
November Colds/Flu Newsletter 2017



From the desk of Dr. Lisa

Hi Everyone,

The Holidays are upon us plus, Cold & Flu season is under way so we want to devote this months Newsletter to Prevention and Natural Remedies in case you do come down with something. Remember "An Ounce of Prevention is Worth a pound of Cure". REMINDER: We will be CLOSED November 23 & 24 for the Thanksgiving Holiday so mark your calendar. We want to thank everyone for shopping local and want to wish everyone a Blessed Thanksgiving.

God Bless,
Dr. Lisa





HOLIDAY SHOPPING OPEN HOUSE SATURDAY, NOVEMBER 25 @ 10-2

** TONS OF PRIZES * SALE * SAMPLES * VENDORS*

*COMPLIMENTARY: GIFT WRAPPING, JEWELRY CLEANING,
SUGARING HAND TREATMENTS & REFRESHMENTS*

15 LOCAL VENDORS

Chef Joan's Homemade Soups & Cookies, Emily's Handmade wood crafts, Ashlyn's Handmade Ornaments, Terry's Beeswax Candles, Ornaments & Piggy Banks, The ARC's Soy Candles & Wood Crafts, "My Cabin in the Pines" Farm Decor, wood signs, Knit Hats & Scarves, The Longarm Quilters Quilts & more, Premier Design Jewelry, Norwex Cleaning cloths & products, 31 bags, & more, Pampered Chef Kitchen products, Pure Haven All Natural Skin & Hair Care Products, Essential Oil Jewelry, Lularoe clothes, & Jamberry Nails

Every month my team and I do extensive research on different health topics so we can bring you the most recent, cutting edge Natural Health Information. Please try to attend some of our Events such as: Health Seminars, Essential Oils Workshops, CBD Seminars, Customer Appreciation Days & Others. These all require a lot of time planning & researching so please come and bring a friend or family member so we can spread the good news of "Educate instead of Medicate".

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



10 TIPS TO KEEP HEALTHY DURING COLD/FLU SEASON

- 1) WASH YOUR HANDS a lot but, Do Not Use any Anti-bacterial soap or Chemical Hand sanitizers as they kill all the Good & Bad bacteria so your Immune system is weakened. Use Sunshine Concentrate to wash as it just dissolves the dirt and doesn't alter the pH of the skin. Use Silver Gel as a Natural Hand Sanitizer.
- 2) STAY AWAY FROM DAIRY PRODUCTS as they have naturally occurring sugar that lowers the immune system and is very acidic to the body and are mucus causing.
- 3) BUMP UP YOUR VITAMIN D3, During Cold/Flu season bump up your intake to 10,000 IU's a day to boost your immune system
- 4) CLEAN UP YOUR DIET with lots of Fresh fruits, veggies, & leafy greens. Check out our co-op that deliver to our shop every Wednesday: www.nwpagrowers.com
- 5) PUT ON A SHIELD Our Essential Shield Essential Oils blend is made up of Essential oils that boost the immune system and kill of bacteria & germs. 1 drop a day on bare skin is our "Flu Shot in a Bottle" also, great to diffuse it in water in the house or at work to purify the air around you.
- 6) DON'T FORGET YOUR PROBIOTIC 11, I always recommend 1 with each meal but, especially during Cold/Flu season.
- 7) BOOST YOUR IMMUNE SYSTEM, 1 Immunomax chewable, 1 tsp of Liquid Silver Shield or 1 Immune stimulator capsule a day will keep your immune system in tip top shape.
- 8) GET YOUR REST, If you are not getting a good nights sleep stop in and check out our Sleep time product or CBD.
- 9) MANAGE YOUR STRESS, If you are stressed and nervous it will weaken your immune system. Nutri-Calm is our number #1 best selling product full of B-complex vitamins and herbs to strengthen and nourish the nervous system, give you energy but, calming and focus all at the same time.
- 10) Get Educated instead of Medicated. Come to my Health Seminars and learn more.

10 Reasons To Diffuse Essential Oils

- 1) Remove Bad Odors
- 2) Deeper Sleep
- 3) Reduce Food Cravings
- 4) Purify Air (Viruses & Allergens)
- 5) Chemical Free Air Freshener
- 6) Set Romantic Mood
- 7) Reduce Stress & Relax
- 8) Energize In The Morning
- 9) Promote Creativity
- 10) Memory Recall For Exams

PerfectMindPerfectBody.com



SIGNS

You May Have a

VITAMIN D DEFICIENCY

To explore more, visit
www.Top10HomeRemedies.com

NATURAL REMEDIES FOR COLDS & FLU

AL-J, All Natural Herbal formula to open up congestion, thin mucus, & boost immune system so good for Colds, Sinus issues, cough, allergies, etc.

VS-C, All Natural Herbal formula to kill off viruses

SILVER SHIELD LIQUID, Ionic & Colloidal silver that only kills the bad bacteria and not the good. A good general use Natural Anti-biotic for up in and on every orifice of the body.

PROBIOTIC 11, Take 1 every hour if you are coming down with something to boost your immune system as 70% is in the gut.

VITAMIN C ASCORBATES, Take 1,000 mg every hour while fighting off something. If you get too loose bowels cut back.

ESSENTIAL SHIELD, A blend of natural essential oils to kill off bacteria and virus. Breathe deep many times a day from the bottle and also, rub a few drops on the bottoms of feet at bedtime and put on white socks.

BREATHE DEEP, Essential oil blend to sniff all day, rub a few drops on chest blended with a carrier oil, or diffuse in the air to open up airways and decongest.

*** 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.



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