

Subject: The Heat Is On! Are You Prepared? - The Natural Path - July 2018



## Expert Nutrition Advisors

# Newsleaf July 2018



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

### The Heat Is On! Are You Prepared?

This is the time of year when we enjoy long, warm days outside by the pool, the beach or just the BBQ. Soaking up some rays is often how we build up our store of Vitamin D (the sunshine vitamin) for the shorter days that will be coming. However, this is a case where you can get too much of a good thing.

Vitamin D plays some very important roles in our body, especially when it comes to calcium. It helps with calcium absorption from the gut and moves that calcium into the bloodstream.

You have probably heard plenty about how important calcium is for healthy bones. But did you know calcium is also a key to proper functioning of your immune system? It also ensures that your muscles work correctly and don't cramp. Keep in mind your heart is a big muscle which you don't want to cramp!

## July Events

### Love The Skin You're In - Free

Thursday, July 12th, 6:15 - 7:15 pm

Skin is one of those things that almost everyone would like to improve. But there is more to improving its appearance than using creams or receiving a facial. Glowing, healthy skin also depends on a lot of other things too. Come learn more about what you can do to improve your skin using nutrition, light therapies and lifestyle.

### Orientation - Free

Tuesday, July 17th, 6:15 - 6:45 pm

Thursday, July 26th, 12:00 - 12:30 pm

Meet the Malones and 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



Freedom is never free. God Bless America!



### Office Closed - Wednesday, July 4th

It is that time of year again - car shows, picnics, fun in the sun and fireworks. All of us at The Natural Path wish you a happy and safe 4th of July. In honor of the holiday, the office will be closed on Wednesday, July 4th.



So, Vitamin D is certainly important, but if you have too much, it can have a negative affect on your immune system and the calcium needed in other tissues. Vitamin D is very good at keeping calcium in the bloodstream and will even pull it out of the areas where it is most needed. This is what people experience when they have sunstroke, sunburns or even muscle cramps after a sunny day outside.



Fatty acids help to balance out Vitamin D and push that calcium back where it should be - in tissues. Fatty acids are found in healthy fats and oils. We use a product called Cataplex F that contains enough fatty acids to get that calcium moving back where it belongs. It can even be taken preventatively if you are expecting a long hot day in the sun. Your energy will be better and risk of sunburn decreased. Of course, we still suggest wearing a hat and some light protective clothing. If you do get a sunburn, also make sure to have some USF Ointment on hand.

This month we are primarily focusing on skin. Skin is often a reflection of overall health. It is especially indicative of the health of your gut - which is very much like our 'inside skin'. Gut issues frequently show up as rashes, acne, and dry or itchy skin. So, part of having a glowing complexion depends on identifying any gut issues, whether food sensitivities, bacterial imbalances or pathogenic activity.

In addition to working from the inside out, we are offering specials this month on light therapies that work directly on the skin. Look below for specials on personal low-level lasers and Celluma light therapy.

If you would like to add some nutrient support for your skin, we have discounts this month on the following:

**Calcium Lactate** – Highly soluble form of calcium from a nondairy source. Supports muscle contraction, nerve conduction, healthy bone density, and proper immune system response.

**Cataplex F** – Promotes healthy skin and hair.

**Dermatrophin** - Supports healthy skin and connective tissue.

**DermaCo** – Herbal product containing: Sarsaparilla, Cleavers, Oregon Grape, Burdock and Yellow Dock. Promotes normal healthy skin renewal and integrity. Also supports healthy flushing of toxins and lymphatic system function.

**Gotu Kola** - Herbal product containing: Gotu Kola, Grape Seed and Ginkgo Biloba. Supports healthy blood circulation and capillaries in addition to promoting healthy skin and connective tissue. Combines well with DermaCo.

**Country Doctor Skin/Hair/Nails** - Provides nutrients necessary to nourish, repair and rebuild the skin, hair and nails.

**USF Ointment** - This product is like using Cataplex F directly on the skin. Helps with dry skin, eczema, rashes and sunburn.

If you are part of our morning crowd, you may have seen a smiling new face around the office. Beth is a wonderful addition to our staff, making sure the office is open and ready to go so you can now pick up supplements as early as 9:00 am.

## Flag Fruit Kabobs

Looking for a healthier option to have at your July 4th picnic? What about fun-to-make fruit kabobs? These are easy and something the kids would enjoy helping with.

Just grab some wood skewers and choose from a variety of fruits to build your 'flag'.

Blue:  
Dark Purple Grapes  
Blackberries  
Blueberries

Red:  
Watermelon  
Strawberries  
Cherries

White:  
Bananas (A dip in diluted lemon juice will prevent browning.)  
Dragonfruit  
Pear or Apple Flesh  
Marshmallows (Just seeing if you are still reading - we consider treats like these o.k. once in a while.)



## What is Celluma Light Therapy?

Celluma is unique and quite unlike any other low-level light therapy device available today. Based on NASA research, Celluma delivers blue, red and near-infrared light energy simultaneously and is used to treat acne and wrinkles. It increases blood circulation, decreases inflammation and increases the production of collagen and elastin.

Sessions last 30 minutes and are quite relaxing. Check out this skin-enhancing service today!

Here is a testimonial from a Celluma user:

*I have suffered from acne for ten years now. I get breakouts all over my face, particularly in my T zones and have struggled with cystic acne specifically, along with other small blemishes throughout the years.*

*I used the Celluma light for 4 weeks straight, twice a week for 30 minutes at a time. Not only was the experience incredibly relaxing, it did wonders for my skin. I noticed right around the fourth treatment that my skin had more of a glow and bronze-like tone to it. I also noticed that the texture of skin was becoming smoother. My usual breakouts started to become less and less as the treatment went on over the month. Family and friends who knew*



me well would comment on how nice and clear my skin looked. I would recommend the Celluma light to anyone who suffers from acne or anyone who is simply looking to boost their skin texture, color and tone.

Stephanie



## Ruby's Corner

Here's to long summer days and glowing healthy skin,

**Carl and  
Kimberley  
Malone**



## July Specials

**Lasers 30% Off!!**

Limited quantities available.

**Celluma 4-Series - \$159**

Reg. \$189  
(30 min. sessions)

**Neuro Emotional Technique® 3-Series  
\$119**

**Skin Support Supplements  
10% Off**

**Includes: Calcium Lactate, Cataplex F, Dermatrophin,  
DermaCo, Gotu Kola, Country Doctor Skin/Hair/Nails, USF  
Ointment, Canine Dermal**

Spending some time in, on or near the water with your four-legged friend soon? Remember that we can overheat and be sunburned too. For a 'hot dog', you can use Calcium Lactate and Cataplex F to ease the effects of too much sun.

For other skin issues, consider Canine Dermal, which helps with general skin health, itchy skin/allergy, wound healing and even gut health (because the gut is like 'inside skin').



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

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Monday – Thursday 9 am - 6 pm

Friday 10 am - 3 pm

Saturday - Sunday Closed

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