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Subject: Trick, Treat or Toxic - The Natural Path, Ltd. October

The Natural Path, Ltd.

October 2017 Newsletter



October Events

View Calendar

Self-Care Using Laser

Thursday, 12th, 6:15 - 7:15 pm

Tuesday, 17th, 6:15 - 7:15 pm

Participate in a presentation of how cold laser works to reduce pain, inflammation, and assist the natural healing process. Learn how you can help yourself, your family and your pets by using laser. Lasers will be available to try.

Let's Talk Toxins

Thursday, 19th, 6:15 - 7:15 pm

Monday, 23rd, 6:15 - 7:15 pm

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

Learn more about where harmful toxins may be lurking in your life and strategies to help reduce their effects.

Trick, Treat or Toxic



We admit it, both Malones have a bit of a sweet tooth, so this is the time of year when things can really become challenging. Halloween candy starts creeping in everywhere. Even if you don't have kids in your life who spend one evening 'haunting the hood' to bring home more candy than

anyone should eat in a year, it will likely pop up at your place of work or in colorful little bowls on the counters of stores you may frequent. Of course, we all know kids shouldn't eat that much candy, so we "help out" with sneaking a few of our favorites out of those overstuffed plastic pumpkins of goodies after bedtime. Be honest, you know you've done it.

Rather than focus on the crazy amount of sugar, we would like to bring attention to what spooky toxic substances may be hiding in that candy. It is often full of artificial colors and flavorings. It may also contain hydrogenated oils and high fructose corn syrup. Simply put, toxic substances are harmful to life and all of the above fall into that category. Toxins can result in all kinds of health issues from anxiety to fatigue to weight gain. Some artificial colors are suspected neurotoxins and can be very damaging to brain function.

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110



"Autumn is a second spring when every leaf is a flower"

Albert Camus



The best for people and pets!

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toothbrushes, we suggest at least opting for something healthier like organic fruit strips or single serving trail mix. We are big fans of Trader Joe's and you can find these items there.

Realistically, we all eat some things we probably shouldn't now and then. But the cool thing is that our bodies specialize in detoxing all of the time. Your main detox pathways include your lungs, skin, kidneys and bowel. You can help your body detox and flush toxins by staying well hydrated, breathing deeply and eating plenty of vegetables. Vegetables contain both fiber that helps to keep things moving through the bowel as well as minerals and other nutrients needed for detoxification.

There are also many other things you can do to keep your detox pathways functioning at their best. This month we have a special on Country Doctor ICF #1 which is a gentle intestinal cleanse formula to help remove build up in the bowel. We are also now offering ion cleanse foot baths - more information below. You may take an online toxicity survey here: <https://www.standardprocess.com/Standard-Process/Purification-Program/Toxicity>.

Come to one of our talks on toxins this month to learn more about all the places we may pick up toxins in our daily lives and more ways to help the body deal with them.

Carl and Kimberley Malone



Fall is upon us, bringing with it the season of trying to get rid of all the extra zucchini that overgrew when you weren't looking. If you don't have a garden, you may have been on the receiving end of someone's overabundant harvest. We always enjoy this time of year because we haven't been gardening much in recent years and look forward to any extra 'garden goodies'. This month try adding spaghetti squash to the menu - it is so easy to prepare!



- Cut the squash in half lengthwise with a sharp knife.
- Scoop out the seeds.
- Set both halves, skin side down, in a glass baking dish.
- Add an inch or so of water to the baking dish and cover.
- Bake at 375 for 45 min or until squash is tender.



When scooping out the cooked squash, it will come out like long noodles. Serve it as you would spaghetti or try it with a bit of butter, Parmesan and salt. Yum!

Click here for a family-favorite spaghetti squash lasagna recipe: <http://thenaturalpathlive.weebly.com/monthly-recipe.html>



Ion Cleanse Foot Bath



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path. This is a great way to boost your body's normal detoxification.

Sessions run about 30 minutes, during which time your feet will be immersed in warm water. This water has a negative ionic charge which is picked up by the body through the soles of the feet.

Meridians which run through the body are similar to power lines which flow to all the organs and tissues. These meridians terminate in the palms of the hands and soles of the feet. The negative ionic charge, or energy, of the foot bath is drawn along the meridian lines and helps to break the positive bonds of toxins to tissues. Once the bonds are broken, the toxins can be carried away by the lymphatic system and removed from the body.



Ion Cleanse Foot Bath - \$20
Regularly \$25


Country Doctor ICF #1- \$5 off



Ruby's Corner



Eating greens can help with cleansing out toxins, but Mom says eating my frog pillow doesn't count in this case.

Advice from a
PUMPKIN™

- Be well-rounded
- Get plenty of sunshine
- Give thanks for life's bounty
- Have a thick skin
- Keep growing
- Be outstanding in your field
- Think big!

🍂 Ilan Shamir 🍂

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Open Monday – Thursday, 10 am – 6 pm

Friday and Saturday by Appointment

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