softened
- 1/2 C. mashed ripe avocado
- 1 1/2 tsp. lemon juice or apple cider vinegar
- Salt to taste



Add spices like garlic, parsley, cumin, etc. to customize your flavor.

As always, we recommend using the best ingredients possible. Combine in a blender or food processor and use with fish, as a dip, or any other way that strikes your fancy. This is a Keto-friendly recipe.

We often ask clients if they are eating plenty of healthy fats. This is a great way to do just that!



No one ever injured their eyesight by looking on the bright side.



Ruby's Corner



Great googly-moogly! Look at the eyes on that snowman! He looked pretty shifty when I came across him and I am ready for the snow to stop....so..... "I took care of him"! Bring on the sun!



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**Memorial Day
Monday, May 27th**

Office will be closed.



May Specials

**Eye Support Supplements
10% Off**

**Includes: Standard Process Iplex and Oculotrophin,
MediHerb Bilberry,
and Country Doctor Eyebright**

www.TheNaturalPathLtd.com

2212 S. College Ave.
Fort Collins, CO 80525

970-829-1110

Open Monday – Thursday, 9 am – 6 pm
and Friday 10 am - 3 pm
Saturday - Sunday Closed