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Subject: Twelve Gifts for Christmas - The Natural Path - December 2020



Health Solutions Newsleaf December 2020



The office will be closed Friday, December 25th through Friday, January 1st. Each of us at The Natural Path wish you a very Merry Christmas and a Happy New Year!



Twelve Gifts for Christmas

Don't worry - these are much more practical gifts than birds that leave a mess. And who has room for milking maids, leaping lords, dancers and musicians? Perhaps 5 golden rings would be nice, but those are not in the budget this year!

We likely won't be going out much this season (thanks, COVID), so restaurant gift cards and movie or concert tickets may not be on anyone's wish list. Instead, here are some ideas to stuff the stockings of those on your list with a little good health this year.

1. The "High-Tech Health Nut" - consider the **QuantumWave Scalar Laser**. Great for all kinds of home healthcare - pain, inflammation, cuts, burns, injuries, pets, etc.

Memberships

This month members will receive \$10 off of a **large Congaplex**. This product is great to have on hand for any immune challenges, but especially those that involve congestion - colds, sinus infections, etc.

If you aren't a member yet, why not? Not only do you receive discounted appointments, you receive 10% off all product purchases, too.

With prices increasing about 10% for services next year, a membership will help keep costs down for those committed to improving their health over time. Plus, committing to a membership before Christmas this year will lock in the 2020 membership rate.

Learn more: <https://thenaturalpathlive.weebly.com/memberships.html>

Gift Certificates

Do you have someone that is really difficult to buy for or already has everything? Consider a Gift Certificate from The Natural Path to show you really care about their health.

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nurses, service providers, etc.) - **Immuplex** - keep their immune systems strong!

3. "Sneezy" - not good if everyone thinks they have COVID - give them **Antronex** - works like an antihistamine but without side affects.

4. The "Compassionates" - their heart goes out to everyone. Keep their heart strong and healthy with **Cataplex B-Core**.

5. The "Over-indulger" - enjoys ALL the holiday food...for a while....Help ease their digestion with **Multizyme** - digestive enzymes for all types of food.

6. The "Pet Lover" - likes their four-legged furry friend more than you, but you still love them. Try **Canine or Feline Whole Body** - a great multivitamin/multimineral for pets of all ages.

7. The "Hot Mess" - this might even be you. **Female and Female Balance** to the rescue!

8. The "WiFi Surfer" - they are always either on their phone or in front of the computer - and they may have no choice right now. **Multi-Polar Magnets** help provide some protection from damaging EMF (electromagnetic frequencies).

9. "Travelers" - always out and about - make sure they have **Biocidin Throat Spray** for the road to prevent picking up colds/flu/etc.

10. The "Emotional Rollercoaster" - holidays can be hard. Give them some relief with **ER911** - a calming homeopathic.

11. The "Sleep Deprived" - they just need one good night! They will love **Organically Bound Minerals** before bed.

12. The "Stress Bunny" - maybe it is the holidays or maybe it is just their state of being. Regardless, stuff their stocking with **DSF** (De-Stress Formula).

Let's make it a baker's dozen - it is cookie season after all...

13. The "Party Animal" - whether they are drinking a few too many during the holidays or eating too much Chex snack mix, **AC-Carbamide** will help 'even them out' in the morning.

All of these great gifts are on sale at The Natural Path until Christmas. If you need any other ideas for someone on your list, don't hesitate to call. We would love to help you find just the perfect thing!



services and make gift-giving a whole lot easier. Popular services include nutrition check-ups, heart scans and emotional clearing sessions. Give the gift of good health!



Have you ever wanted to go back and find that previous newsletter we sent out about some topic you were interested in? Good news! We now have all the newsletters archived on our website. You will find them under our 'Home' tab or use this direct link: <https://thenaturalpathlive.weebly.com/newsletter-archive.html>



Thank you for letting us be part of your journey toward better health this past year. We appreciate you whether you are on a fast track or enjoying the scenic route. Please give us a call if you ever feel stuck, need some advice, some encouragement or just a listening ear. We are looking forward to serving you in 2021!

We had a big occasion to celebrate last week - can you guess what it was?

Wishing you all a Merry Christmas and a Happy New Year,

Ruby's Corner



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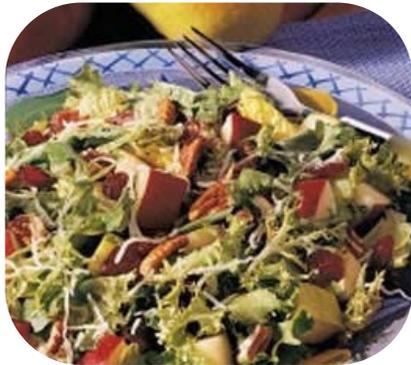
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**Dr. Carl and
Kimberley
Malone**



Fruity Green Salad

Enjoy this healthy and festive-looking salad for the holidays. Quick and easy to prepare!

Ingredients:

- 2/3 cup vegetable oil (we suggest a light olive oil)
- 1/3 cup lemon juice
- 1/4 cup sugar (we suggest using honey, to taste, instead)
- 2 teaspoons chopped green onions
- 3/4 teaspoon salt
- 1 teaspoon poppy seeds
- 8 cups torn mixed salad greens
- 1 medium red apple, chopped
- 1 medium pear, chopped
- 1 cup chopped pecans, toasted
- 1 cup (4 ounces) shredded Swiss cheese
- 1/4 cup dried cranberries

Instructions:

In a jar with a tight-fitting lid, combine the first six ingredients; shake well. In a large bowl, combine the remaining ingredients. Drizzle with dressing and toss to coat. Serve immediately.

Credit: *Taste of Home*

Ok, so 2020 has been a little 'ruff' on me too. I may have binge-watched a few too many shows and find it harder to get off the couch. Brushing hair and getting out of pajamas seems optional now - although it always has been for me. Mom and Dad tell me it is time for a Pet Wellness Life Stress Scan from Glacier Peaks. This easy test will show what things are putting extra stress on me - I don't need any more of that right now! Everything from foods to common chemicals and toxins are checked. This may be a nice Christmas gift for all my 4-legged friends out there. Ask your mom and dad to learn what is stressing you out.

December Specials

EMF Protection Multi-Polar Magnets

\$15
Reg. \$20

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### **QuantumWave Scalar Lasers**

**\$2250**  
Reg. \$2500

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**For every \$50 spent in December
Get \$5 toward service in January**

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### **Twelve Gifts for Christmas Supplements**

**15% Off**  
See Above

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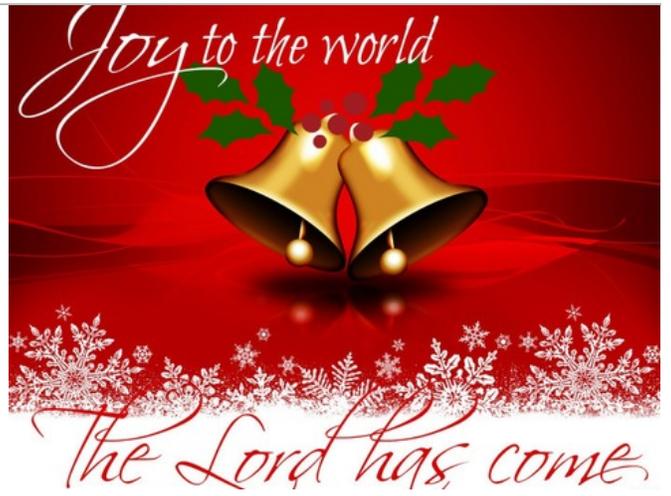
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