
October LNP Breast Health Newsletter

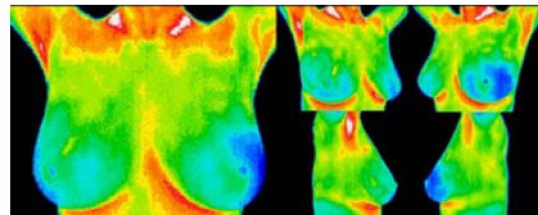


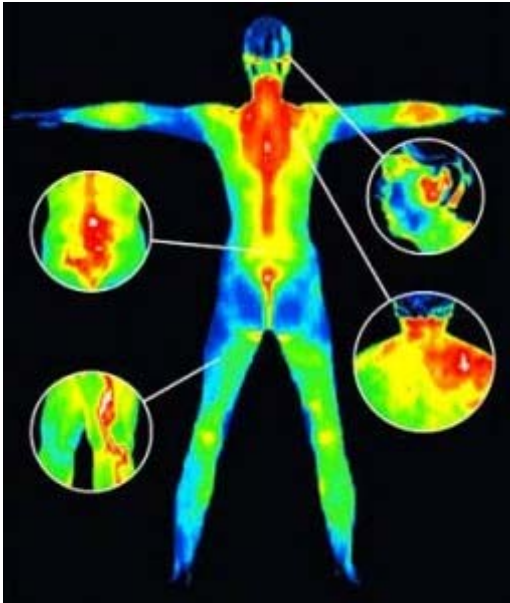
From the desk of Dr. Lisa

Hi Everyone,

October is Breast Cancer Awareness month so this Newsletter will be dedicated to my research and answers so you can make a informed decisions on how to protect your breasts. We offer Thermography Scans by Three Rivers Thermography once a month as we feel this is a better alternative to Mammograms. We are having a Health Seminar at my Wellness Center on **Thursday, October 19 @ 5:30** "Protect your Breasts The Natural Way " and offer Natural Deoderants & Dry Skin Brushes all to offer you Natural Alternatives to keep your Breasts healthy.

God Bless,
Dr. Lisa





Infrared Thermal Imaging

Medical Infrared Thermal Imaging is a major break-through in preventive medicine. It is the perfect blend between the preventive well-care philosophy of eastern medicine and the highly technical innovations of today's world.

Certified by the FDA in 1985, thermography is accepted as a safe, non-invasive investigational and diagnostic tool that can help identify the earliest signs of breast and cardiovascular disease before they have done their damage.

We have an unprecedented opportunity to eliminate these diseases through the power of prevention for those who seek our help.

For breast screening, thermography is not a stand-alone diagnostic device but, is actually able to recognize changes in the breast while the tumor is still in the microscopic stages, as many as 8-10 years before clinical detection with mammography or ultrasound.

Medical Thermal Imaging uses no radiation, but takes infra-red pictures of otherwise invisible changes in the body, using a highly specialized digital infrared thermal imaging camera. For breast imaging we take images of the chest, lateral views under each arm and each breast individually for a complete view for analysis. By focusing on the physiology of the breast, the interpreting MD is able to determine what activity, if any, is developing in the breast tissue. The patient receives a written report with analysis and opinions within a week, from an MD who has been specifically trained to interpret the thermal images. We also review the report of findings with the patient to assure complete understanding of the results.

Thermography can see physiological changes throughout the body.

Discover how prevention is the ultimate problem solver, and how thermography makes it possible.

Mission Statement: Three Rivers Thermography strives to provide cost effective, optimal thermographic images and physicians report in a comfortable, professional setting.

To Schedule An Appointment in Butler Or For More Information Please Call LISA'S NATURAL PATH, Herb Shop & Wellness Center 724.284.9162

We are so proud to be able to offer you Amazing Monthly: Health Seminars, Essential Oils Workshops, Customer Appreciation Days & Other Events. These all require a lot of time planning & researching so we can give you up to date cutting edge information. Please share this list with your family and friends and invite them to come with you so you can both learn Natural ways to get and stay Healthy.

This is a quick reference list for more information check out our website at: www.Lisasnaturalpath.com



2017 COMMUNITY HEALTH SERIES

HEALTH SEMINAR
"How CBD Oil Can Improve Your Life"
* October 3 @ 5:30
Fee: \$5 if Register, \$10 Walk-in

HEALTH SEMINAR
"Don't Lose Your Mind"
* October 12 @ 5:30
Fee: Donation
St. John's Reformed Church
373 Evans City Road, Butler

HEALTH SEMINAR
"Protect your Breasts the Natural Way"
* October 19 @ 5:30
Fee: \$5 if Register, \$10 walk-in

BREAST CANCER AWARENESS MONTH

ESSENTIAL OIL WORKSHOP
"Natural Hair Care"
* October 24 @ 5:30
Fee: \$10 if you bring oils or \$20 if you use ours

INFORM PROGRAM
HEALTH CLASS
* October 26 @ 5:30
Fee: \$10 Previous Participants
\$20 New Participants

LISA'S NATURAL PATH
www.lisasnaturalpath.com

SEMINARS, CLASSES & WORKSHOPS
will be presented by:
Dr. Lisa Kellerman, ND
Naturopathic Doctor
at
LISA'S NATURAL PATH
unless noted.

* Please Register by calling
724.284.9162

* Cash or Check Only

CUSTOMER APPRECIATION DAY & SALE
* October 31 @ 12-7 pm
Specials, Free Stuff, & Food

LISA'S NATURAL PATH
Herb Shop & Wellness Center
1779 North Main Street
Butler, PA 16001
www.LisasNaturalPath.com
724.284.9162



10 TIPS TO KEEPING YOUR BREASTS HEALTHY

- 1 Get a yearly Thermography (Digital Thermal Imaging) Scan
- 2 Do Dry Skin Brushing at least 2 x a week

- 3 Drink 1/2 your body weight in ounces of purified water a day to keep the toxins flushed and much more.
- 4 Do monthly self breast exams.
- 5 NEVER USE! Chemical laden Anti-perspirants & Deoderants as those toxins enter the breasts through the arm pits and are a big cause of Breast Cancer
- 6 Do Not use Underwire bras as they keep the breasts too tight and conformed. The breasts need to move to keep the Lymphatic system clean and moving. So go without a bra as much as possible
- 7 Limit caffeine as caffeine is a stimulant drug and is harmful to the breasts and will make them tender.
- 8 Walk on a mini-trampoline 10 minutes a day so the Lymph glands can dump to detoxify
- 9 Over abundance of ESTROGEN is the number 1 cause of Breast Cancer so always buy Organic Meats, Eggs, Butter & Cheese so you Do Not get the Hormones that have been given to animals to make them grown big and fat fast.
- 10 Get Educated instead of Medicated. Come to my Health Seminar and learn more.



THE HEALTH BENEFITS OF DRY SKIN BRUSHING

The best time to do skin brushing is before showering or bathing at least once a day, and twice, if possible.



- Stimulates the lymphatic system
- Cleans toxins from the lymphatic system
- Strengthens the immune system
- Removes dead skin layers
- Creates smoother skin along with a healthy glow
- Removes cellulite
- Tones the muscles
- Helps digestion
- Stimulates circulation
- Increases cell renewal
- Prevents premature aging

RawForBeauty.com

ADULTS BASIC SUPPLEMENTS

- 1) SUPER TRIO: Packets containing 3 Supplements that are: Food Based, Natural Multi Vitamins, Fish Oils & Anti-Oxidants which contain Essential nutrients that are not in our foods for Anti-inflammatory, Anti-Oxidant protectors, Healthy Immune System, Weight, Energy & Good Overall Health
- 2) PROBIOTIC 11: Good bacteria for Healthy Immune System, Digestion, & Happy Mood
- 3) PROACTAZYME: Digestive Enzymes to break down food and supplements for Good Nutrition, Healthy Bowels, & a Healthy GI Tract
- 4) EVERYBODY'S FIBER: For Healthy Liver, Bowels, & Blood sugar balancing
- 5) VITAMIN D3: For Healthy Immune System, Bones/Joints, & Moods

We don't always eat right so these food grade supplements insure you are getting all the building blocks to keep strong and healthy. NO ADDED SUGAR, DYES, CHEMICALS, BINDERS OR FILLERS. You can always trust Nature's Sunshine to make the very best.

* Listen on the Radio 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:

- Health Evaluations with a Personalized Program by our Holistic Doctor: Dr. Lisa Kelleman, ND
- Monthly Health Seminars on many different topics
- Monthly Customer Appreciation Days
- Monthly 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.



Copyright © 2017 *LISA'S NATURAL PATH, Herb Shop & Wellness Center, All rights reserved.

Our mailing address is:

1779 North Main Street Extension, Butler, PA 16001

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

This email was sent to info@garvpetrie.com

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

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