

Subject: The Natural Path, Ltd. October 2016 Newsletter

The Natural Path, Ltd.

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October Specials**

The Natural Path, Ltd. is excited to now offer heart scanning using a Heart Sound Recorder based on the original Endocardiograph designed by Dr. Royal Lee. The Heart Sound Recorder is a computer-based low risk general wellness monitor. By using this device, your specific heart waveform can be quickly and noninvasively captured to evaluate its rate, rhythm and tone. The findings may be used to make recommendations to improve the overall characteristics of the heart functioning. Follow up monitoring can then be used to monitor progress.

Call for a free heart scan today!

Carl and Kimberley Malone



October Classes

**Laser Self-Care
Tuesday, October 11th
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.



**Nutritional Orientation
Tuesday, October 18th
6:30 pm**

Learn about our approach to personalized nutrition and how to access a system survey to get started.

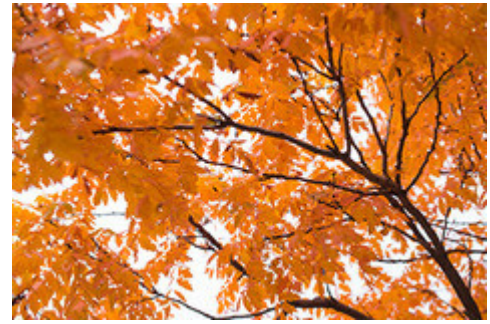
**Call or email to reserve your
seat in any class.**

TheNaturalPathInfo@gmail.com

970-829-1110



Raw Chocolate Pumpkin Pie Smoothie



Ingredients:

- 1 small peeled zucchini (another use for all that extra zucchini!)
- 2/3 cup pumpkin puree (not pie filling)
- 2 tbs. raw cacao
- 1 tbs. maca for energy boost (or try your own protein powder)
- 1 tsp. pumpkin pie spice
- 1 tbs. cashew or almond butter for creaminess
- 2 dates
- 1 cup coconut milk

Instructions:

Blend all ingredients until smooth.
Serve with pumpkin seeds for a crunch, cinnamon, and love.

Author: Drew Canole (fitlife.tv)

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense."

- Ralph Waldo Emerson

October Specials

- **Free Heart Scan**
- 20% off Biofeedback Series
- 20% off Body Light Series

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

