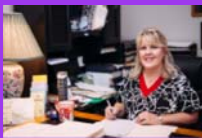




*LISA'S NATURAL PATH December 2016 Newsletter*



I can't believe how fast this year has flown and here we are getting ready to celebrate Christmas again. We at LISA'S NATURAL PATH, want to thank our Customers, friends, & family for all the wonderful support over the past year. As a small business it is you all that keep us in business so we can help so many improve their health. We have a lot to be thankful for and wish everyone a Blessed Holiday season and remember "The Reason for the Season".



Merry Christmas & God Bless,  
Dr. Lisa, Jolene, Kitty, Fran, Lou Lou, Linda, Brandy & Ken



## NATURAL AIR FRESHENER RECIPE

Baking soda to fill 1/2 glass jar, 10 drops of Essential oil or Blend. Mix with fork.

Can be used with or without a lid ( if using a lid put a fabric scrap on top and just use metal ring or punch a few holes with hammer and screwdriver)

## HEALTHY & USEFUL GIFT SUGGESTIONS

Himalayan Salt lamp    Essential Oil Jewelry    Wool Dryer Balls  
Essential Oil Home Diffuser    Stainless Hot/Cold Mug    Gift Certificate  
Glass water bottle    Organic Green Tea    Raw Honey  
Wax Warmer    Real Gem Jewelry    Soy Candle  
Dry Skin Brush    The Ultimate Cloth    Essential Oil Car Diffuser  
Health Books                      IN.FORM Program



<http://www.Lisasnaturalpath.com>

**Check the Website to see the Calendar of**

## Classes & Events

### EXERCISE CLASS SCHEDULE

Monday: 5:00-5:30 pm - Walk Yourself Fit

Tuesday: 9:00-10:00 am - Yoga

Wednesday: 5:00-5:30 pm - Walk Yourself

Fit



With all the added Stress of preparing for the Holidays don't forget to: Get some exercise, Drink your water, & Take your supplements to keep your immune system strong so you can enjoy the festivities.

### HOLIDAY HEALTH TIPS

**With all the Holiday parties coming here are a few tips to keep from overeating:**

1. Eat a good protein snack before going to the party where there will be a meal such as: nuts, hard boiled egg, celery with almond butter, to keep your blood sugar stabilized so you don't overeat.
2. If you are going to one where only snacks, deserts or appetizers are being served have a Pea protein meal replacement smoothie before you go to fill you up so you are less likely to overindulge.
3. Make sure you drink plenty of water before you go and during especially if there is alcohol involved to keep you full and hydrated.

Mood Swings? Weak Bones & Joints? Weak Immune System? Seasonal Defective Disorder? Most of us do living in Northern climates. What's the answer?

Take 4000 IU's of Vitamin D3 a day and feel the difference!!!

In our Herb Shop we offer: Worlds Best, State of the Art, pharmaceutical grade, pure Supplements, Authentic Essential oils, Himalayan Salt lamps, Essential oil home and car diffusers, Organic teas, a few Health foods, & more. In our Wellness Center we offer: Massage Therapy, Walk Yourself Fit classes, YOGA classes, Health Evaluations with our own Naturopathic Doctor, Complimentary Classes on many different Health topics, Our IN.FORM regain your health & lose weight Program that is changing lives, Colon Hydrotherapy, Far Infrared Sauna, Harmonic wave energy balancing,

NAET Natural Allergy Elimination treatments, Allergy Scans, Thermography (Digital Infrared Thermal Imaging) Scans, Energy/Detox Foot Soaks, Paraffin Hand dip treatments, & Ear Candling.



*Copyright © 2016 LISA'S NATURAL PATH, Herb Shop & Wellness Center, All rights reserved.*

"you are receiving this email because you either opted in at our website or gave us your email at the store"

**Our mailing address is:**

LISA'S NATURAL PATH, Herb Shop & Wellness Center  
1779 North Main Street Extension, Butler, PA  
Kerr Business Center  
Butler, PA 16001

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

*MailChimp*