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**Subject: The Natural Path, Ltd. December 2016 Newsletter**

## The Natural Path, Ltd.

### December 2016 Newsletter

**Scroll down for December Specials. Be sure to check out the deals on gift certificates for the holidays.**



Life has been a whirlwind for us since the grand opening of our new College Avenue location this past August. We so **appreciate** all of you who have stuck with us through the moves and changes as well as all the new people we have had the pleasure of meeting.

We know we aren't the only ones experiencing the 'too busy' feeling this time of year. So, we want to challenge each of you to save a little time and energy to take care of yourself. If you aren't feeling your best, you won't be able to love and care for those around you as you would like nor enjoy your favorite activities.

One way to quickly and easily amp up your energy and vitality is to do a purification cleanse. We offer a great 21-day purification by Standard Process that is very easy and rewarding to follow. It is based on making some dietary changes, drinking delicious smoothies and taking some supplements. We are glad to offer some taste tests to anyone interested.

To show our appreciation, if you purchase a kit in December, we are offering 10% off. There will also

## December Classes

### Nutritional Orientation

**Tuesday, December 6th and 20th  
6:30 pm**

Learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees will receive their first nutritional evaluation and consult visit at **no charge**.

### Laser Self-Care

**Tuesday, December 13th  
6:30 pm**

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



**Call or email to reserve your seat in any class.**

**TheNaturalPathInfo@gmail.com**

**970-829-1110**



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[www.standardprocess.com/purification](http://www.standardprocess.com/purification). You may also sign up at that link to attend a 1-hour informational webinar on December 8th.

Plan to give yourself the gift of good health in the new year. Join us in a 21-Day purification and show yourself some appreciation.

## Merry Christmas and Happy New Year!



*"The deepest craving of human nature is the need to be appreciated."*

- William James

Carl and Kimberley Malone



**Let's all take time to show appreciation to those around us during this busy holiday season!**



## December Specials



**Fruity Green Salad**  
Serves 12-15

**Here is a nice alternative for those holiday parties:**

**Ingredients:**

- 2/3 cup vegetable oil (*we suggest a light olive oil*)
- 1/3 cup lemon juice
- 1/4 cup sugar (*we suggest stevia drops*)
- 2 teaspoons chopped green onions
- 3/4 teaspoon salt
- 1 teaspoon poppy seeds
- 8 cups torn mixed salad greens
- 1 medium red apple, chopped
- 1 medium pear, chopped
- 1 cup chopped pecans, toasted
- 1 cup (4 ounces) shredded Swiss cheese
- 1/4 cup dried cranberries

Gift certificates for December - buy one for yourself or someone you love.

- \$30 for a 30 minute pain and inflammation cold laser session.

- \$59 - BOGO Body Light Session. Buy a session for a friend and keep one for yourself.

- 10% off 21-Day Purification Program (includes 4 helpful 'motivation' webinars in January and a food journal).

- Remember that cold lasers can make awesome gifts too! Ask us about available lasers.

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in a jar with a tight fitting lid, combine the first six ingredients; shake well. In a large bowl, combine the remaining ingredients. Drizzle with dressing and toss to coat. Serve immediately.

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Credit: Taste of Home

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

**2212 S. College Ave.  
Fort Collins, CO 80525**

**970-829-1110**

Open Monday – Thursday, 10 am – 6 pm.

Friday and Saturday by Appointment

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