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Subject: The Natural Path, Ltd. March 2017 Newsletter

# The Natural Path, Ltd.

## March 2017 Newsletter

### March Classes



#### Nutritional Orientation Sessions

Tuesdays in March at 12:00 pm  
Thursdays in March at 12:30 pm  
Tuesday, 7th & 21st at 6:00 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).

#### EMF Protection and Grounding Presentation

Tuesday, 28th at 6:30 pm

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

### Be sure to read to the end for specials!

It's that time of year when things start coming up green! Colors begin creeping back into the landscapes and we start spending a little more time outdoors. While this is a welcome start to the winter to spring transition, it can also come with some unwelcome seasonal stresses. Even if just for a season, these stresses can really affect daily life.

Exposure to grass, pollen and mold are common triggers for people who experience seasonal stresses. Many climate factors can contribute to these triggers including heat, humidity, rainfall, wind, etc.

Seasonal stresses start in the immune system when a substance is identified as an invader. The immune system reacts by producing IgE antibodies. These antibodies cause cells to release histamine and other chemicals, causing a reaction. Every person is different in the type and severity of reaction they may experience.



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

**TheNaturalPathInfo@gmail.com**

**970-829-1110**



**Supplement Pick-Up**

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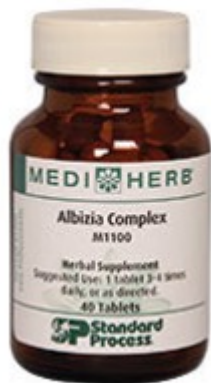
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immune system and the body's ability to handle seasonal stresses. In addition, biofeedback is available and can be used very effectively to balance the body to stressors. See below for more info on biofeedback and discounts for March.

This month we are featuring two products that work very well together in addressing seasonal stresses.

**Allerplex** - Formulated with vitamins A and C, Allerplex supports the body's ability to handle seasonal, environmental and dietary challenges. This supplement enhances the body's natural ability to manage mucus movement and supports healthy functioning of the liver, lungs and respiratory system.



**Albia Complex** - This product is a blend of herbs that can help support a normal immune system response, including normal response to occasional seasonal stresses. Albia complex can also help maintain a normal respiratory tract and assist in maintaining healthy breathing passages to support free

and clear breathing.

In addition to these two products, **Sinus Forte** is available to support sinus health and **Antronex** is great as a natural antihistamine. 10% off all of these products in March!



We look forward to helping everyone get through the

make sure we have what you need ahead of time. This will ensure we have your product available and can have your pick-up ready to go.



## March 12 Daylight Saving Time Begins



## March 17th St. Patrick's Day



*"May your troubles be less  
and your blessings be more,  
and nothing but happiness  
come through your door."*

- Irish Blessing



## Biofeedback

Biofeedback has long been used to balance the body to a variety of stressors. At The Natural Path, we use a computer-based biofeedback system that quickly and accurately scans the body for imbalances due to sensitivities related to foods, chemicals, toxins, animals as well as environmental factors like pollen, mold, and pollutants. Once imbalances are identified,

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**Carl and Kimberley  
Malone**



**This month we are giving you a recipe from the Malone cookbook. Our cooking usually happens 'in the moment' and without a recipe, so proceed with caution.**

**Malone Beef and Cabbage**

**Ingredients:**

- 1 lb. ground beef
- 1/2 head green cabbage
- 1 small can tomato paste
- 1 tsp. garlic (fresh is best!)
- 1 C. beef broth
- Water (optional)
- Parmesan
- salt and pepper to taste



**Instructions:**

Brown the ground beef in a large skillet. Drain if a lot of fat cooked out. We always leave at least some fat in the recipe.

Cut up the cabbage and add to the meat. Add the beef broth. Also add some water if necessary to ensure the cabbage is almost covered with liquid in the skillet. Mix in the tomato paste, garlic, salt and pepper and bring to a boil. Allow the mixture to boil for five minutes then lower temperature to a simmer. Cook until cabbage is tender and most of the liquid has evaporated.

Sprinkle with Parmesan and serve. This recipe is even better as leftovers!

therapy is a great way to improve symptoms caused by sensitivities.

Signs that your body could use some balancing include:

- Poor Sleep
- Fatigue
- Brain Fog
- Excess Weight
- Digestive Problems
- Respiratory Problems
- Hormonal Imbalances
- Allergies
- Arthritis
- ADD/ADHD
- Chronic Pain

There are many stressors that may be identified for balancing. Rather than overwhelm the body with addressing them all at once, the biofeedback is typically done over a series of 10 sessions for best results.



**March Specials**

**Biofeedback Series - \$500  
(10 sessions)  
\$150 Savings!**

**Biofeedback Single  
Session - \$65  
\$15 Savings!**

**10% Product Discount on:**

- Allerplex**
- Albizia**
- Antronex**
- Sinus Forte**

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**970-829-1110**

Open Monday – Thursday, 10 am – 6 pm

Friday and Saturday by Appointment

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