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Subject: This Newsletter Is Not For You! - The Natural Path August 2020

The Natural Path

Expert Nutrition Advisors

Newsleaf
August 2020

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This Newsletter Is Not For You!
(But You May Help Interpret)

August Events

View Calendar

Pets - Prevention and Maintenance for Optimal Health
Free
Tuesday, August 11th, 6:15 - 7:15 pm
Join Zoom Meeting
https://us02web.zoom.us/j/6294756147?pwd=NGZRMEtWZ2FiekEzVjgzcGpVYzR4dz09

Presented by Tracie Hoffman, Standard Process Vet Tech. Learn more about nutrition and supplements to keep your pet feeling their best throughout their ages and stages. Lots of tips, such as "Avoid feeding dry kibble - it is hard on the gut!".

READERS' CHOICE BEST OF NOCO 2020 NOCO STYLE NOMINEE

Have You Voted Yet?

Don't worry, this has nothing to do with politics.

We are excited to be listed in the top 5 of Alternative Health practices for 2020! Please go to https://nocostyle.com/2020-best-of-survey/#// and vote for us! Voting begins July 1st and goes through September 30th.

Just go to the link and find Alternative Health under the Health & Beauty heading. Be sure to vote for all of your favorites while you are there.

This month, members will receive an extra 10% off all animal supplements.

If you aren't a member yet, you can join this month to receive this free offer.

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typing.

My name is Ruby and I work at The Natural Path with my Mom and Dad. My business card says that I am the Greeter and Tail Wagger. I do my best. I've noticed that lots of people are wearing masks these days, so this is mine. It really is difficult to put a mask on a muzzle. I'm getting some ideas for Halloween though.

A lot of people that come into our office ask about what I do to stay healthy and happy. This newsletter is all about what I do and what you can do too.

Ruby's Routine

What I eat is very important - just like people. Mom and Dad have me eat mostly a **raw diet**. There are some really good options out there and I eat food from Raw Dog Food and Co., Darwin's, and Stella & Chewy.

Supplements are also important and I have my very own supplement tray at home. Dad tests me to see what I need. At 10 years old, I almost always take fish oil, extra joint support and a doggy probiotic called FidoSpore. The Standard Process brand we carry has all kinds of supplements specific to dogs, horses, and even cats! There are supplements for everything from canine adrenals to feline kidneys and almost anything else you can think of. Sometimes people supplements work well for us four-legged's too.

I love my **cold laser**. It helps with my sore hips and other joints. Laser has also been helpful when I've had cuts, dental work and other "owies". My Dad knows a lot about them and helps people get them to use at home and even rents them at our office.

I even have **chiropractic adjustments** and **acupuncture** from time to time. My favorite animal Chiropractor in Loveland is Dr. Paige Mott with Discover Life Chiropractic. Her office is near McKee Hospital. I also really like Dr. Steve Cook in Fort Collins with Brave Roots Chiropractic. His office is right by Whole Foods. Both of these animal-loving docs treat horses too!

It may cost our moms and dads a little more for some of these things, but it really pays off to keep us four-legged's in good health. Studies show many health benefits come from having us around.

Did you know that dogs and cats can strengthen the human gut microbiome by going out into the environment, collecting microbes in their nose and fur, and bringing them back into the house? A stronger and more diversified microbiome translates into improved immunity for our family. A pretty good thing to have these days, I hear. And it's well-known that we are good therapy for anyone struggling with stress or loneliness. We help improve people's moods and help ground them through our direct connection to the earth.

One of my favorite things in the world is kids! They are usually right at my level so I can smell everything they have been up to. I love to play, just like they do. Kids even taste good; you might catch me sneaking a lick now and then.

Lots of them will be going back to school in some fashion this month, so make sure they are healthy and ready to learn. Wellness appointments for kids 12 and younger are just $25. The kids' triad of chewable supplements is discounted this month and includes a multi-vitamin, immune support and omega-3s for extra focus.

Bigger kids can benefit from daily supplement packets with multi-vitamins, multi-minerals and omega-3s - also discounted all month. Packets are easy to toss in a backpack or lunch box and travel really well with college kids.

It's time to relax

Things have been a little stressful for my 2-legged family this year. I don't know why. We have all been home together a lot more and there has been a lot more 'couch time'.

Here is an idea for your family to relax a bit and let some of that stress go. Hawten Slaton of Holistic Alternatives Massage Therapy and Mary Axelrod of Hot Stone Massage & Reflexology are offering outdoor chair massage and reflexology by their waterfall.

They are located minutes from Old Town and also provide inside private sessions with any of their many treatments for those who are comfortable being indoors. Have your mom and dad take

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me a lot is a test from Glacier Peaks called the **Pet Wellness Life Stress Scan**. This can be used with canines, equines and even felines!

This test showed my Mom and Dad things that were putting extra stress on my body. Sometimes people don't think about our noses being right at the level of pollution from cars and all sorts of chemical sprays from pesticides to herbicides. Our water source is important too, so we aren't drinking extra chemicals and toxins. Mom and Dad also make sure not to leave cell phones or other EMF-producing devices near the places I like to sleep or hang out. If it could be bad for people, it is probably bad for us too.

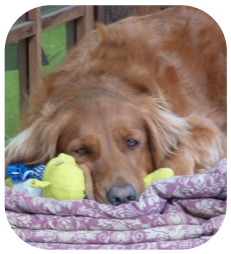
It isn't too hard to implement a few things from my routine. Get started by asking your mom or dad for a wellness check with my Dad.

Wishing all my furry four-legged friends lots of play time, long walks, snuggles and the best of health!

Ruby Malone

Greeter and Tail Wagger

(My mom also likes to use a much younger picture sometimes.)



Do You Have an Emotional Pet?

We do!

Dogs, cats and horses have emotional complexes just like you do. In fact, they are often experiencing the same emotions we are. They are sensitive to us and can take on our emotions. In fact, Dr. Paige Mott, DC told me that when someone

Chair Massage or Foot Reflexology

Outside By the Waterfall

524 Locust Grove Drive, Fort Collins 80521

Appointments: Mon—Sat 10 am—5:30 pm

Chair Massage—only $35

OUTSIDE in front yard under the Gazebo by our pond & waterfall. This is a 30-min focus chair massage for upper body, shoulders, arms, hands, neck, back, low back, & hips. Light, medium or deep pressure is always adjusted to your needs, never painful. You will be fully clothed in the comfy portable upright massage chair.

Foot Reflexology / Foot Massage —only $35

OUTSIDE in front yard under the Gazebo by our pond & waterfall. Relax in the comfy LaFuma recliner chair! This therapy includes 15-min refreshing Epsom salts foot soak before a 30-min Reflexology therapy & foot massage on feet, ankles & all the foot Reflexology points to assist the whole body! *See websites for complete details of therapies

FAST Pain Relief - Stress Relief!

30 min - $35

Payment: cash, check, Visa/MC, or AMEX, Disc

For Appointment please call or text

Mary 970-286-8348

Hawten 970-690-5527

Or book your own appointment online at

www.callmary.net or www.callhawten.com

& click on button "Book Appointment Now"

(via SnapAppointments.com)

Chasing Horses

There was a time when I worked exclusively with horses. I attended Prairie Winds Equine Massage School and began using low level laser with horses full time. It was a high point in my work at that time. There's nothing like being in the barn early in the morning to spend time working with these magnificent animals.

Previously, I owned a very busy practice and needed a break, so I moved to the country and took some time off. It wasn't long before I was looking for my next challenge and there were horses in the area. After spending time with the horses, I decided to become certified in Equine Massage so I could do laser therapy with them. Laser has been used in veterinary applications for decades. It is very popular with competitive equine sports because it tends to cut healing time down considerably - same reason it's so popular in professional sports.

Working with horses reminded me how much I love this work. I soon found myself working with humans again and was led to Doctor of Bioenergetic Medicine and Doctor of Natural Medicine degrees. I'm so grateful for the time working with the horses and probably could have done that indefinitely, but God had other plans that put me on the trail to The Natural Path.

Dr. Malone
Doctor of Natural Medicine

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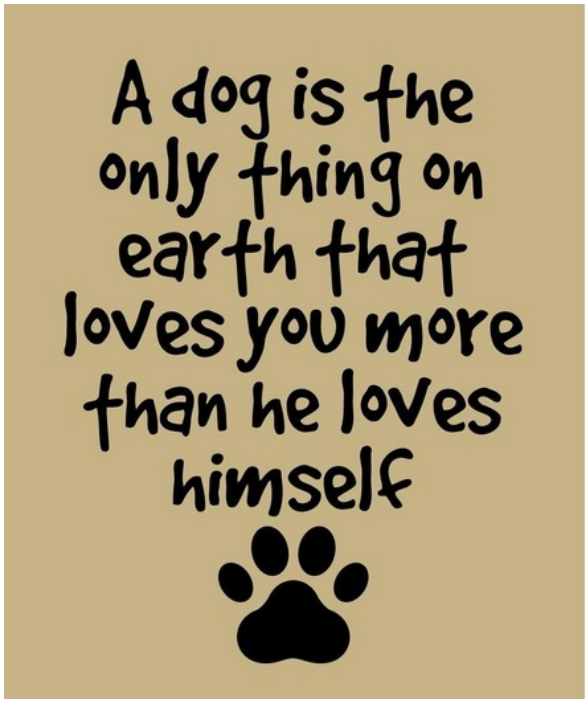
Have you ever walked in the door from a tough day and seen your pet so happy to see you, tail wagging and you suddenly feel better? Animals ground our emotions and make us feel better. However, this can affect our pet's health. Emotional clearing can help them deal with their emotional “stuff” too, like separation anxiety from missing their litter mates that transfers to missing you when you are away. NET – Neuro Emotional Technique - can help release these trapped emotions and improve health just like it does for us 2-legged animals. Our pet parents have reported remarkable changes in pet demeanor and personality. Who knew…

Dr. Malone



Kimberley's Corner

Dr. Carl and I had a very fun and busy July. The week we spent in South Dakota was wonderful! We really enjoyed the cooler weather, site-seeing, camping

Ruby's Favorite Sweet Potato Treats

I LOVE these treats! Mom makes them for me every couple of weeks. I will do all of my tricks just to have one of these.

Ingredients:

- 1 lb. Ground Meat (I usually have turkey - holds together and not too greasy)
- 1 Large Sweet Potato (Mom bakes a bunch of sweet potatoes at once and freezes them - then there is always one ready to thaw out for my treats)
- 1 Egg
- 1/4 tsp. Garlic Powder (Not all of my 4-legged friends can tolerate garlic - check with the doggy doctor)
- 1/4 C. Rolled Oats
- Optional - 1 Tbsp. Ground Flax Seed

Directions:
Mom recommends going with organic options for ingredients whenever possible.

Lightly grease a cookie sheet or use parchment paper. Mix everything together and dump ingredients on the sheet. Spread evenly (about 1/4 inch thick). Bake at 350º for 1 hour. Remove from oven and use a cookie cutter, pizza cutter or knife to score the 'dough'. Bake for another hour at 250º.

Keep refrigerated - they will last a couple of weeks if I don't get to them first!

August Specials

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being stuck between a rock and a hard place!! Yep, this is what we call fun.

We were all around the Black Hills from Deadwood to Crazy Horse to Mt. Rushmore.

Ruby enjoyed all the swimming in new creeks and lakes, but she wasn't too fond of bouncing around in a jeep! We think she may be more of a 'beach' girl.

Life Stress Scan
$99

Pets and Kids Wellness Check-Ups
$25

All Canine, Feline and Equine Supplements
10% Off

Kid's Triad
15% Off
Includes: Catalyn, Congaplex and Tuna Omega-3
All Chewables

General Health Packets
15% Off

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and Friday 10 am - 3 pm
Saturday - Sunday Closed