
LNP May Newsletter 2018





Hello Everyone,

The May newsletter is all about the Mom in our life who deserves the best for Mother's Day. We have an array of services, essential oils, natural soaps, and much more that would be a great Mother's Day gift. Keep reading for May Specials, upcoming classes/events, and recipes!

Mother's Day Gift Ideas

Buy a gift certificate for a Detoxifying Energy Foot Soak and receive \$10 off this month only.



Buy a gift certificate for 30 minutes in our Far Infrared Sauna and receive \$5 off this month only.



Essential Oils

We have a vast array of pure, organic essential oils that make wonderful gifts. Our favorite blends to use as an all natural perfume are Inspire and Shine, available in roller bottles for easy application.

Essential Oil Products

- "Common Scents, A Practical Guide to Aromatherapy" by Lorrie Hargis, Aromatherapist. This book is full of essential oil recipes and tips.
- Essential Oils Jewelry, this line of jewelry can hold essential oils and



carry the smell with you all day.



Plus Much More...

- Goat Milk Soaps and Lotions
- Earth & Sol Rope Sandals
- Glass and Stainless Steel Water Bottles
- Massage Therapy Gift Certificates
- Himalayan Salt Lamps
- Essential Oil Diffusers

Healthy Summer Recipe: Grilled Veggie Taco Bowls



A crispy-crunchy, amazingly flavourful, veggie-loaded taco bowl with all the fixins'. Serves 2.

Serves: 2 servings

Ingredients

Grilled Veggies

- ⅔ cup zucchini, halved and sliced
- ⅔ cup sliced bell peppers (red, green and yellow)
- ¼ red onion, thin sliced
- ⅔ cup sliced mushrooms
- 1 handful baby spinach, roughly chopped
- ¼ tsp salt

Taco Rice & Beans

- 1½ cups cooked brown rice
- ⅔ cup black beans, rinsed and drained
- 3 tbsp taco sauce

Toppings

- 1 vine-ripened tomato, chopped
- 1 handful baby spinach, roughly chopped
- 2-4 tbsp guacamole
- 2-4 tbsp salsa
- 2+ handfuls of tortilla chips (use Flax Seed Chips for added benefits)

More Optional Toppings

- shredded cheese
- fresh lime juice or wedges
- extra taco sauce for drizzling
- jalapeño, thin sliced
- cilantro, chopped
- salsa baked tofu

Instructions

1. Combine cooked rice, rinsed black beans, and taco sauce in pot, heat until warmed all the way through
2. Preheat grill or skillet (high heat).
3. Cook bell pepper, red onion, and zucchini for about 4 min. Add mushrooms, sprinkle with salt and cook for another 5-6 minutes or until veggies are tender. Add spinach and cook until just wilted.
4. To serve: Scoop ¾ cup of rice and bean mixture into a bowl and add ½ of the grilled veggies. Top with a handful of fresh greens (lettuce or spinach), fresh chopped tomato, 2+ handfuls of crushed tortilla chips

(optional), 1-2 tbsp of guacamole, and 1-2 tbsp of salsa. Add any optional topping you desire (fresh cilantro, cheese, fresh lime juice, salsa baked tofu, extra taco sauce, etc.)

May Events

2018 Community Health Series



Radio Show

"Let's Talk: Detoxifying and Cleansing"

*Wednesday, May 2nd 11:15

Dr. Lisa Kellerman ND will be discussing health topics the first Wednesday of every month from 11:15-11:45 AM on WISR680 AM.



Health Seminar

"Ready to get off the Weight Loss Roller Coaster? "

*Tuesday, May 15th 5:30 PM

Fee: \$10, Free with student ID



Essential Oils Class

"Essential Oils for Pet Care"

*Thursday, May 24th
6:00-8:00 PM

Must Call: Butler County
Community College

(724) 287-8711 to register

Fee: \$29 for 2 hour session



Herb shop + wellness center

Seminars, Classes, &
Workshops Presented by:
Dr. Lisa Kellerman N.D.

@LISA'S NATURSL PATH

Unless noted

Must Call to Register
(724) 284-9162

*Cash or Check Only

1779 North Main St.

Butler, PA 16001

www.LisasNaturalPath.com

* don't forget to follow us on
Facebook and Instagram

*Customer Appreciation Day will be Tuesday, May 29th 12:00-7:00

Massage Therapy Specials with Brandy, Licensed Massage Therapist

- \$10 off a regular priced massage or reflexology on 30 minute and 1 hour services for the month of May only
- Cash or Checks accepted



We are so excited that Our Chiropractor Dr. Sam is back!

- **Dr. Sam Barrett D.C.** will be at LISA'S NATURAL PATH every other Friday
- Friday, May 11th and May 25th from 2:00-6:00 P.M. (walk-ins only)
- Check out his website truewellnesschiropractic.com



We are collecting Non-perishable food items for the Evan's City Food Cupboard. This month they are asking for Cereals. For every item you bring in you will get 1 entry into our monthly, Far Infrared Sauna session Drawing. (value \$30). So go through your cupboards and bring in some food please.



Breathe Deep is an Authentic Essential Oil blend that can help with any upper respiratory issue. You can diffuse it in a room, Mix some with our Carrier oil blend and rub on chest to relieve a cough or congestion, Mix some in a bowl of steaming water and put a towel over your head and inhale or just inhale right from the bottle.

CHECK OUT OUR WEBSITE
www.Lisasnaturalpath.com

* Dr. Lisa will be on the Radio again with her Live, call in talk show, the first Wednesday of each month: Starting May 2 from 11:15 -11:45 am on 680 am WISR. Mark your calendar as she will be discussing a different Health topic each month and call in anytime to say Hi or ask her a question.



HOURS and CLOSING UPDATES

- We will be closing at 5:30 PM on Thursday, May 10th for a banquet
- We will be closed for Memorial Day Monday, May 28th

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:

- Full Health Evaluations with a Personalized Program by our Holistic Doctor
- Consultations with our Holistic Doctor to get a few questions answered (by phone or in person)
- Health Seminars 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.
- Chiropractic Care with Dr. Sam Barrett, DC



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