

Subject: Toxic Soup - The Natural Path - June 2019



June Events

[View Calendar](#)

We aren't hosting any events this month, but here are a couple you may want to be aware of:

DIY Detox Summit
Monday, June 3rd - June 9th

Register for this summit here: <https://diydetoxsummit.com/>. This is an online summit where you are generally given a 24-hour period to watch the day's speakers. Often there is an opportunity to "catch-up" on missed episodes at the end of the summit. Since it is difficult to watch it all, we recommend at least watching the talks with Wendy Myers (she is an FDN-P like Kimberley), Lara Adler (one smart cookie) and Kiran Krishnan (co-founder of Microbiome Labs).

GAPS Group - Heart Health
Tuesday, June 25th, 6:00 - 8:00 pm
Be Well Clinic - 5609 McWhinney Blvd, Loveland, CO 80538-8826

Kimberley Malone will be speaking to the GAPS Group at Be Well Clinic about heart health. The Heart Sound Recorder will be explained. It is an amazing non-invasive and inexpensive test that gives us a real life snapshot of current tissue deficiencies as well as being an early detector for disease trends. Your first GAPS Group class is free. Contact Be Well Clinic for more information.



Don't forget you can now schedule appointments online from our website or social media. You may still call to schedule, but we hope you enjoy the added convenience of scheduling yourself outside of regular business hours.



Member's Benefit!



This month all members will receive a **free** bottle of Spanish Black Radish (80). If you are a member at any level, be sure to stop in to receive your gift.

Not a member yet? Check out the membership options on our website here: <https://thenaturalpathlive.weebly.com/memberships.html>



Expert Nutrition Advisors

Newsleaf
June 2019



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

Toxic Soup - Recipes to Avoid

None of us wake up in the morning hoping to come up with a new recipe for 'toxic soup', but it may be happening more than we even realize.

A toxin can be defined as a substance that is harmful to life. This includes chemicals and metals from a variety of sources. There are also biological toxins given off by the many pathogens our bodies host. This is why we are always striving for balance in the microbiome - so we don't end up with too many of the 'bad guys' making a 'toxic soup' of our insides.

We need to be aware of the external ingredients we may be putting into our personalized 'toxic soup' recipe.

We start the day with a shower, unaware of the chemicals in our soaps and shampoos. And what about the water? We soak up a good dose of chlorine (among other things) to start the day too. Next, we dress and breathe in the familiar smell of our laundry detergent and dryer sheets - two more sources of toxins that we may breathe throughout the day or absorb through our skin. Sodium lauryl sulfate (just ONE of many toxic ingredients common in laundry detergent) may cause irritation of the skin and eyes, organ toxicity, reproductive issues, neurotoxicity, hormone disruption, cellular damage, and even

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ingredients used in these products are harmful too.

On to breakfast and the possible toxins coming to us through our food. Organics can definitely be a better option to keep some toxins out of the 'soup', but be cautious about using plastics and non-stick or aluminum cookware. Many of us may start the day with a prescription medication or two - yes, another possible source of toxins the body will have to deal with.

This time of year we also begin to take steps to battle two new adversaries - too much sun and biting bugs! Sunscreens and bug spray are a huge source of ingredients to add to our personal 'toxic soup' of the day.



Of course, we could continue this story through the day listing the toxins we inhale from air pollution, manufactured fragrances in everything from perfumes to candles to cleaning products, and even the off-gassing of the new paint and carpet in our home.

This isn't a very cheery story and it is daunting to even try to lessen the ingredients in our 'toxic soup'. But there is good news! You live in a body that is made to detoxify and get rid of all the junk.

We recommend taking a two-pronged approach to the problem of toxins we are all living with.

First, try replacing a product you use up with a product that uses more natural ingredients. If you are a 'do-it-yourself-er', there are many ideas and recipes for making your own products. We have included directions for one of the easiest and cheapest products you can make - hand soap. There are also many brands available now that use much safer ingredients.

Second, support your detox pathways. This is generally how things leave the body:

- Lungs - Breathing – 70%
- Skin – Sweating – 20%
- Kidneys – Urination – 7%
- Bowel – Excretion – 3%

Your liver is one of the major organs to process toxins for removal from the body. Love your liver! A warm glass of lemon water first thing in the morning is a nice way to give your liver a little extra attention.

Here are some supplements we have on special this month to help support detoxification pathways:

Standard Process Livaplex - Foundational support for the liver. Supports healthy liver and gallbladder function and the body's normal toxin-elimination function. Encourages healthy digestion of fats, healthy bile production and bowel function.

Standard Process Parotid - Supports repair and rebuilding of the parotid gland - key to helping the body identify toxins for removal. Also helpful for salivary disorders and thyroid support.

Standard Process Spanish Black Radish - Induces the body's detoxification enzymes. Supports healthy liver and gallbladder function and the body's normal toxin-elimination function. Encourages healthy digestion.

MediHerb ChelaCo - Formulated for heavy metal/chemical detoxification. To be taken away from mineral supplements.

Here are some more ideas to help you reduce toxins.

FATHER'S Day!

Don't forget to celebrate your dad on Sunday, June 16th!

Hand Soap

This is a super simple DIY soap that can start your journey toward cutting down the ingredients in your daily 'toxic soup'. The added bonus is that this soap isn't drying, allowing you to reduce the amount of lotion you use that may also be harboring harmful chemicals.



- 2 Tbsp Liquid Castile Soap
- Water
- Essential Oil
- Foaming hand soap dispenser

Fill an empty 8 oz container nearly full with water. Add 2 Tbsp liquid castile soap to the top. (Adding the soap first will create bubbles, so do the soap last.) If you have a dispenser with the soap and water lines marked, follow that.

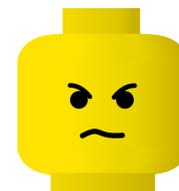
Add drops of whatever essential oil(s) you like. We like to use sweet orange and other citrus scents. Try 10 - 15 drops and add more if you like.

Tip: If the castile soap settles at the top or bottom, gently turn the bottle upside once before dispensing.



A bad attitude is like a flat tire. You can't get very far until you change it.

Emotions can be toxic too. Negative, low frequency emotions erode our health both mentally and physically.



Resentment, shame, guilt, fear, anger, grief and pride are very low on the emotional frequency scale. They can affect the organs. Fear affects kidney, grief the lungs, anger the liver, low self-esteem the pancreas.

In the book, Molecules of Emotion by Dr. Candice Pert, she describes how emotions can have an effect on the organs. Emotions can tighten the ileocecal valve affecting digestion. Have you ever received bad news and felt like you've been punched in the gut? Even unkind words can cause our hearts to physically hurt.

NET – Neuro Emotional Technique - is a way to explore and address our emotional reality to help our physical reality. Schedule a 30

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Dayspa Body Basics. You may find this at your local health store or check out all of their products here:

<https://www.dayspabodybasics.com/outdoor/>

Check out **goddess garden organics** for a great mineral sunscreen.

<https://www.goddessgarden.com/>

There are some great skin care and makeup products available from Annmarie Skin Care: <https://www.annmariegianni.com/>. Also check out Beautycounter: <https://www.beautycounter.com/> and 100% Pure: <https://www.100percentpure.com/>

For cleaner over-the-counter medicines, look for the Genexa brand: <https://www.genexa.com/>. They make everything from cold and flu remedies to allergy support to sleep aids. Look for this brand at your local health food store or ask for a sample at our office. We are part of their practitioner network.

One of the best resources to learn about ingredients in consumer products is the Environmental Working Group: <https://www.ewg.org/>

The EWG also provides a helpful list called the Clean 15 and Dirty Dozen. Focus your organic food dollars on the Dirty Dozen: <https://www.ewg.org/foodnews/>

In addition to avoiding taking in toxins, consider adding some detox support. Infrared saunas are a great detoxification support. Don't have one handy? Check out Happy. Whole. You. on North College: <https://www.happywholeyoufoco.com/>. The Natural Path has coupons to receive a discount on your first session.



Epsom salt baths are also very helpful (make sure you are using high-quality salts).

Check out the DIY Detox Summit in the events section for more helpful ideas June 3 - June 9th.

If you would like to evaluate your toxic exposure further, consider taking the Toxicity Survey on our website. You will find a link under the 'Home' tab to 'Health Documents'. Click on the survey there. Consider printing out your results and then making an appointment to have us evaluate some helpful next steps to improve your 'toxic soup'.

To your good health!

Dr. Carl and Kimberley Malone



Dr. Carl Malone
DNM and Registered Psychotherapist

Ruby's Corner



Flea and tick season are here and many of my four-legged friends will be receiving treatments to ward off all the various harmful critters lurking in the grass we love to explore. Our favorite walks are fraught with other dangers like car pollution hovering close to the ground at our nose level and we are also sure to come across some areas recently sprayed with pesticides or herbicides while we are sniffing out the 'latest news'. All of these toxins are harmful for us as well. My mom helps me with detoxification using Canine Hepatic Support – general liver detox support and sometimes I take Parotid or ChelaCo too.



I am a happy camper after my adjustment with Dr. Paige Mott of Discover Life Chiropractic! My hip dysplasia causes me some pain and discomfort and my recent adjustment has me feeling like a pup, even jumping in and out of Dad's truck again. I would recommend Dr. Mott to all my furry friends. Ask my Mom or Dad for a coupon to see her!

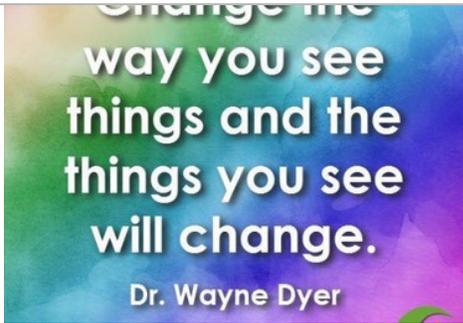


June Specials

\$39
Reg. \$50
Environmental Toxins

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Detox Support Supplements

10% Off

Includes: Standard Process Livaplex, Parotid and Spanish Black Radish, and MediHerb ChelaCo

20% Off

Standard Process Canine and Feline Hepatic



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and Friday 10 am - 3 pm
Saturday - Sunday Closed