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Subject: The Natural Path, Ltd. June 2017 Newsletter

The Natural Path, Ltd.

June 2017 Newsletter



Be sure to read to the end for monthly specials!

You may be wondering why all the rainbows and colors in this newsletter. It isn't just because this is the time of year to catch a glimpse of a rainbow after one of our Colorado afternoon rain showers. Instead, we want to remind you to 'eat' a rainbow of colors. And, no, Skittles and M&Ms don't count toward this goal. The rainbow of colors you want to eat is a variety of fruits and vegetables (whole foods with no labels required to list ingredients). The colors are a reflection of the vitamins, minerals and other nutrients available in the food. Here are some suggestions to get you started:

Red: Tomato, Pomegranate, Strawberry

Orange: Carrot, Pepper, Orange

Yellow: Lemon, Squash, Banana

Green: Kale, Kiwi, Asparagus

Blue: Corn, Blueberry

Purple: Eggplant, Cabbage

But sometimes we need a little help bridging the nutritional gap. It is hard to keep up with good eating habits during the long days of summer full of picnics, parties and BBQs. So, this month we want to focus on daily general health supplements. Three key products to help fill in the gaps of some less-than-ideal food choices and the lack of nutrients in our current food supply are [Catalyn](#), [Trace Minerals-B12](#) and [Tuna Omega-3 Oil](#).

June Classes

[View Calendar](#)

Orientation Sessions

Thursday, 8th, 6:00 - 6:30 pm

Tuesday, 13th, 12:00 - 12:30 pm

Thursday, 22nd, 12:00 - 12:30 pm

Tuesday, 27th, 6:00 - 6:30 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 visit at **no charge** (\$150 value).

Laser Basics

Tuesday, 20th, 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 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



[Functional Forum](#)

Wednesday, June 7th

6:00 - 8:30 pm

Are you a health practitioner? Have you

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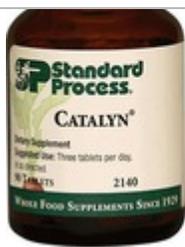
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EXCELLENT MULTI-VITAMIN. It was the first Standard Process product produced back in 1929. It is a whole food source of vital nutrients.



group at The Natural Path the first Wednesday of each month. This is a great place to network and hear information on topics related to holistic health. To learn more go to: meetup.functionalforum.com. Pass this information on to any holistic health practitioner that may be interested in attending.



Trace Minerals-B12 - This is a multi-mineral product. Minerals are crucial in the body and support everything from musculoskeletal health to immune system response.



Sunday, June 18th

HAPPY FATHERS DAY

Tuna Omega-3 Oil - This product delivers essential omega-3 fatty acids. It is important for brain health, a normal inflammatory response, and healthy skin and hair.



"Try to be a rainbow in someone's cloud"
- Maya Angelou

We also have fundamental nutritional support for kids in chewables. These are also great for 'big kids' that may have trouble with swallowing supplements.



It can be challenging to remember to take supplements during our busy, and sometimes less structured, summers. To help you out, we have General Health packets that include Catalyn, Trace Minerals-B12 and Tuna Omega-3 Oil for 20% off in June.

Life is like a rainbow.
You need both the sun and the rain to make its colors appear.

Just grab and go!!



Carl and Kimberley Malone



June Specials

Body Lights

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**General Health Packets
20% Off**



Summer is the perfect time to pick from an abundance of seasonal fruits and vegetables. Buy organic and local whenever you can. Are you familiar with your local farmer's markets? Here is a link to Ft. Collins' market scene: <http://www.fortcollinsfarmersmarkets.com/>



Instead of a recipe this month, we want to recommend making a big fruit salad. It is a great way to 'eat' the rainbow.

If you are watching your blood sugar, be careful of eating too much fruit - especially by itself. Consider adding a healthy fat like avocado and some high quality protein to your meal.

If you would like a little fun instruction for making a fruit salad, check out this tune performed by The Wiggles (be careful, it will be hard to 'unhear' this one): <https://www.youtube.com/watch?v=LmR7G208ug4>

Ruby's Corner



Don't forget your 4-legged family members when it comes to nutrition. Not only is it important to avoid harmful things, it is also important to make sure they are getting their vitamins and minerals too. "Ask my mom or dad about what I take. Woof!"

www.TheNaturalPathLtd.com

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

970-829-1110

Open Monday – Thursday, 10 am – 6 pm

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