



From the desk of Dr. Lisa

Hi Everyone,

Finally summer is here and the 4th of July is right around the corner. Where does the time go? This year we are so very blessed to get to spend it with all our children, their partners, and grandchildren at our camp on the river. We are looking forward to swimming, campfires, boating, fishing, and hiking. Family is very important and we need to cherish all the time we get to spend it together. As a kick off for the weekend the Big Butler Fair is on and our son in law Troy is competing in the Demolition Derby so we will be there cheering him on. Wishing all of you a wonderful 4th celebrating our nation's independence and a great month of summer.

God Bless,
Dr. Lisa



**WE HAVE EXPANDED OUR LINE OF HEMP PRODUCTS DUE TO
THE WONDERFUL TESTIMONIALS WE ARE RECEIVING!!!
(We now have Elixirs for under the tongue and Salves for topical use)**

BENIFITS OF Organic Hemp (CBD oil):

CBD is the oil from the Hemp plant with no THC but, has all the healing properties.

– **Inflammation and related pain**, including IBS, Crohn's, Colitis, and pancreatic issues.– Increased sleep time and quality. Relieves stress, calm the mind, and restore peaceful sleep. – **Muscle relaxation**. – **Headaches and Migraines**– **Anxiety and stress** plus has anti-psychotic and antidepressant qualities.– **PTSD relief**. Cannabinoids have been found to be therapeutic in treating Post Traumatic Stress Disorder by protecting the brain from damage done by physical and emotional trauma. Forgetting bad memories is a crucial function of the endocannabinoid system. – **Protection from neurodegeneration** of the brain reducing inflammation, which is a root cause of many neurological disorders. Able to slow the accumulation of protein in the brain, which is thought to be a contributing factor in Alzheimers disease.– **Safer pain management**. – **Reduced PMS symptoms** by releasing calming chemicals that improve your mood. In addition, help with inflammation, pain, irritability, and cramping.– **Nausea relief**. CBD has been shown to bind with receptors and turn off the signals in the brain that cause nausea. Cannabinoids have also become widely accepted as a way to help treat nausea and loss of appetite in cancer patients.– **Digestive relief**. Cannabinoids can reduce inflammation, calm cramping, and treat diarrhea.– **Decreased social anxiety**. – Possible symptom relief for those with **seizures, cancer, diabetes, fibromyalgia, and other neurological disorders**. Also, possess effects that **inhibit cancer cell migration, adhesion and invasion**.

* The longer you take CBD oil the less you have to take.

**HEALTH TALKS, ESSENTIAL OIL WORKSHOPS & EVENTS
can be found on our website at: www.Lisasnaturalpath.com**



KITTY'S KORNER

Hello All!

Summer 2017 is upon us, I hope that yours is going well. I

recently I found myself reminiscing about Summer 2016, as I was well on my way 1 year ago to a healthier me! At the beginning of July 2017, I was one month into the IN.FORM Program and Classes with Dr. Lisa and it changed my life in so many ways by completing it. While on the program, in 90 days:

- I had decreased my Metabolic Age by 17 years
- I no longer experienced GERD and was taken off of my Prescription by my Physician
- I no longer needed to take High BP Medication because my BP was normal.

Those successes continue today, and the testimonies of the other participants on the IN.FORM Program go even further in proving the amazing success that you can have if you take part in this life changing program! I hope to see you at an IN.FORM Introduction class this month!

Blessings,

Kitty J



SPECIAL ANNOUNCEMENT:

We will be CLOSED Monday, July 3rd & Tuesday, July 4th for the Holidays!!!

ESSENTIAL OIL BATH RECIPE

Submitted by Wendy Nelson Wells - Relax



Add to Bath:

- 1/2 cup Epsom salt
- 1/2 cup Dead Sea salts
- 1/2 cup baking soda
- 10 drops lavender

Relaxes body while body soaks in nutrients from the salts.



NATURES SUNSHINE

4 WOOL DRYER BALLS

from Four Things by Nature



TESTIMONIAL

Dear Dr. Lisa,

I want to thank you so much for getting rid of my Psoriasis on my legs. I had been using a very expensive steroid cream for years and it would take it away for a few weeks then, would come back with a vengeance. I was tired of just covering up the problem and wanted to get rid of it for good. Someone at work mentioned your name and how you helped his sister with her stomach issues so I thought I would see if you could find the root cause of my skin issue. I couldn't believe I had food allergies and Candida after you tested me. Now after you treated me with NAET allergy treatments and put me on a program to rid the Candida I can say hallelujah my leg scaling & itching are completely gone. You are an angel to me and thank the lord everyday for giving you this gift. Sincerely, Eric B.

* 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.

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, Rope Sandals, a few Health foods, & more.

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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Our mailing address is:

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1779 North Main Street Extension, Butler, PA
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Butler, PA 16001

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