

Subject: 'There's No Place Like Home...' - The Natural Path - May 2020



Expert Nutrition Advisors

Newsleaf May 2020



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

'There's No Place Like Home...'

There really is no place like home right now - especially since it is the only place we all were supposed to be the past 40 days or so. Hopefully it has been an opportune time for some extra rest and to evaluate what is really important before life begins to pick up pace again.

But we know it hasn't been relaxing for everyone. We feel for all the parents trying to work at home and run some sort of home-school at the same time. It might have been easier dealing with flying monkeys than your brand of munchkins!

And, by now your significant other may look like a cross between the Cowardly Lion and Chewbacca. Waking up each morning as our 'stay-cation' progressed may have been quite a shock!

Office Policy Updates

We are very pleased that our county and state leadership are taking steps to move us all safely from the 'Stay-At-Home' to the 'Safer-At-Home' directive. As more people will be venturing out, we are shifting our office policies a bit.

Masks should be worn by all in all places of business.

We will be seeing clients in the office, but will continue to space out appointments to keep the number of people in the office at one time to a minimum and to allow for increased cleaning.

While we will continue to limit body work at this time, most all other services are available including heart scans, biofeedback, and cold laser.

Please do not come into the office if you are showing any signs of COVID-19 or have been exposed to others that are sick.

Remote sessions have become quite popular and will continue to be available for nutrition, emotional work, and health coaching/detective sessions. We can assist you in many ways to maintain and improve health through remote assessments and recommendations.

Supplement pick-up and shipping have also been popular. Just call in to place and pay for an order. We will continue to provide \$5 shipping on orders of 4 or fewer items through May. Orders of \$250 are shipped free of charge.

Increased cleaning and disinfecting will continue after every client and throughout the day for the foreseeable future.

May Events

We have no events on the calendar for May. Check back next month as we hope to begin live training sessions again. We are posting more short videos on our Facebook page, so be sure to follow us. Watch for Carl's video on 'computer brain'.

In the meantime, enjoy the never-ending amount of online training currently available. Just don't overdo it - webinar fatigue is a real thing!

Online Scheduling is Back!

Last month we suspended the online scheduler for most services. You are now able to schedule in-office appointments again.

If you haven't used our online schedule before, check it out. You can find it on our website home page (www.thenaturalpathltd.com) or on our [Facebook Page](#) (Book Now).



Whether you schedule yourself or call in to make an appointment, you should receive a confirmation email. You will then also receive a reminder email and text the day before your appointment.

opening back up now. Although, if you didn't already have an appointment, it may be another month before you get in!



Well, Toto, we aren't in Kansas anymore. in fact, Toto is very tired of walking and is ready for you to go back to your 'new normal'. As much as we would all like to click together the heels of our red shoes and just go back to normal, that is likely a ways off. So, have grace with yourself and others as we all try to find our way back to life as it will be. Remember to keep what is important and leave behind that which wasn't serving you well!



Weed, Seed and Feed

Your gut is a lot like a garden. You have to weed out the intruders, put down good seed and then feed those seeds to keep them healthy and happy. Those seeds are the bacteria that make up your gut flora or gut microbiome. Their health is

critical to your overall health!

For those who need some extra gut healing and support, we have a program called Weed, Seed and Feed. For 6 weeks, supplements are used to help with weeding out the bad (fungus, yeast, bacteria, virus and parasite), sowing the good seed (probiotics - the healthful bacteria) and then feeding the seeds (prebiotics). This program may help not only with typical digestive complaints, but also brain fog, joint pain, skin issues and the list goes on. It is especially important to consider reconditioning of the gut if you have had courses of antibiotics - even if it was many years ago.

Keep in mind the powerful effect of food. Some foods encourage "weeds" - processed foods, sugars, too many grains or foods that cause inflammation (more info below). Fermented foods - sauerkraut, kimchi, kombucha - provide good "seed" (good bacteria) to our guts. Foods that contain healthy fiber "feed" our microbiome.

See the specials this month for supplements that can be used for this program.

Food Sensitivity Testing

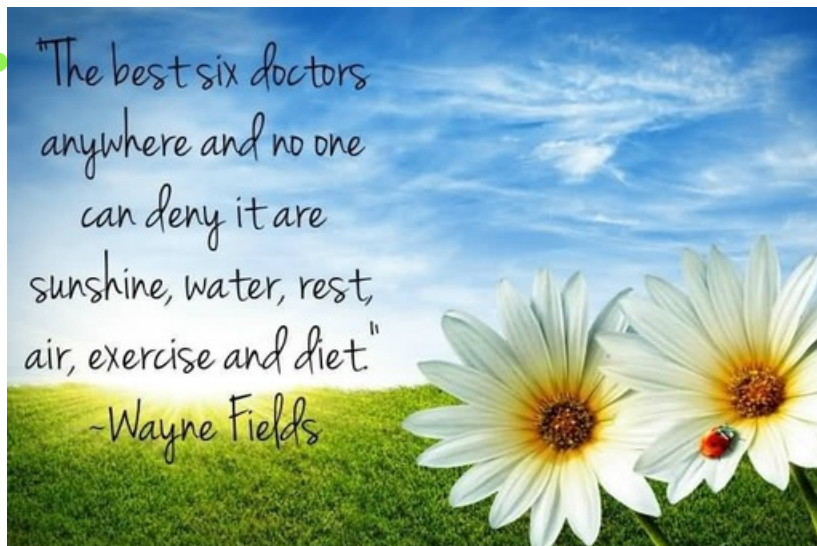


Something that can really affect your 'gut garden' and lead to more weeds is food sensitivities. Many of us aren't even aware that we have food sensitivities because we don't think about our painful joints, brain fog, depression or fatigue being related to what we eat. Truth is, the food we eat can have a big effect on many aspects of our health. Eating foods we are sensitive to can cause inflammation in the delicate lining of our gut and throughout the body. This can lead to overgrowth of bacteria, fungus, parasites, etc., causing gastrointestinal discomfort, but more likely, many other health concerns.

Oxford labs is providing us a significant discount on their MRT food sensitivity testing for the next two weeks (until May 15). If you are interested, just give us a call to make sure we have a kit for you or

Happy Mother's Day!

Don't forget your mom on Sunday, May 10th!



Remote Sessions

During the COVID-19 shutdown, we've managed to stay open by offering online sessions over Zoom. It's been very popular so we are making it a regular offering. You can request a session at your home or office at a time that suits your schedule. Any recommended products can be picked up curbside or promptly sent to you.



Schedule these appointments online or by calling our office. They run up to 30 minutes and can include nutrition, emotional clearing (NET) or a combination.

We encourage you to try a remote session at least once. Some folks are finding that they prefer them. With this offering, we can serve people anywhere, so tell your friends and loved ones and we'll be glad to help them too. Check out the specials this month to get a discount for the online (Zoom) service.

Stressed???

Have you wondered what NET (Neuro Emotional Technique) really is or struggled to explain it to friends and family? There is a great video, now available on YouTube, to help shed more light on the technique. It is called 'Stressed' and is about an hour long. Check it out here:

If you have never done a food sensitivity test that goes beyond the simple 'scratch' test done by an allergist, check out this testing: <https://nowleap.com/the-patented-mediator-release-test-mrt/>

We recommend repeating the test every 2-3 years when you are dealing with chronic health issues.

We are often asked what we are doing right now to stay healthy. While we are following guidelines to avoid as much contact and spread as possible, we are also keeping our immune systems strong.

- We are continuing to juice and taking in nutrient-dense foods.
- We started some better sleep hygiene during the 10-day sleep challenge and are keeping up with getting to bed earlier.
- Getting some sunshine is important not only for building up Vitamin D stores, but some reports indicate the virus doesn't survive as well in UV light.
- Of course Ruby is keeping us well-exercised!
- We take foundational supplements like Immuplex, Calcium Lactate and Cod Liver Oil.

We love seeing you and have missed you!
Looking forward to seeing you soon,

**Dr. Carl and
Kimberley
Malone**



Dr. Dewey F. Langston, US Army Retired, was my (Carl's) grandfather and he had a lot to do with my upbringing. He was wounded on Guam and received a Purple Heart, WWII. He was a Captain in the US Marine Corp and retired a Lt. Col. from the Army Reserves in New Mexico. He had a PhD. As a professor of Phys Ed., he was my instructor for Anatomy and Physiology. Everyone just called him 'Doc'. I miss him dearly!

**Memorial Day
Monday, May 25th**

Office will be closed.

Ruby's Corner

I feel like I have been in 'lock-down' for too long - someone please let me out now! I miss all of the people!



May Specials

Remote Sessions (30 min.)

Just \$45
Reg. \$60

**"Weed, Seed and Feed"
Supplements
10% Off**

Includes: Country Doctor Bioflora
MediHerb Gut Flora Complex
Microbiome Labs MegaSporebiotic and MegaPre
Standard Process Lactic Acid Yeast, Lact-Enz, and Zymex

20% Off

Canine or Feline Enteric

Contains a variety of functional foods, that "feed" the various components of the digestive system to provide general digestive system support and to encourage the ability of intestinal cells to function, regenerate, and respond to daily metabolic and immune challenges.

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Make sure to thank a service member for their sacrifice to keep this country free!

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Open Monday – Thursday, 9 am – 6 pm
and Friday 10 am - 3 pm
Saturday - Sunday Closed