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Subject: Uninvited Guests - The Natural Path - November 2018

The Natural Path

Expert Nutrition Advisors

Newsleaf
November 2018

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

Uninvited Guests

What comes to mind when you hear 'uninvited guests'? The in-laws showing up unannounced for the holidays? The people you barely know that heard about your party through the grapevine? Maybe the squirrels that have figured out how to get into the bird feeder?

We won't be solving any of those problems this month. Instead, we want to highlight the issues of uninvited guests in the form of parasites, viruses, bacteria, yeasts and fungi.

None of us enjoy the uptick in colds, flu, and other common

November Events

View Calendar

Orientation - Free
Thursday, November 8th, 12:00 - 12:30 pm
Thursday, November 15th, 6:15 - 6:45 pm
Tuesday, November 20th, 12:00 - 12:30 pm
Tuesday, November 27th, 6:15 - 6:45 pm

Meet the Malones and learn about our approach to personalized nutrition and how to access a health survey to get started. Attendees receive a discount on a New Client visit or Wellness Review.

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110

It can be challenging to keep any focus on health this time of year. To help out, we are offering a free online health survey with a 15 minute follow-up consultation call. ($25 Value)

Survey Says

To get started, go to:
http://www.expertnutritionadvisor.com/thenaturalpath
Create a login and complete the 'Systems Survey'. Plan about 15 minutes to complete the easy online form. Even if you have done the survey before, this is a great time to 'check-in' and see how you are doing.

Molly will analyze your survey and then call you to go over the results. She will discuss ideas and direction for improving your overall health.

This is a great investment in yourself! Take some proactive steps to prevent feeling like you are starting from scratch with your health in January.

Tuesdays and Thursdays
$10 Off Office Visits!!

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help figure out what you are dealing with and get you on the mend as quickly as possible.

We have also put together a Country Doctor 'first aid kit' to fight off viruses and bacteria and to build your immune system. This trio of tinctures will help keep you healthy throughout the holidays.

- Virex
- Multi-Bac
- Echinacea

Included in this special is a Country Doctor 'throat coat' recipe using the tinctures. Be sure to have one of these 'first aid kits' on hand for you and your family before anyone is sick.

The office will be closed on Thursday and Friday, November 22nd and 23rd. Everyone at The Natural Path wishes you a Happy Thanksgiving!

But what do you do if your body is having trouble figuring out that you even have uninvited guests? Stealth pathogens are "any pathogenic micro-organism employing strategies to persist in the body by hiding from, evading, mis-directing or even suppressing immune responses, leading to chronic disease or lack of well-being". (Lee Carroll, Medical Herbalist)

Stealth pathogens may cause a broad range of diseases; everything from autoimmune issues, to neurological problems, to gastrointestinal distress. Illnesses such as Lyme disease, Epstein Barr Virus and HPV are becoming more and more common. Sometimes all we know is that we just don't feel great but can't figure out why.

While many pathogens can be found with specialized testing, you can only find only what you are looking for - some things may be missed. We recommend a 3-month stealth pathogen protocol including the following:

MediHerb Artemisinin - Anti-parasitic, anti-viral and anti-fungal. Contains Sweet Wormwood and Sarsaparilla.

MediHerb Myrrh - Anti-microbial, anti-parasitic and anti-inflammatory.

MediHerb Viranon - Anti-viral and contains Thuja, St John's Wort and Licorice.

Bio-Botanical Biocidin - Synergistic combination of botanicals which target the entire GI tract and has broad reaching effects, including addressing biofilms.

We are offering all of these products at a discount this month and would love to set up a protocol for you. In addition, we are offering a biofeedback session focused on just pathogens for $35.

If you would like to also do some lab testing, we recommend the Diagnostic Solutions Lab GI-MAP first. This lab offers insight into pathogens of the gut - parasitic, viral, bacterial, fungal and yeast. Other helpful gut markers are tested as well.

This month, members will receive a free pathogen biofeedback scan.

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

Group Talks

Do you know of a group that is looking for a speaker? We are always glad to present on various health topics. Just contact us with information on the group, meeting date and time and health topics of most interest.

KNEWHEALTH

Open enrollment time is here. As you consider your options for insurance this next year, be sure to look into the KNEW kid on the block.

KNEW Health is a health sharing program that will be kicking off in January of 2019. It is a whole new way to approach health care. You can save 30% off

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wheelin' up Storm Mountain near Drake. Nothing beats a sunny fall day in the Colorado Rockies!

Wishing you all a blessed and joyful time this thanksgiving season,

Dr. Carl and Kimberley Malone

https://knewhealth.com/

Thank the Lord because he is good.
His love continues forever.

Psalm 118:29

Ruby's Corner

Sometimes we may have 'uninvited guests' too. We don't really want to share them with you, so make sure to keep our immune systems strong (Canine or Feline Immune) and our guts healthy (Canine or Feline Enteric).

Grape Pie Recipe

Normally we like to provide you one of our healthiest recipes to try. However, everyone needs a little "dietetic-splurge" now and then. This is one of our family favorites and could become one of yours this Thanksgiving.

My grandparents started concord grape vines that were also rooted at my parents' home. The vines continue to provide a plentiful yearly fall

November Specials

Tuesdays and Thursdays
$10 Off Office Visits
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Online Health Survey - Free!
$25 Value
Includes a 15 minute follow-up phone consult
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Pathogen Biofeedback Scan
$35
Includes scan and remedy frequencies for parasites, viruses, bacteria, yeast and fungus
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Stealth Pathogen Support Supplements
10% Off
Includes: MediHerb Artemisinin, MediHerb Myrrh, MediHerb Viranon and Bio-Botanical Biocidin
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Country Doctor First Aid Kit - $75

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4 C. Concord Grapes (prep directions below)
1 C. Sugar
1/4 C. Flour
1/4 tsp. Salt
1 Tbsp. Lemon Juice
1 1/2 Tbsp. Butter (melted)
1 Unbaked 9" Pie Shell

Combine the dry ingredients first and then mix everything together. Sprinkle with a crumb topping (1/2 C. flour, 1/4 C. sugar and 5 Tbsp. of butter cut in).

Bake at 400 for 50 min. or so (bake until the center is set and the crust is golden brown).

Grape preparation: Slip skins from the grapes and set aside. Bring the pulp to a boil, reduce heat and simmer 5 minutes. Press pulp through a sieve to remove seeds. Add skins back to pulp.

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and Friday 10 am - 3 pm
Saturday - Sunday Closed