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Subject: The Natural Path, Ltd. May 2017 Newsletter

The Natural Path, Ltd.

May 2017 Newsletter



May Classes

[View Calendar](#)

Orientation Sessions

Tuesday, 9th, 12:00 - 12:30 pm

Wednesday, 17th, 12:00 - 12:30 pm

Thursday, 25th, 12:00 - 12:30 pm

Tuesday, 30th, 6:00 - 7:00 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).

Laser Basics

Tuesday, 23rd, 6:00-7:00 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.

Digestion and Leaky Gut Basics

Tuesday, 16th, 6:30 - 7:30 pm

@ Ft. Collins Club

1307 E. Prospect Rd.

Digestion is at the root of many common health issues from headaches to fatigue. Learn more about improving your digestion and if you may be affected by leaky gut.

Be sure to read to the end for specials!

It may not have felt like it this past weekend (at least not in Colorado), but it is time to go outside and take advantage of the longer days and warmer temperatures. What is your favorite outdoor activity? Hiking? Biking? Camping? Walking? Or do you just need to catch up on some yard work?

Regardless of the activity, this is the time of year we may start feeling a few aches and pains as we ramp up physical activity after a somewhat sedentary season. This month we also recognize two national observances: Arthritis Awareness Month and National Physical Fitness and Sports Month.

Whether you are dealing with some minor aches and pains, or more chronic conditions related to arthritis or injury, relief is possible using Laser Neuromuscular Therapy. This treatment is used to:

- Relieve pain and stimulate endorphin release.
- Reduce inflammation.
- Help generate new and healthy cells and tissue.
- Increase blood flow.
- Stimulate nerve function.
- Build collagen and muscle tissue.
- Promote faster wound healing.
- Stimulate the production of ATP.

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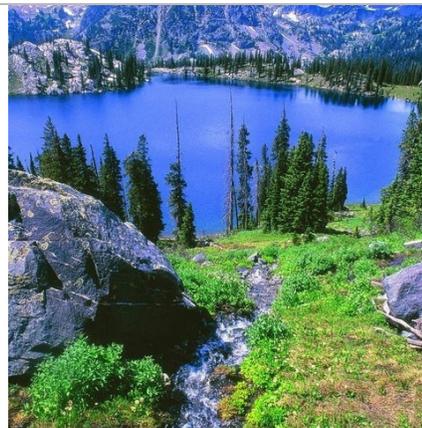
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- Stimulate detoxification within cells.

Therapy is done through clothing and may be used any place there is acute or chronic pain and inflammation. Laser Neuromuscular Therapy is most popularly used for treatment of musculoskeletal disorders, however, it has also been used in assisting the body to heal a variety of pathologies, including broken bones, organ issues, headaches and skin problems. Many symptoms can be improved with laser use. These include, but are not limited to:

- | | |
|-----------------------|----------------------------|
| Pain Relief | Wound Healing |
| Arthritis Pain | Migraine Headaches |
| Low Back Pain | Repetitive Stress Injuries |
| Carpal Tunnel | Tendonitis |
| Fibromyalgia Symptoms | Sprains and Strains |
| Post-operative Pain | Tennis Elbow |
| Golfer's Elbow | TMJ |
| Soft Tissue Injuries | Swelling |
| Burns | |



Call or email to reserve your seat in any class.

TheNaturalPathInfo@gmail.com

970-829-1110

For common aches and pains, we also offer a natural herbal pain reliever.

Saligesic - This is a willow bark product that supports musculoskeletal health and eases temporary discomfort from exercise-related aches and pains. May also help to relieve headaches.



For acute injury of muscle, tendons and ligaments, we recommend:



Ligaplex I - Supports connective tissue repair, bone growth and the synthesis of cartilage. Supports the body's natural inflammatory response function related to strenuous exercise.



Functional Forum
Wednesday, May 3rd
6:00 - 8:30 pm

Are you a health practitioner? Have you heard of the Functional Forum? We will be hosting a Functional Forum meet-up 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.



Sunday, May 14th

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Happy Mother's Day!

For those of you dealing with seasonal sensitivities, especially as you venture outdoors a bit more, don't forget we have a great biofeedback system to help balance your body. 1/2 off in May!

Body Light therapy was very popular this past month, so we are continuing specials this month. If you were hoping to try out this non-invasive light therapy on any trouble areas, you still have time!

Carl and Kimberley Malone



Monday, May 29th

Memorial Day

Office will be closed.

This month, we offer another simple recipe from the Malone kitchen.

Chicken Sausage and Brussel Sprouts



- 1 lb. chicken sausage
- 1 lb. brussel sprouts
- 2 Tbsp. high temp oil (try ghee or coconut)
- 1/2 C. chicken broth
- 1 clove or 1/2 tsp. garlic
- salt/pepper to taste

Melt the oil in a large skillet. Cut brussel sprouts in half and brown in oil for 5 min. Push the brussel sprouts to the side of the skillet and add chicken sausage to brown. Once sausage is also browned, add broth and seasonings. Stir

"Take care of your body. It's the only place you have to live in."

- Jim Rohn

Food is the most widely abused anti-anxiety drug in America, and exercise is the most potent yet underutilized anti-depressant.

-Bill Phillips

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**Seasonal Sensitivities
Session (BioFeedback)
1/2 off - now just \$40!**

**Body Work featuring Laser
Neuromuscular Therapy**
30 min. just \$39
60 min. just \$69
5-Series just \$199

Body Light Specials
3 sessions \$99
6 sessions \$189

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
