

Subject: What's Better Than a Box of Chocolates? - The Natural Path February 2018



Newsleaf February 2018



Be sure to read to the end for monthly specials.

What's Better Than a Box of Chocolates?

A healthy heart! It is heart month so we are encouraging everyone to 'check in' with their heart to find out if it is time for a tune-up. We often make time for a tune-up of our cars. How much more do we depend on our hearts and could benefit from taking a little time to ensure peak performance. The health of the heart is also related to our emotions and how we are feeling about things. There are so many 'heart' words that describe emotions: heartsick,

February Events

View Calendar

Walk-In Heart Scans - \$10 Thursdays in February 11:00 am - 7:00 pm Friday, February 16th, 12:00 - 4:00 pm Saturday, February 17th, 11:00 - 3:00 pm

It's vital that your heart has the proper nutritional balance in order to keep a healthy rate, rhythm and tone. Have your heart checked for these important factors using the Heart Sound Recorder. We are offering \$10 heart scans all through February. You are welcome to make an appointment or come during one of the walk-in times noted above.

Nutritional Orientation Tuesday, February 6th, 12:00 - 12:30 pm Tuesday, February 13th, 6:15 - 6:45 pm Tuesday, February 27th, 6:15 - 6:45 pm

Learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees receive their first nutritional evaluation and consult visit at a reduced cost (\$75 value).

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com 970-829-1110

"The best and most beautiful things cannot be seen or even touched. They must be felt with the heart."

~ Helen Keller

hearts.



To help you tune-up your heart, we are offering discounted heart scans using our Heart Sound Recorder all February. The Heart Sound Recorder is a general wellness device that gives us a look into the rate, rhythm and tone of the heart. It is a quick test that can give a lot of information about your overall health. Schedule an appointment or come in during any of our walk-in times.

We are also offering discounted emotional clearing sessions using NET. These sessions have been very popular and may provide additional insight into challenging health concerns.

So give your heart a little extra love and attention this month, both physically and emotionally. Everyone could use some extra Vitamin L!

**Carl and  
Kimberley  
Malone**



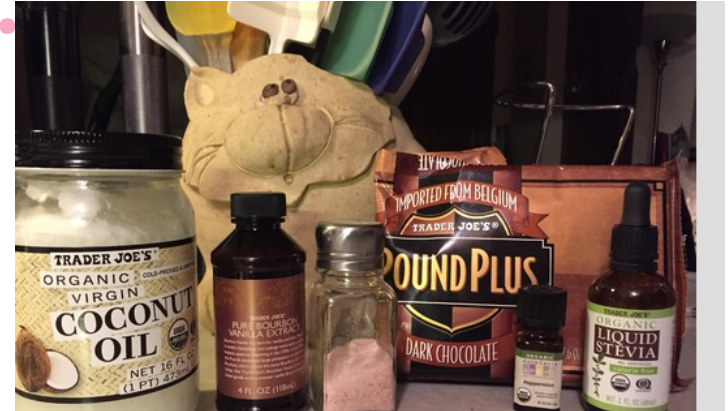
## Ruby's Corner



### Dark Chocolate Peppermints

This recipe is for all of you Junior Mint and Peppermint Patty lovers out there. I (Kimberley) played with several variations to come up with what I like best. I used Trader Joes products for my ingredients. If I liked honey better, I would use that as my sweetener. I recently learned that Stevia may cause an imbalance of hormones. :-)

- 1/2 C. Coconut Oil
- 1/2 tsp. Vanilla
- 6-10 drops Peppermint Oil  
or 1/2 - 1 tsp. Peppermint Extract
- 5-10 drops Stevia (just enough for desired taste)
- sprinkle of salt (I used Pink Himalayan)
- 1/2 C. Dark Chocolate



Melt coconut oil to liquid (I do this by just warming briefly in the oven or on the stove). Thoroughly mix in vanilla, peppermint and Stevia (or honey). Taste-test your mixture and adjust if needed.

Place in refrigerator or freezer to harden. Once the mixture is solid (won't take long), make 20-25 balls. You may want to use gloves if you roll them by hand. I didn't use gloves and found my hands appreciated soaking up some of the coconut oil - be sure to wash off any peppermint oil before accidentally rubbing your eyes!

Once you have fashioned your peppermints, put



into the chocolate and place back into the refrigerator to harden. If you find the chocolate isn't sticking, it likely isn't cool enough.

These goodies will definitely melt in your mouth and your hands, so store in the refrigerator until ready to eat.



## February Specials

**Heart Scan  
\$10 (Reg. \$35)**

**Heart Supplements  
10% Off  
Includes: Cardio-Plus, Cardiotrophin, Cataplex B**

**Emotional Release Session (NET)  
\$35 (Reg. \$45)**

**Canine or Feline Cardiac Support  
20% Off**



**Don't forget about healthy hearts for all your four-legged friends. Canine and Feline Cardiac Support are both great overall heart supplements.**



**"Always listen to your heart, because even though it's on your left side, it's always right."**

**- Nicholas Sparks**



[www.TheNaturalPathLtd.com](http://www.TheNaturalPathLtd.com)

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Open Monday – Thursday, 10 am – 6 pm