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

## **The Natural Path, Ltd.** **January 2017 Newsletter**

# 2017

Welcome to a new year! We are really looking forward to new beginnings and helping many more people achieve their health goals this year.

There is still time to join our Purification Program group, which is starting next week on January 10th. You will receive tons of support with great recipes, a food journal, phone application and 4 weekly motivational webinars to help you along. To learn more and register go to:

[www.standardprocess.com/purification](http://www.standardprocess.com/purification)

Call or email soon if you would like to order a purification kit to start your new year with a gentle and healthy cleanse.

The Natural Path is pleased to announce Advanced Medical Massage Therapy and Sports Massage. Both therapies work through light clothing.

Carl has over 15 years of experience in bodywork, helping to improve physical, emotional and energetic function. If you have pain and inflammation almost anywhere in the body, he can help. Having originally trained as a Chiropractic Assistant, he knows how well these treatments compliment the work your chiropractor is doing, too.

See below for more information on these therapies. Call now for a free consultation.

## **January Classes**

### **Nutritional Orientation Sessions**

**Tuesday, January 10th and 24th**  
**6:30 pm**

**Wednesday, January 18th,**  
**12:30 pm**

**Saturday, January 21st 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).

### **Laser Self-Care**

**Tuesday, January 17th**  
**6:30 pm**

**Saturday, January 21st 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



In honor of the Purification Program this month, here are a couple of recipes from the Standard Process cookbook:

### "1° of Change"

#### Blueberry Goji Shake

- 2 tablespoons dried goji berries
- 1-2 medjool dates, pitted and chopped
- 1½ cups prepared green tea, chilled
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 teaspoon vanilla extract
- 1 tablespoon chia seeds

Blend goji berries, dates, and green tea together until smooth. Add the remaining ingredients and blend until frosty.



#### Kale Chips

1 bunch of kale, stems removed, torn into bite-sized pieces

1 Tbsp. olive oil

1 tsp. sea salt

Preheat oven to 350 F.



*"It is our attitude at the beginning of a difficult task, which, more than anything else, will affect its successful outcome."*

- William James



#### Advanced Medical Massage Therapy



If you are losing function or have pain and inflammation you may want to try

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with sea salt. Place in oven 10 minutes or until crispy.  
Serves 2

Credit: 1° of Change

Want to see more recipes from this cookbook?

<https://www.standardprocess.com/Products/Literature/1-Degree-of-Change>



## Sports Massage

Not just for athletes!

Our unique approach to sports massage is based on established techniques used in sports medicine. These techniques have been proven successful by amateur and professional athletes and teams to speed up recovery and improve performance. We use an approach based on Applied Neurology™ that allows us to test almost every major nerve root and up-regulate function. This can improve awareness, hand-eye coordination, balance, neuromuscular function and overall performance. These techniques have been used by MVPs, cyclists, tennis players and even Indy and NASCAR drivers to maintain peak performance.

based on what you need and your private session may include these modalities:

Myofascial release – a gentle technique that doesn't require deep pressure.

NeuroMuscular Therapy - deep tissue massage.

Emotional Release Techniques – most conditions have an emotional component. Finding and releasing the emotion can accelerate the healing process.

Craniosacral Therapy - proven effective for headaches, migraines, TMJ disorder, balance, coordination, stress relief, sleep problems, vertigo, head and neck pain and some types of tinnitus and facial nerve disorders.

Visceral Manipulation – liver, gallbladder and other organ issues, injuries from seat belt, car accidents and falls.

Lymph drainage - to flush and reduce swelling and inflammation.

[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