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# February Newsletter

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A note from Alexis Simonetti

**Hello Everyone,**

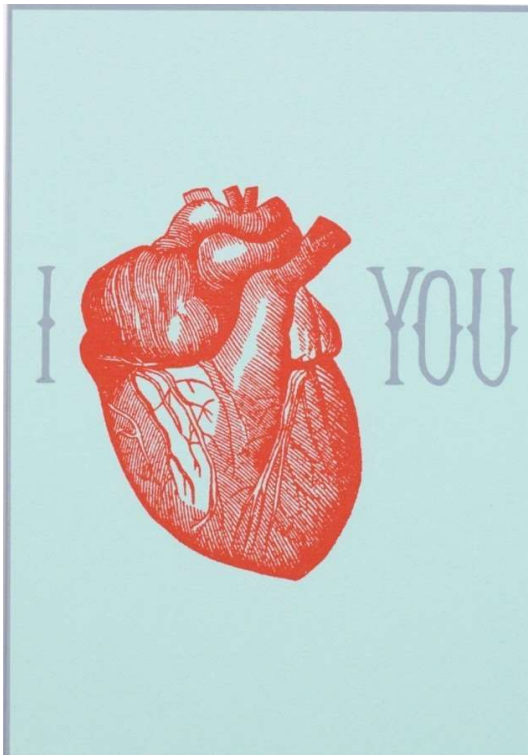
**I hope you all had a wonderful New Year and 2018 is treating everyone well so far! Allow me to introduce myself, I am a senior at Slippery Rock University and am currently in the process of completing my internship with Dr. Lisa for the Spring 2018 semester. I will be receiving my B.S. in Public Health/Health Sciences this May and hope to continue my education at a graduate level in the near future. At the University I have given many health presentations on Nutrition, Biostatistics, Environmental Health, and overall Wellness along with assisting in a medical research project pairing with the University of Pittsburgh. Throughout my time and studies at Slippery Rock University I have developed a passion for Health Education and truly believe that the future of healthcare lies in prevention and education. I also have been working on a Plant-Based Instagram page where I post recipes and food inspiration for people who want to incorporate more fruits and vegetables in their diet; with over 200 followers in the last year I hope to continue and expand upon this project. Furthermore I will be interning with Dr. Lisa and helping teach seminars until May; my first week has already been a delight and I am beyond excited to meet all of you!**

**Sincerely,  
Alexis Simonetti**

***Heart Month***

Our heart is an organ that

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truly never stops working; however, heart health has been on the decline in recent decades. Cardiovascular disease is the leading cause of death in the United States even though a lot of this disease can be prevented with a life of good nutrition, staying active, and avoiding smoking! This being said, keep reading for some heart healthy recipes, upcoming seminar dates & times, as well as tips for overall heart health!



***February Massage Specials with Brandy,  
one of our Licensed Massage Therapists, with  
over 15 years of experience!***

- 40 minute Reflexology Treatment for \$35
- 20 minute neck, back, and shoulder massage for \$15



***Black Bean Rainbow Salad***

This dish is great to have in your fridge for a quick snack or side dish. The rainbow of colors gives you a variety of nutrients, fiber, and healthy fats for your heart. Served with brown rice this salad is a complete protein with all essential amino acids.



## Ingredients

- 1 cup of cooked Black Beans
- 1 small Cucumber (peeled & diced)
- 1/2 of a Red Onion (diced)
- 1 Mango (peeled & diced)
- about 1/8th of a head of Purple Cabbage (chopped)
- 1 Red Bell Pepper (chopped)
- 1-2 Avocados (diced)
- juice from 1 Lime
- 2 Tablespoons of Olive Oil
- Salt & Pepper to taste
- Chopped Cilantro (optional)

In a large bowl mix together lime juice, olive oil, and any seasonings you'd like to add. Add in all of your beautiful chopped veggies, fruit, and beans then toss gently in the dressing you previously mixed. Stick in the fridge and enjoy as a snack, side dish, or a refreshing meal! Feel free to get creative! See something you're not a fan of? Simply switch that veggie out for something else or omit it.

***Instagram: @veganmami\_***



## Food Drive!

This month, with every non-perishable food pantry item you donate, you will be entered in a drawing for a **free** 30 minutes in our Far Infrared Detoxifying Sauna (typically a \$30 value).

*For example: 5 items = 5 chances to win*


***\*All food will be going to the  
Evans City Food Cupboard***



The winner will be announced at the end of February



## February Classes




**CBD Oil: An Elixir from the Heavens?**

HOW HEMP CBD OIL CAN IMPROVE YOUR LIFE?

**Pain, Inflammation, Anxiety, Stress, Sleep, Cancer, Seizures, Skin Issues, Brain, Diabetes, MS, Parkinson's, RA, Colon Issues, & more!**

**Tuesday, February 20 @ 5:30**

\* Fee \$10 includes: Drawing, 1 hour Seminar, Sample, Questions & Answers, & Handouts



**Guest Speaker Dr. Lisa Kellerman, ND is a Naturopath (Holistic Doctor) that has been in the Natural health field for over 24 years. Dr. Lisa is looking forward to educating you about CBD Oil and it's health benefits.**

LISA'S NATURAL PATH  
Herb Shop & Wellness Center  
1779 North Main Street Extension  
Butler, PA 16001  
724-284-9162  
[www.LisasNaturalPath.com](http://www.LisasNaturalPath.com)

Call to REGISTER



**Fats 101: the good, the bad, and the ugly.**

Saturated, unsaturated, trans fats, monounsaturated, polyunsaturated, fatty acids, omega-3s ?????

Make sense of what your body needs and learn the truth about the different types of fat. Be able to read a nutrition label like a pro and learn the words manufacturers use to disguise toxic ingredients.

**Tuesday, February 27<sup>th</sup> @ 5:30**

\*\$5 fee includes: 1 hour seminar, Healthy Snacks, Question & Answers, and Handouts (Call to Register)

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*Guest Speaker Alexis Simonetti will be teaching with Dr. Lisa. Alexis will be receiving her B.S. in Health Sciences from Slippery Rock University this May and is currently completing her internship with Lisa's Natural Path.*

### EDUCATIONAL CLASSES AND EVENTS

can be found on our website at: [www.Lisasnaturalpath.com](http://www.Lisasnaturalpath.com)



Hawthorn for the

# Heart

Hawthorn Berries' effects on the circulatory system have been well studied. The berries contain constituents that help enhance heart muscle function and provides circulatory system support.



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



## DON'T SKIP THE MOST IMPORTANT MEAL OF THE DAY

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. We posted her Breakfast smoothie above. Her and her husband have it every morning and you know how much energy they have. She also carries 2 scoops of Nature's Harvest powder in a 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, Rope Sandals, a few Health foods, & more.