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Subject: The Natural Path, Ltd. September 2017 Newsletter

The Natural Path, Ltd. September 2017 Newsletter



Be sure to read to the end for **monthly specials**.

Assisted Stretch

Sometimes there is just nothing better than a good stretch! But some can't 'bear' to do it on their own.

This month we are introducing a new service called Assisted Stretch. Whether you need to limber up for fall activities or just stay mobile as we begin a more sedentary season, stretching is good for just about everyone.

Assisted stretching can relieve muscle tension, decrease pain and help flush out toxins. Gentle release techniques done by an experienced professional can give you back your mobility, increase performance in your physical activities and even improve balance. We add cold laser to these sessions, bringing added benefits if you have muscles that are tight, stiff or sore. We offer both 1/2 hour and hour long sessions.

September Events

[View Calendar](#)

Orientation Class

Thursday, 7th, 12:00 - 12:30 pm
Tuesday, 12th, 6:15 - 6:45 pm
Tuesday, 19th, 12:00 - 12:30 pm
Thursday, 28th, 6:15 - 6:45 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 a reduced cost (**\$75 value**).

Assisted Stretch Demo

Wednesday, 6th, 12:00 - 12:30 pm
Thursday, 14th, 12:00 - 12:30 pm
Thursday, 21st, 6:15 - 6:45 pm

Participate in a demonstration of our Assisted Stretch technique. Learn how assisted stretching can relieve muscle tension, decrease pain and loosen up joints. When combined with cold laser, results are even better. Come learn if Assisted Stretch may be right for you - your body will thank you!



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Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110



Have you heard of the Wild Animal Sanctuary? We had the privilege of sponsoring a big cat named Katey for a number of years and have greatly enjoyed taking trips to the sanctuary to see her. The most amazing sunsets we have seen in Colorado are from the walkway over the various habitats there.

Unfortunately, Katey passed away earlier this year, so we recently headed back to pick a new animal to adopt and support. We decided on a very handsome grizzly bear named Cody. He is fairly new to the sanctuary, so no pictures to share just yet. He is still acclimating to his new home and meeting the neighbors. We hear he is quite fond of the 'girl next door' - Natasha - another grizzly bear.

For more information on the Wild Animal Sanctuary, go to www.wildanimalsanctuary.org. A portion of our proceeds go to support the sanctuary and its animals.

Prepare Now to Avoid Seasonal Colds and Flu

With everyone heading back to school and spending more time indoors, it's important to remember that the cold and flu season is just around the corner. There are several supplements that can be used to build your immune system now: Immuplex, Astragalus and Echinacea.

If you already feel a bug getting the better of you, there are a number of products that can be used to help your immune system fight back: Congaplex, Andographis, Virex and Multi-Bac, to name a few. We are always happy to have you come in to determine the best products to help you get back on your feet as quickly as possible.

Know a college student who isn't sleeping and eating as well as they should? Consider a care package of supplements to keep them healthy or to help fight off any bugs they pick up.



Carl and Kimberley Malone



This month we give you a favorite cooking shortcut. As school activities ramp up and everyone is busier with the start of the new season, who doesn't want to save a little time in the kitchen? While we typically don't



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acceptable occasional cheat. we love adding riced cauliflower to soups or in place of rice. Our favorite is to cook the riced cauliflower and top it with a yummy stir fry - veggies on top of veggies!



Our go-to brand is Trader Joe's frozen Organic Riced Cauliflower. This allows keeping some on hand at all times. TJ's also carries fresh riced cauliflower, although I don't think it is organic. They have a new product that is a frozen Riced Cauliflower Stir Fry - haven't tried this yet.

"A mind that is stretched by a new experience can never go back to its old dimensions."

- Oliver Wendell Holmes

September Specials

Assisted Stretch - \$75 - 1 hour
Regularly \$95

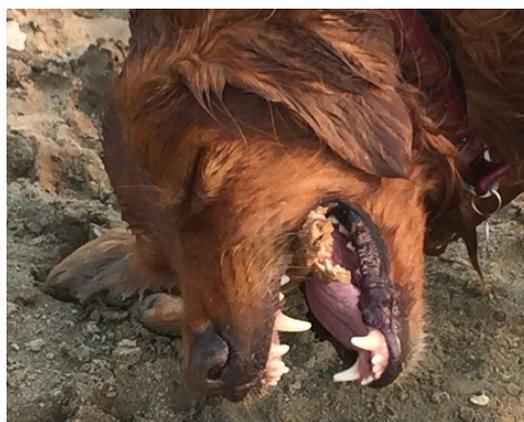
Stock Up For Cold and Flu Prevention - 10% off
Includes Immuplex, Astragalus and Echinacea



Blessed are the flexible, for they will not be bent out of shape!



Ruby's Corner



My choppers are looking pretty good for my age, even though Mom and Dad don't have a lot of success brushing my teeth - not really my thing. I much prefer chewing on sticks now and then.



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the little tablets that I eat to me.
Supposedly the tablets have the
building blocks needed to support and
maintain oral health....whatever that
means. Just keep 'em comin'!

www.TheNaturalPathLtd.com

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

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Open Monday – Thursday, 10 am – 6 pm

Friday and Saturday by Appointment
