
May Newsletter 2017



A note from Dr. Lisa

Hi Everyone,

I recently returned from sunny Florida where I was at a Natural Health conference learning more about ways to return the body to great Health. The topic this year was the GUT and how it relates to every ailment known to man. Cardiovascular, Blood pressure, Cholesterol, Blood sugar, Brain issues, Obesity, etc. If the Gut isn't healthy nothing in the body will work correctly. 3 things we need to do to keep our Gut healthy is: 1) REMOVE toxins 2) REPAIR inflammation and damage 3) REPLENISH the nutrients. For more information call the shop and make an appointment with me to get on the right path to Great health.

Blessings,
Dr. Lisa

[NEW PRODUCTS & GREAT GIFT SUGGESTIONS](#)

Handmade Rope Sandals & NEW Essential Oil Roll ons: SHINE is an Energy Blend to Roll on anywhere and anytime you need a pick me up.



EDUCATIONAL CLASSES AND EVENTS

can be found on our website at: www.Lisasnaturalpath.com

SPECIAL OFFER!!!

If you Pre-Register and attend the Essential Oil Workshop on May 2 you will have a chance to win: a **Complementary 1/2 hour Reflexology session with our Licensed Massage Therapist: Brandy Andler** and as a **Special Thank You everyone attending will receive \$10 off a 1/2 hour Reflexology session or \$20 off a 1 hour Reflexology session with Brandy.** You must Pre-Register by Monday, May 1 to be eligible to win the Drawing and get a discount coupon at 724-284-9162 or email: lnpfrontdesk@lisasnaturalpath.com

HEALTH TIP

Did you know that 91% of your Serotonin is made in the Gut?

If you are having any Brain issues such as Depression, Bi-polar issues, Memory Loss, Alzheimer's, Moods swings, ADD, ADHD, Anxiety, Autism, etc. You need to help your gut by Removing, Repairing & Replenishing. 1st REMOVE toxins by doing a gentle, 2 week whole body cleanse with 3 colon hydrotherapies. 2nd REPAIR by changing your diet and go Gluten free as gluten causes inflammation in the gut and taking Intestinal Soothe & Build. 3rd REPLENISH by taking Probiotics every meal to repopulate the good bacteria and eating fermented foods that are high in good bacteria such as: sauerkraut, kefir, fermented veggies, etc.



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KITTY'S KORNER

Did you ever look at the ingredients in your hair, skin care and makeup products? The list of dangerous chemicals may surprise you. This is why at LISA'S NATURAL PATH you can find chemical free, non-toxic, healthy hair and skin care products for infants and children, as well as adults, in the Pure Haven Essentials line. Don't even get me started on popular infant and children's products that are on the market today – Johnson & Johnson have admitted that their baby products contain cancer causing chemicals – this infuriates me and further emphasizes that fact that you have to be your own advocate for your family's health.

These are just two of the dangerous chemicals found in Johnson & Johnson:

*Quaternium-15 releases formaldehyde which is carcinogen. Daily exposure is linked to brain cancer and leukemia.

*1,4 Dioxane when inhaled causes vertigo, headache and irritation of mucus membranes. It is also considered a possible carcinogen.

Remember, these are just 2 of the dangerous chemicals found in popular baby products! Please educate yourself for the welfare of your family and stop in at the shop to get safe products for your children and yourself.

Blessings, Kitty J

ESSENTIAL OIL RECIPE - REVITALIZING HAIR SPRAY

2 oz. Purified Water

2 TBS Extra Virgin Olive Oil

8 Drops Lavender Essential Oil

Put all in a dark glass spray bottle

Roll between hands to mix before each use

Spray on hair daily if needed to Restore and Replenish Dry, Split ends, & Lifeless hair naturally.

*** Listen to 620 AM for all Natural Health Practitioners all day discuss different Health Issues**

*** Every month we collect non-perishable food items for the Evans City Food Cupboard so please HELP US, HELP THEM and come in and place your items in our Love Box.**

DID YOU KNOW?

Did you know that the most people skip breakfast?

or eat a breakfast of cereal, milk, and coffee which is full of sugar & milk (yes, milk has naturally occurring sugar in it) which causes blood sugar imbalances and the coffee if not organic is full of herbicides and pesticides which are toxic chemicals and very acidic which leaches minerals out of the body which in turn causes many health problems.

Within 20 minutes of rising the body needs protein to function and balance blood sugar. Instead of skipping the most important meal of the day or eating a sugar laden breakfast why not feed your body with the proper nutrients so you don't need caffeine and sugar to get you going or keep you going. Try a Great tasting Pea Protein Rich SMOOTHIE! Stop in and see all the different options we have. Dr. Lisa carries 2 scoops of Nature's harvest powder in her shaker bottle in the car always then, all she has to do is add water and she has a great tasting, high nutritional, complete, natural meal replacement every where she goes.

In our Herb Shop we offer:

- Worlds Best, State of the Art, pharmaceutical grade, Pure Food Based Vitamins, Minerals, Herbs & Supplements from Nature's Sunshine Products & Nutritional Frontiers
- Authentic Essential oils, Essential Oil Jewelry, Himalayan Salt lamps, Essential oil home and car diffusers, Organic Green teas, Soap Nuts natural laundry detergent & Wool Balls for natural laundry softening, Rope Sandals, Miracle II products, NEW Hemp (CBD) Products, a few Health foods, & more.
- Pure Haven all natural skin, Hair, & Body products

In our Wellness Center we offer:

- Consultations or Full Health Evaluations with a Personalized Program by our Holistic Doctor
- Free Health Talks on many different topics
- Monthly Customer Appreciation Days
- Essential Oil Workshops
- Our IN.FORM regain your health & lose weight Program that is changing lives
- Massage Therapy, Colon Hydrotherapy (Colonics), Far Infrared Sauna sessions, Harmonic wave energy balancing sessions, ZYTO Allergy Detection Scans done through the hand, NAET Natural Allergy Elimination treatments, Thermography Digital Infrared Thermal Imaging Scans, Energy/Detox Foot Soaks, Paraffin Hand dip treatments, & Ear Candling.



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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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