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**Subject: The Natural Path, Ltd. November 2016 Newsletter**

# The Natural Path, Ltd.

## November 2016 Newsletter



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November Specials

As we head into the last months of 2016, it will likely be a time filled with extra gatherings with friends and family. And, believe it or not, the weather may actually start to cool off! With the change of seasons and added stress, we also tend to indulge ourselves a bit more. All of these influences can leave us more prone to catching the latest cold or flu going around.

When support is needed for an acute immune system challenge, we reach for Congaplex from Standard Process. The first 10 people in November to start a nutritional program with us to help build their immune system and overall health and vitality will receive a **free bottle** of Congaplex - a great immune support supplement for the upcoming cold and flu season.

**Start building your immune system today!**

## November Classes

### Nutritional Orientation

Tuesday, November 1st and 15th

6:30 pm

Learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees will receive their first nutritional evaluation and consult visit at **no charge**.

### Laser Self-Care

Tuesday, November 8th and 29th

6:30 pm

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 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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### Butternut Squash Gratin Serves 6

**"The greatest weapon against stress is our ability to choose one thought over another."**

- William James

#### Ingredients:

- 3 tablespoons unsalted butter
- 1 (2 -pound) butternut squash
- 3/4 teaspoon fine sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup grated Pecorino Romano cheese
- 2 tablespoons fresh thyme leaves
- 1/2 cup heavy cream

#### Instructions:

Preheat oven to 350°F. Butter a 9-inch baking dish with 1 tablespoon butter.

Peel and seed squash, then thinly slice using a hand slicer, such as a Benriner or Mandoline slicer. Layer squash in baking dish, sprinkling some of salt and pepper between each layer. When baking dish is half filled, sprinkle 1/2 of cheese and thyme over squash. Continue layering squash with salt and pepper. Pour cream evenly over top layer, then sprinkle with remaining cheese and thyme.

Cover baking dish with foil and bake until squash is tender, about 45 minutes. Remove foil from baking dish and preheat broiler. Broil gratin until top is browned about 4 minutes. Serve.

Credit: Ian Knauer

## November Specials

- Free Congaplex product (powerful immune support) for first 10 new nutrition clients.

- Free Heart Scan

[www.TheNaturalPathLtd.com](http://www.TheNaturalPathLtd.com)

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## Friday and Saturday by Appointment

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