



Herb hop Well e s center

Dr. Lisa's Corner

This month we are dedicating our Newsletter to getting rid of pests. It's spring and pest most importantly ticks that cause disease are going to be bad due to the mild winter. Our customers have been asking for more classes on Essential oils so they can learn how to prevent and rid Fleas, Ticks, Spiders, mice, mosquitoes naturally. So I have researched and found wonderful ways to treat and prevent.

Using essential oils to repel fleas and ticks helps eliminate the amount of chemicals you and your family are exposed to. Some botanical oils are suitable for direct skin contact, while others work best sprayed on clothing or under rugs and cushions. Exercise caution when using essential oils, especially around children and pregnant women. Keep in mind that essential oils don't last as long so you need to use them more often.

Lavender

A sweet-smelling, all-purpose insect repellent, lavender essential oil performed well in recent studies as both a tick deterrent and a method of preventing tick eggs from hatching. Additionally, Ohio State University recommends it for controlling fleas. Producers steam-distill the flowering tips of the herb *Lavendula officinalis* to obtain the oil. Use lavender in soaps, lotions, spray repellents, potpourris and under cushions and rugs. A 2007 South African study found that formulas containing diluted lavender at rates of 10 to 20 percent lavender performed well as tick repellents when compared artificial DEET (N,N-diethyl-m-toluamide) sprays

Lemongrass

Lemongrass essential oil is a natural flea and tick repellent. The oil comes from the tropical lemongrass plant *Cymbopogon citrates*. A related species, citronella grass, may also repel fleas, according to Ohio State University. Lemongrass oil contains a pleasing citrus scent and is also useful in controlling oily scalps and skin conditions, making it suitable for lotion, spray, soap and shampoo formulas.

Eucalyptus


Ohio State University suggests using eucalyptus oil as a flea repellent. The oil comes from various trees of the Australian Eucalyptus species.

Lemon

"Herb Companion" magazine's formula for natural bug control contains lemon oil, extracted from the skins of lemons. Lemon essential oil contains the compound limolene, considered especially effective against the fleas which pester cats. Sprinkle the oil around the home, including in potpourri bowls, under cushions and under pet beds, but don't add directly to pet fur. The oil is safe to use in diluted form for human sprays, lotions and soaps, but it may make the skin more vulnerable to UV rays.

* TICK TIP

If you find a tick on yourself or animal put 1 drop of Peppermint Essential oil on it and watch as the tick will back out of your skin and move away from the oil. Just grab it with a tissue and flush down the toilet.



FLEAS & TICKS

Join us to learn how Essential Oils can keep Fleas & Ticks off our Pets, Ourselves, & Our homes without harmful chemicals. Everyone will get to make and a Natural Flea & Tick Collar for your Dog

**APRIL, 4th
TUESDAY 5:30 PM**


Speaker Dr. Lisa Kellerman, ND is a Naturopath (Holistic Doctor) that has been in the natural health field for over 23 years. Dr. Lisa is a Certified Authentic Essential Oil Specialist and looks forward to teaching everyone the safe use of Essential Oils.

WORKSHOP FEE \$10 & you must bring your oils

LISA'S NATURAL PATH, Herb Shop & Wellness Center
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PLEASE RSVP

2017 COMMUNITY HEALTH SERIES



**Essential Oils for Fleas & Ticks
Humans & Pets Workshop**
* April 4 @ 5:30
Lisa's Natural Path
1779 North Main St. Ext, Butler

Intro to our Regain your Health & Lose Weight Program
* April 6 @ 5:30
Lisa's Natural Path

Essential Oils for Common Allergies Workshop
* April 12 @ 5:30
Three Rivers Thrombography
3439 Babcock Blvd
Pittsburgh

Busting The Cholesterol Myth
* April 18 @ 7:00
St. John's Reformed Church
494 Evans City Road, Butler

Natural Solutions for Allergies
* April 24 @ 6:30
Newman Chiropractic
267 Pittsburgh Rd., Butler
&
* April 25 @ 5:30
Lisa's Natural Path

LISA'S NATURAL PATH
HERB SHOP & WELLNESS CENTER

Coming this month
HEALTHY FACETS & WORKSHOPS
as these natural health topics
There will be presented by our
and Holistic Doctor
Dr. Lisa Kellerman, ND
* Health talks are Free
Workshops are \$10 if you bring
your oils. \$20 in our store.

**NEW ESSENTIAL OILS
WORKSHOPS STARTING**
April 12 in Pittsburgh at
Three Rivers Thrombography
3439 Babcock Blvd
Pittsburgh

To register, call: 724-284-9182
or email:
lisasnaturalpath@lisasnaturalpath.com
Light refreshments provided

www.LisasNaturalPath.com

FOR A COMPLETE LIST OF OUR MONTHLY
CLASSES, WORKSHOPS & EVENTS

www.LisasNaturalPath.com



Exfoliation can benefit every skin type. PUREhaven ESSENTIALS Exfoliator from the Skin Essentials Skin Care System is a gentle exfoliator that can be used up to 3 times per week. Some of the positive results that you can experience from exfoliation are:

*removes dead skin cells from pores

*reveals fresh skin cells

*makes pores appear smaller

The best time to exfoliate depends on your personal skin care needs. Removing buildup from your skin will enhance your skin's natural ability to absorb other facial products. If you want a smooth surface for applying makeup, you can exfoliate in the morning before using toner and moisturizer. Before bed is also a beneficial time to exfoliate if you use a night time anti-aging serum. Come on in and check out this pampering, healthy skin care line!

Blessings, Kitty

In our Herb Shop we offer:

- Worlds Best, State of the Art, pharmaceutical grade, Pure, Food Based Supplements from Nature's Sunshine Products & Nutritional Frontiers
- Authentic Essential oils, Himalayan Salt lamps, Essential oil home diffusers, car diffusers & Jewelry, Organic Green teas, Health foods, Shower filters, & more.
- All natural, organic skin care, make-up & laundry products
- Miracle II products
- Hemp products

In our Wellness Center we offer:

- Health Evaluations with Personalized programs by our Naturopath (Holistic) Doctor
- Consultations with our Naturopath
- Massage Therapy by our 2 Licensed therapists
- Free Herbal Hours on many different Health topics
- Essential Oil Workshops
- 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 Scanning, Thermography Scans, Energy/Detox Foot Soaks, Paraffin Hand dip treatments, & Ear Candling.



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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

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