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**Subject: The Natural Path, Ltd. February 2017 Newsletter**

# The Natural Path, Ltd.

## February 2017 Newsletter



What is the difference between today and yesterday? 100,000 heart beats!

That's a lot of work your heart has to do without so much as a day off or even a little break. It makes sense to ensure your heart is working as well as it can.

We are calling February "Love Your Heart" month and are offering anyone a **free heart scan**. This non-invasive scan only takes moments to run and gives a good picture of the overall functioning of the heart.

We use a computer-based low risk general wellness monitor which uses the principles of auscultation to observe heart sounds. Certain types of heart stress can be monitored by seeing the RATE, RHYTHM and TONE of the heart cycle on the graph.



Would you like to make sure your Valentine's heart is in tip-top shape? Just contact us with their information and we will email a special note from you with the free heart scan offer. What better way to say 'I love you'?

## February Classes

### **Nutritional Orientation Sessions**

**Tuesdays in February at 12:00 pm**  
**Thursdays in February at 12:30 pm**  
**Tuesday, 7th & 21st at 6:00 pm**  
**Saturday, 11th at 10:00 am**

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 visit at **no charge** (\$150 value).

### **EMF Protection and Grounding Presentation**

**Thursday, 16th at 6:30 pm**

EMFs (Electromagnetic Frequencies) are all around us. Learn about the key sources of EMFs and how they may affect you.

### **Laser Self-Care**

**Saturday, 11th at 11:00 am**

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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**Carl and Kimberley Malone**



**Here is a healthier heart alternative to a box of chocolates this Valentine's Day. Dip organic strawberries in a high-quality dark chocolate. Better yet....make your own chocolate!**

**Healthy Chocolate Covered Strawberries**

**Ingredients:**

- ¼ cup ( 36 g) cocoa butter
- 3 tbsp ( 12 g) raw cacao
- 1 ½ tsp raw honey
- 20 fresh strawberries



**Instructions:**

To make the chocolate, melt the cocoa butter in a heatproof bowl set over a pot of simmering water. The bottom of the bowl should not touch the water. Add the cocoa powder and honey and mix well to combine. Cool slightly then dip each strawberry into the dark chocolate.

Set strawberries on the parchment paper. Dip a fork in the remaining chocolate and drizzle the chocolate over the dipped strawberries. Refrigerate for an hour before serving.

Credit: Harper (PaleoGrubs.com)



*"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."*

- Helen Keller



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Open Monday – Thursday, 10 am – 6 pm.

Friday and Saturday by Appointment

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