



From the desk of Dr. Lisa

Hi Everyone,

August is here and parents are school shopping and preparing for the kids to go back to school. I am going to dedicate this Newsletter to what you need to help your kids have the best, healthy school year ever.

Breakfast is the Most Important Meal of the Day and the body needs protein within 20 minutes of waking up. Most parents are working so they are usually too rushed to cook breakfast and that's ok as long as all of you get your essential nutrients. One of the best breakfast is a Pea Protein Smoothie. At our house we never start a day without one. See my recipe below and enjoy the wonderful taste and energy boost so coffee or other caffeine will not be needed. Let's RESTART BREAKFAST TODAY!!!

Blessings & Love,
Dr. Lisa



KIDS YUMMY BREAKFAST SMOOTHIE

1 SCOOP LOVE & PEAS PROTEIN POWDER

8-10 OUNCES OF UNSWEETENED ORGANIC ALMOND MILK or PURIFIED WATER

1/2 CUP FROZEN BERRIES

**Mix in a high speed blender til smooth
(you can add more liquid if desired)**

*** This is the most important thing you can do for you kids health
so they can Focus, Concentrate & Learn in school**

HEALTH TALKS, ESSENTIAL OIL WORKSHOPS & EVENTS

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



KITTY'S KORNER

We're headed back to school soon and I wanted to wish all the students and parents out there a wonderful school year! In preparing your students for this school year, consider the products that they are using daily. It is so important for their personal care products to be non-toxic and chemical free to help keep their immune systems strong! Our skin, the largest organ of our bodies, is a carrier – not a barrier to the product ingredients that we put on our skin. These ingredients enter the bloodstream and are carried throughout our bodies.

We are excited to offer several non-toxic, chemical free products here at Lisa's Natural Path, including:

- *PUREhaven Essentials Body Wash,
- *PUREhaven Essentials Shampoo,
- *PUREhaven Essentials Toothpaste,
- *PUREhaven Essentials Monster Spray (for sound sleep & sweet dreams J) and

*PUREhaven Essentials Boo Boo Stick (for those playground mishaps!).
 Here's to your good health! Enjoy your school year!
 Blessings,
 Kitty J

ESSENTIAL OIL BATH RECIPE
 Submitted by Wendy Nelson Wells - Idaho

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.



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THERMOGRAPHY IS COMING TO L.N.P

Tuesday, August 15 Three Rivers Thermography will be at our Wellness Center offering
 D.I.T.I. (Digital Infrared Thermal Imaging Scans)
 * You must call for an appointment as they get filled up fast.





KIDS BASIC SUPPLEMENTS

- 1) **MULTIPLE VITAMINS & MINERALS:** Essential nutrients that are not in our foods for Growth, Healthy Immune System & Good Overall Health
- 2) **PROBIOTIC POWER:** Good bacteria for Healthy Immune System, Digestion, & Happy Mood
- 3) **CALCIUM Plus D3:** Strong bones & Teeth, Healthy Immune System
- 4) **OMEGA 3 with DHA :** Good Brain Function & Focus, Healthy Bowels, & Heart

Kids don't always eat right so these food grade supplements insure your kids are getting all the building blocks to keep them strong and healthy. They taste great and come in gummies & chewables with **NO ADDED SUGAR, DYES, CHEMICALS, BINDERS OR FILLERS**. You can always trust Nature's Sunshine to make the very best.

* 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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