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OCTOBER NATURAL HEALTH NEWS

From your friends at
LISA'S NATURAL PATH
 Herb Shop & Wellness Center
 "Educate instead of Medicate"

Happy Fall,
 Fall is a beautiful time of year but, for some it's a season of Allergies, Colds, Bronchitis, & Flu. Prevention is the key as the season changes.

I rarely get sick so people always want to know my secrets.

My favorite prevention tip is to CHANGE YOUR OIL!!! You change your oil in your car every few thousand miles but, do you cleanse your entire body: Organs, Joints, Muscles, Bowels, etc. every season change? I recommend everyone do a 2 week whole body cleanse-it's not a fast- but, a gentle, thorough, detoxifying cleanse. We are breathing, drinking, & eating toxins at a tremendous rate and our body can't keep them cleansed out which causes the immune system to become weak. My favorite whole body cleanse is "CLEAN START - MILD" .



As 80% of your immune system is in the gut, I take a PROBIOTIC 11 with each meal all year long. Taking a Probiotic (good bacteria) helps with digestion and keeps my immune system working in tip top shape. If I start to feel a little run down I double the dose. Eating yogurt is not the way to get probiotics as it has naturally occurring sugar and usually added sugar, dyes, additives and chemicals. Sugar lowers the immune system and yogurt is dairy which is mucus causing which are harmful to your immune system.

I also take 4000 IU's of VITAMIN D3 a day as this is a key nutrient for Immune, Joints, Brain & Energy. Some people take 1 teaspoon of SILVER SHIELD liquid a day to keep their immune systems healthy. Others take 1 IMMUNOMAX chewable or a IMMUNE POWDER stick in their water everyday. I also apply 1 drop of ESSENTIAL SHIELD on bare skin every day which is an Essential Oils Blend that boosts the immune system and acts like a shield against foreign invaders and is also a great natural hand sanitizer.

Whatever you decide, we have all the above at LISA'S NATURAL PATH and can help you with any of your Health needs. Don't suffer with sickness let us help you get on the Natural Path to good health.

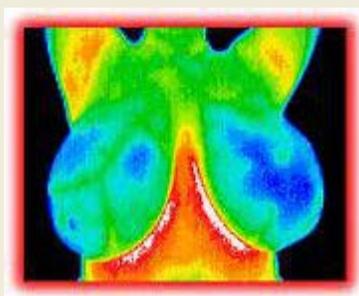
NEW AT LISA'S NATURAL PATH

TRY OUR "WALK YOURSELF FIT CLASSES"
LOW IMPACT, GREAT FOR BEGINNERS, FUN, ONLY 30
MINUTES, 5:00pm MONDAY & WEDNESDAY

HATE EXERCISING? DON'T KNOW WHERE TO START?
NEED TO LOSE SOME WEIGHT? DON'T WANT TO GO TO
A GYM? LOSING YOUR FLEXIBILITY? STRESSED & NEED
MORE ENERGY?



Since October is Breast Cancer Awareness month, we are recommending THERMOGRAPHY or Digital Infrared Thermal Imaging as an option to Mammography as a more Natural and earlier detection for Breast Cancer. Three Rivers Thermography, a Pittsburgh based company comes to our Wellness Center to offer our customers this life saving technology with NO RADIATION, NO TOUCHING, FDA APPROVED, & NO PAIN. We are scheduling appointments on Tuesday, October 18th. Call us at 724-284-9162 to make an appointment and for more information check them out at www.threeriversthermography.com



CLASSES AND EVENTS

TUESDAY, October 4- Ruth Andersen's 97th Birthday
(Dr. Lisa's Mom) WooHoo!!!

THURSDAY, October 6 - IN.FORM PROGRAM PARTICIPANTS CLASS

5:00-5:30 Health Assessment/Measure

5:30-6:30 Health Education Class

* Guests may come to 1 class Free

SATURDAY, October 8- Alzheimer's Walk

9:00 am BC3 campus

Dr. Lisa & her daughter Emily will be walking. If anyone wants to join them just let us know.

TUESDAY, October 11- "INTRODUCTION TO THE PROGRAM THAT IS CHANGING LIVES:

IN.FORM "

5:30-6:30 Come learn what this Program is all about and how people are changing their lives by Regaining their Health & Losing Weight too!

If you have Blood Pressure, Cholesterol, Blood Sugar or Weight issues DON'T MISS THIS FREE INFORMATION.

THURSDAY, October 13- IN.FORM PROGRAM PARTICIPANTS CLASS - Norwex Demonstration and Sale from 4:15-7

5:00-5:30 Health Assessment/Measure

5:30-6:30 Health Education Class

TUESDAY, October 18- Thermography Day.

12-7pm Three Rivers Thermography of Pittsburgh will be at our Center offering Digital Infrared Thermal Imaging (a non-invasive earlier detection of Breast cancer & more)

*By Appointment

TUESDAY, October 18- Health Talk

6:00-7:00 pm Topic: "The ABC's of Good Health"

St. John's Reformed Church, Evans City Road across from Agway, Butler, PA

Speaker: Dr. Lisa Kellerman, ND, Naturopathic Doctor

THURSDAY, October 20- IN.FORM PROGRAM PARTICIPANTS CLASS

5:00-5:30 Health Assessment/Measure

5:30-6:30 Health Education class

TUESDAY, October 25- Customer Appreciation Day!!!

SALE, Specials, Free Stuff, & Health Talk

12-7 pm

5:30pm - Health Talk, Topic: "Has Life got you "Singing the Blues " Learn how to treat DEPRESSION the natural way. Speaker: Dr. Lisa Kellerman, ND Naturopathic Doctor

THURSDAY, October 27 - IN.FORM PROGRAM PARTICIPANTS CLASS

5:00-5:30 Health Assessment/Measure

5:30-6:30 Health Education Class

OCTOBER SPECIAL

PUNCH CARD: 5 SESSIONS IN THE FAR-IR INFRARED SAUNA FOR \$50.00 (Reg. \$150.00)



Benefits: Increases Energy, Help Sleep issues, Detoxifies the body, Burns 600-800 calories in one 30 minute session, Reduces Inflammation, Boosts the Immune system & much more!



NEW-EXERCISE CLASS SCHEDULE

Tuesday - 9:30 am - Organic Yoga

Friday - 6:30 pm - Restorative Yoga

"New" WALK YOURSELF FIT CLASSES

Monday and Wednesday @ 5:00 p.m.



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