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Subject: The Natural Path, Ltd. August 2017 Newsletter and Open House This Week!

The Natural Path, Ltd.

August 2017 Newsletter



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

Happy Anniversary (to us)!

The newsletter is a little late this month, but we have been busy celebrating. We first honored our wedding anniversary with a day off on July 24th and a very relaxing time at the hot pools in Hot Sulphur Springs. We highly recommend this get-away. Check it out at: <http://hotsulphursprings.com/pools/>.

The other exciting anniversary is the first year of The Natural Path opening its own office on South College Avenue! We are so grateful to everyone who has supported us and the business. To celebrate, we will have an open house this Thursday from 4:30 - 7:30 p.m. Stop by to enjoy some refreshments and receive a \$20 service gift as our thank you for your support and encouragement this past year. There have been many new faces, and we are really enjoying walking the path to health with you all – friends from the past and those of you who have joined us here on South College.

Speaking of new faces, you may see this one around the office the next time you are in. Alex is a CSU Media Communications graduate and will be helping us out part time. If you need any help in the area of marketing, branding or social media



August Events

View Calendar

◆◆ Anniversary Open House ◆◆ Thursday, 10th, 4:30 - 7:30 pm

The Natural Path is celebrating its first anniversary this month! Come by during the open house for light refreshments and a \$20 service gift. We want to thank everyone for the support over the past year. No RSVP necessary.

Orientation Class

Tuesday, 8th, 12:00 - 12:30 pm

Thursday, 17th, 6:15 - 6:45 pm

Tuesday, 22nd, 6:15 - 6:45 pm

Thursday, 31st, 12:00 - 12:30 pm

Learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees receive their first nutritional evaluation and consult via a reduced cost (**\$75 value**).

Laser Basics Class

Tuesday, 29th, 6:15 - 7:15 pm

Participate in a presentation of how cold laser works to reduce pain, inflammation, and assist the natural healing process. Learn how you can help yourself, your family or your pets by using laser. Lasers will be available to try



Call or email to reserve your seat in any class.

TheNaturalPathInfo@gmail.com

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<https://alexjanedesigns.com/>

The opportunity came up for us to take a brief trip to Wisconsin to see the Standard Process farm and manufacturing facility. It seemed like a perfect time to take a couple of days to travel and reflect on the past year. Standard Process is one of the key whole food supplement suppliers that we use in our office.

The experience was amazing and really highlighted the care that Standard Process takes to provide the highest quality product. From soil to seed to supplement, every detail of the farming and manufacturing is carefully undertaken and monitored to ensure you receive the most nutrient-dense product possible. If you would like more information about the Standard Product products or processes, we would be glad to answer any questions.

We look forward to another health-building year with you!



Carl and Kimberley Malone

"The Works"

What is "The Works"? Glad you asked! It is the latest and greatest addition to our body therapy protocols. It includes the best therapies we have offer all rolled into one session.

You start with a **laser tune-up** to reset each nerve root from nose to toe. This is followed by our **emotional clearing** technique to help remove emotional roadblocks to healing. Next is **laser neuromuscular therapy** using both cold laser and percussor. This is when the relaxation really kicks into high gear as tight muscles release and sore spots dissolve. **Cranial** work follows to release remaining tension or stress. Finally, "The Works" wouldn't be complete without the **A.S.E.R.T.** protocol to address current environmental sensitivities and to bring overall balance to your body.

Sessions are an hour long.

"Feeling gratitude and not expressing it like wrapping a present and not giving it"
- William Arthur Ward

August Special

"The Works" - \$50 off
Regularly \$145

Things are cooling off, but there is still some summer left. The drink below is excellent for detox and can be served hot or cold. Try it warm on a cool morning or chilled after a hot day. There are so many health benefits of the ingredients that it is worth experimenting to find a way you like it best!



ACV Cocktail

- 1/4 C. raw honey
(Try a local honey for help with allergies)
- 1/4 C. apple cider vinegar
(Bragg's brand is great)

Ruby's Corner



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Optional: 1/4 C. lemon juice or a pinch of Cayenne

Dissolve the honey in warm water and add other ingredients. Chill if desired. Add a sprig of mint or a shot of your favorite adult beverage, if you are feeling adventurous.



"There is no one GIANT step that does it. It's a lot of little steps."

- Peter A. Cohen

Do you have a flegged family member that eats kibble? Dry pet food is promoted as helping to keep teeth clean, but it's a myth. Kibble is no better for a pet's teeth than crunchy human food is for your teeth. It would never occur to you to eat a handful of pea brittle to remove plaque and tartar from your teeth.

If feeding dry food, it is recommended that it be moistened with warm water or broth. This is important because:

1. It makes the food easier to digest
2. It increases the fluid intake of the animal/day
3. It reduces the amount of fluid the body must produce in order to break down the dry food
4. It also reduces the irritant/astringent effect of the food on the GI lining



"SUCCESS is the sum of small efforts repeated day in and day out."

- Robert Collier

www.TheNaturalPathLtd.com

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Open Monday – Thursday, 10 am – 6 pm

Friday and Saturday by Appointment