



Lisa's Natural Pathway

Volume 8, Issue 9 ~ September 2007

Herb Shoppe & Wellness Center News

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DON'T FORGET to listen to
"The Natural Path" Radio Show
Tune in at 11:15 a.m. on WISR 680 AM



Wednesday, September 5th -
Back to School and
Children's Health

Wednesday, October 3rd - Fall
Cleansing and Parasites

724-283-2525 for on-air questions!



It's Time to... Head Back to School

Whether you are sending your children back to school, off to college, are a teacher, or simply someone who notices change in traffic patterns due to school buses... welcome to "Back to School" season. It brings with it an awareness of immune systems, packing lunch boxes, proper rest and relaxation habits and the importance of stress relief. This time of year it is most important that proper nutrients are consumed. Do you take your vitamins? Call us for assistance!

See pg 3 for a coupon on Lunch Box Bottles

Lisa's Natural Path Newsletters may now be accessed **FREE OF CHARGE** via our website. www.LisasNaturalPath.com/newsletter.html

We will still offer the newsletter by regular mail, however, there is a \$15 per year subscription fee.

Remember, in order to receive your in-shop Nature's Sunshine Member Discount, you must show your current Nature's Sunshine membership card.

September Calendar Events

September	All Month Long - Save on all In-Stock Natria Products
Wed. Sept 5th	"The Natural Path" Live radio show 11:15am
Tues. Sept 11th	Herbal Hour - "The Iodine Solution" 6pm-7pm
Sat. Sept 15th	Visit our booth at the Butler Fall Festival
Sept 17th - 21st	Back to School Sale 15% OFF in-stock NSP Products
Tues, Sept 18th	Herbal Hour - "Massage" 6pm-7pm
Tues. Sept 25th	Herbal Hour - "Eat Right 4 Your Type" 6pm-7pm

NEW MASSAGE HOURS

- Mondays Linda 10am-4pm; Karen 9:30am-Noon
- Wednesdays Karen 3pm-6pm • Thursdays Linda 10am-4pm
- Saturdays Linda 9am-3pm; Karen 9:30am-Noon

Call for available days and times to book an appointment with Dr. Lisa Kellerman, ND

Call for information and to book your appointment. Don't forget our calendar online

www.LisasNaturalPath.com/calendar.html

"You are what you think. You are what you go for. You are what you do!"

~Bob Richards~

Ask Dr. Kellerman, N.D.



Submit your question by mail or email to Questions@LisasNaturalPath.com

Dear Dr. Lisa, I am the proud parent of a new college freshman, my first to leave, and am concerned about my daughters nutrition while away at school. She will be eating more junk food, not resting enough and feeling the stresses of college life. What can I do to help her make this transition as easy as possible, while not seeming like a hovering and overprotective mom? Sally, Butler PA

Dear Sally, First of all, congratulations on the first to leave the nest. It is a big step for her as well as for you. As our children get older and begin making their own nutritional decisions we are left to wonder if we have taught them well when they were young. If your daughter had good nutritional habits growing up, chances are she will take those good habits to school with her. Help by taking the time to pack her some good supplements as she heads off to college. Think **"SUPER NUTRITION, SUPER EASY"** with Nature's Sunshine's new package - **Super Trio**, it makes proper nutrition simple and convenient. You can take good nutrition with you - in your purse, backpack, pocket, the palm of your hand - wherever you go. Each packet contains Super Supplemental - daily vitamin/mineral needs, Super Omega-3 - essential fatty acids, and Super ORAC - exclusive potent free radical quenching antioxidants. Call the office for yours! Sincerely, Dr. Lisa Kellerman, N.D.



Dr. Lisa Kellerman, N.D.

Herbal Hours at Lisa's Natural Path



The Iodine Solution

Tuesday, September 11th / featured speaker, Dr. Lisa Kellerman, ND
Iodine deficiency is more widespread than you might think! Are you aware that there are chemicals you are exposed to every day that deplete you of necessary iodine. If you or anyone you know suffers with thyroid malfunction or the inability to maintain proper metabolism and body weight, you should attend this class! **Receive a FREE Iodine Test while attending the class, VALUE \$10.**



The Benefits of Receiving Massage

Tuesday, September 18th / featured speaker, Karen Shakley, C.M.T.
There are many forms of massage, therapeutic, lymphatic drainage, myofascial... all have specific benefits and provide the body with health-providing circulatory benefits. If you have never experienced massage, how do you know which form is best for you? If you are timid and shy about massage and would like to ask questions about what takes place, this is the class for you. Come and learn about the types of massage we have available and ask our massage therapist why massage therapy would be right for you. **All attendees receive a coupon good for \$5.00 off of a 1 hour massage.**



Eat Right for Your Blood Type

Tuesday, September 25th / featured speaker, Kitty Mack, CH
Many people use the Blood Type Diet to enhance their overall health or to combat a particular disease. Many use the diet as a way of achieving their ideal weight. These are all very good reasons as over the years many people have used the Blood Type Diet to accomplish and achieve these goals. Join us and see how this program can work for you! Receive a **FREE Blood Type Diet and Exercise Guide** for attending. **Arrive at 5:30pm and receive \$5.00 OFF of blood type testing, regularly \$20.00**

Prize Drawings

FREE HERBAL HOURS

Tuesdays at Lisa's Natural Path from 6 pm - 7 pm

Sales & Specials

Lisa's Natural Path, Herb Shoppe & Wellness Center

318 Stirling Village, Butler, PA 16001

MUST RSVP at Info@LisasNaturalPath.com • Phone (724) 284-9162

Refreshments

Benefits of Therapeutic Massage Enhances General Health

- An important component of your health maintenance or wellness plan. It helps keep the body and mind functioning optimally.
- Help relieve certain common physical problems, and help bring the body back to optimal functioning.
- Important adjunct to a fitness or sports program, helping you performance goals with minimum injury and pain.
- Is effective in combating the negative effects of aging noticed in the middle to late years of life. It helps keep body tissues and basic functions in a more youthful state.
- Helps balance the effects of stress in our lives and avoid stress-related disease and dysfunction.
- Can help in certain temporary or long term situations which cause unique physical and mental challenges.
- Frequently used to enhance the beneficial effects of other types of health care.



Visit our booth at the



**Saturday September 15th
11am - 7pm**

Talk with Dr. Lisa Kellerman, ND, Meet our Thermography Team, Experience Soothing Chair Massage, Mini-Iridology, Learn all about what we have to offer and don't forget to sign up for our prizes and giveaways!



Thyroid Health and Virgin Coconut Oil

Many Americans suffer from symptoms such as cold hands and feet, low body temperature, sensitivity to cold, a feeling of always being chilled, headaches, insomnia, dry skin, puffy eyes, hair loss, brittle nails, joint aches, constipation, mental dullness, fatigue, frequent

infections, hoarse voice, ringing in the ears, dizziness, loss of libido, and weight gain, which is sometimes uncontrollable. Approximately 65 percent of the U. S. population is overweight; 30 percent is clinically obese. Research is pointing to the fact that an underactive thyroid might be the number one cause of weight problems, especially among women, in the US today.

Virgin Coconut Oil offers great hope for those suffering from hypothyroidism (low thyroid function) today. Supplementing with Virgin Coconut Oil can greatly improve metabolism and energy levels. You can realize a tremendous difference in hormonal balance, mood stability, stamina and overall energy by giving up white toxins (wheat flour, refined sugar, potatoes, and other high-glycemic index foods) in combination with consumption of Virgin Coconut Oil. As an added bonus, you will see slow and steady weight loss if you also add some productive exercise. Stop in the office and ask about our Virgin Coconut Oil.

Coconut oil is a saturated fat made up primarily of medium chain fatty acids. Also known as medium chain triglycerides (MCTs), medium chain fatty acids are known to increase metabolism and promote weight loss. Coconut oil can also raise basal body temperatures while increasing metabolism. This is good news for people who suffer with low thyroid function.



Crème de Chocolat is a liquid infusion of pure cocoa powder and white tea antioxidants, naturally sweetened with Stevia and the Lo Han fruit, offering an effective over-all health maintenance formula that provides you with the multiple benefits of polyphenols and best of all it contains NO sugar, NO preservatives, NO artificial flavors and most importantly...NO calories. It is perfect for your whole family; especially the kids (young and old). Simply add one or two droppers full of Crème de Chocolat to 6 ounces of milk or water, warm or cold, for a rich chocolate beverage. Enjoy all the antioxidant benefits of chocolate without any of the fats, calories or sugars typically found in chocolate bars and syrups.

- Promotes a healthy immune response
- Supports a healthy cardiovascular system
- Helps fight free radicals and the oxidation of LDL cholesterol
- Promotes brain health and mental clarity
- Promotes and nurtures healthy, smooth and supple skin
- All natural-deep chocolate taste and aroma
- Supports good moods
- Fat FREE, Calorie FREE, Preservative FREE, Caffeine FREE, Alcohol FREE
- 60 Servings per bottle



New Hours at Lisa's Natural Path

Monday, Wednesday, Thursday, and Friday
OPEN 9am - 5pm

Tuesday OPEN 11am - 7pm

Shoppe CLOSED on Saturday & Sunday



Back To School Sale



September 17th-21st

15% off all in-stock

Nature's Sunshine Products.

Available at Lisa's Natural Path

LUNCHBOX Water Bottles

.250 Liter Lunch Box Polycarbonate Bottle with flip up cap

Polycarbonate Benefits

- Glass-like, non-porous material- No leaching of plastic taste
- Reuse again and again
- Easy to clean with diluted vinegar, baking soda or tap water. Rinse thoroughly before using.
- Durable - No heat or cold distortion
- Assorted colors.



Sale Price

\$2.99

Regularly \$3.50

Coupon valid only at Lisa's Natural Path, not good with any other offer.
EXP DATE 10-31-07

SKIN CARE SALE!

20% OFF of ALL In-Stock
Nature's Sunshine



While Supplies Last

Stop The Search!

Lisa's Natural Path now carries
Iodine Tincture and Oral/Axillary
Thermometers for proper
thyroid testing



Iodine Deficiency is More Widespread Than You Might Think!

Not only is iodine a rare element in the earth's crust, it is tough to obtain adequate iodine in the diet. To make matters worse, there are numerous chemicals that displace iodine in the body, including mercury, fluorides, chlorine and bromides. This kicks what little iodine we are getting in our diets out of the body.

Because iodine is an essential element for thyroid function, it's little wonder that thyroid disorders are so widespread. And, while many people know that iodine is important for the thyroid, most people don't know it is also important for the health of the breasts, reproductive organs in men and women, the nerves, skin and eyes. In fact, every cell in the body needs iodine to function properly.

Mild-to-moderate IDD (Iodine Deficiency Disorders) can cause thyroid function abnormalities and endemic goiter.

- In areas with severe endemic IDD, rates of miscarriage and infant mortality are increased. Cretinism is rare, but populations in which severe iodine deficiency is prevalent are at risk for reduced intelligence and mental retardation. In fact, iodine deficiency is the leading cause of preventable mental retardation worldwide.
- Whether iodine deficiency causes an increased risk for thyroid cancer is unclear, but a higher proportion of more aggressive thyroid cancers (ie, follicular thyroid carcinoma) and an increased thyroid cancer mortality rate are found in areas where iodine deficiency is endemic.
- The clinical disorders of iodine deficiency tend to be more profound in geographic areas associated with coexisting selenium and vitamin A deficiencies and in regions where goitrogens such as cassava or millet are major staples of the diet.

UPCOMING EVENTS

Tuesday, October 2nd	Herbal Hour "You Wont Believe What's Inside You" 6pm - 7pm
Wednesday, October 3rd	The Natural Path, Live Call-in Radio show, <i>Topic - Cleansing/Parasites 680AM WISR</i> 11:15am
Saturday, October 6th	Autumn Open House at Lisa's Natural Path 11am - 3pm
Tuesday, October 9th	Herbal Hour "Cancer" Part One of Two - DVD presentation 6pm - 7pm
Tuesday, October 16th	Herbal Hour "Cancer" Part Two of Two - DVD presentation 6pm - 7pm
October 22nd-27th	"Cruise Into Savings" at Lisa's Natural Path 15% OFF ALL In-Stock Natures Sunshine Products
Tuesday, October 23rd	Herbal Hour "Thermography - Understanding the benefits and uses" 6pm - 7pm
Tuesday, October 30th	Herbal Hour "Candida - Its hidden dangers and easy resolutions" 6pm - 7pm
Saturday, November 17th	Pamper Day at Lisa's Natural Path, by appointment only Reserve your spot today
Saturday, December 8th	Lisa's Natural Path Christmas Open House 11pm - 3pm

Call for dates and times to schedule an Evaluation with Dr. Lisa C. Kellerman, N.D. or a Thermography Session, Ear Candling, Detox Foot Spa, or Massage appointment. \$5 Mini-Iridology appointments available on Wednesdays - 724-284-9162

**"Example is not the main thing in influencing others, it is the only thing."
~ Albert Schweitzer ~**

Lisa's Natural Path

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