



Herb shop + Wellness center



***Hello Everyone,***

The July newsletter is focused on Lyme Disease and Vaccines, two very different, yet very important topics. If you enjoy hiking, camping or live near/close to wooded areas you are very much at risk for developing Lyme disease. Vaccines, on the other hand, are a highly controversial topic! In the end vaccines aren't such a "hot shot", and there is plenty you aren't

being told about what's actually going into your body and what it's doing.



## Lyme Disease

**What it is:** Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks.

**Signs and Symptoms:** Untreated Lyme disease can produce a wide range of symptoms, depending on the stage of infection. These include fever, rash, facial paralysis, and arthritis.

- Early Signs and Symptoms (Day 3-30)

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes
- Erythema migrans (EM) rash:
  - Occurs in approximately 70 to 80 percent of infected persons
  - Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)
  - Expands gradually over a period of days reaching up to 12 inches or more (30 cm) across
  - May feel warm to the touch but is rarely itchy or painful
  - Sometimes clears as it enlarges, resulting in a target or “bull’s-eye” appearance
  - May appear on any area of the body

- Later Signs and Symptoms (Months after)

- Severe headaches and neck stiffness
- Additional EM rashes on other areas of the body
- Arthritis with severe joint pain and swelling, particularly the knees and other large joints.
- Facial palsy (loss of muscle tone or droop on one or both sides of the face)
- Intermittent pain in tendons, muscles, joints, and bones

- Heart palpitations or an irregular heart beat (Lyme carditis)
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory



## Vaccines

**What it is:** a substance used to stimulate the production of antibodies and provide immunity against one or several diseases, prepared from the causative agent of a disease, its products, or a synthetic substitute, treated to act as an antigen without inducing the disease

### Reasons to say "NO!":

#### 1. Pharmaceutical Companies Can't Be Trusted (Ever)

- Merck, the manufacturer of the MMR vaccine is currently embroiled in two lawsuits for falsifying data on the effectiveness of the mumps vaccine.

#### 2. ALL Vaccines are Loaded with Chemicals and Heavy Metals

- recent vaccine testing results published in January 2017 revealed that ALL of them are contaminated with heavy metals not declared on the ingredients list or in the product leaflets.

#### 3. Vaccinated Children are the Unhealthiest, Most Chronically Sick Children

- Vaccinated children are more chronically ill than unvaccinated children with rates for autism, ear infections, ADHD, asthma and allergies as much as 30% higher than unvaxed children

#### 4. Other Countries Are Waking Up to the Dangers of Vaccination

- In 1975, Japan raised its minimum vax age to 2 years old, The country's infant mortality subsequently plummeted to such low levels that Japan now enjoys one of the lowest level in the Western world (#3 at last look).

#### **5. Numerous Vaccines Have Already Had Problems/Been Removed from the Market**

- In Feb 2002, GlaxoSmithKline removed the Lyme Disease vaccine from the market citing poor sales when in fact a number of people who received the vaccine reported symptoms worse than the disease itself such as incurable arthritis or neurological impairment.

#### **6. You Can Always Get Vaccinated, But You Can Never Undo a Vaccination**

- The longer you wait, the more likely your child's immune system will be able to handle the onslaught with minimal damage.



**Upcoming Seminars!**

# In the end, VACCINES aren't such a "hot shot"



Vaccines are one of the "sacred cows" of modern medicine. We've all been told how vaccines have wiped out certain contagious diseases, and every year people faithfully line up to get vaccines for themselves and their children.

But are vaccines really all they're cracked up to be? Here are some facts to consider.

For starters, the myth is that the vaccines make you immune. This simply isn't true. A vaccine presents a challenge to your immune system, which mounts a response and prepares antibodies to defend itself against the disease. Therefore, it's your immune system, not the vaccine, that makes you immune.

Secondly, there is ample evidence that vaccines can "backfire" if your immune system is compromised. This means the vaccine itself actually makes you sick because your immune system wasn't strong enough to mount a response.

The fact is, that few people have ever read the list of ingredients or the list of possible side effects in the vaccines they routinely accept. An even smaller number of people have done their own research on the topic.

In this month's Herbal Hour, we'll tell you the *whole* story about vaccines, including their potential problems and side effects. We'll also discuss how to help the real hero of immunity, our own immune system, with herbs and nutrition. If you have had vaccines, we'll tell you how to detoxify from them. If you're going to vaccinate yourself or your children, we'll tell you how to minimize side effects and if you want to avoid them, we'll provide you with information on how to legally do so.

Join us at this month's Herbal Hour and learn why vaccines aren't always a "hot shot." Also discover alternatives that can help you avoid being on the "wrong end" of the vaccine issue. This is important information that everyone needs to hear, so bring your family and friends.

***Avoid getting "stuck" with unnecessary vaccines and learn how to create natural immunity at this month's Herbal Hour.***



Date: **Tuesday, August 14**

Time: **5:30 p.m.**

Place:

**Lisa's Natural Path**  
**\$10 if you call + register**  
**\$15 at door**

For information call:

**724-284-9162**





# NATURAL SOLUTIONS

## Lyme Disease

This event is will cover how to minimize your risk, and natural remedies for those with Lyme disease.

*\$10.00  
Call  
&  
Pre-register*

**AUGUST 28TH**  
**TUESDAY 5:30 PM**

*\$15.00  
At the  
Door*



Guest speaker Mike Gallagher is a certified lifestyle educator and consultant that has been in the nutritional industry for over 20 years. Mike is looking forward to discussing Lyme Disease and Nutritional Frontiers, a research and science based company located in Pittsburgh, Pa.

**You do not need to be a patient to attend!**

**PLEASE RSVP FOR THE EVENT**

**Lisa's Natural Path**

1779 N Main St Ext. • Butler, PA 16001

(724) 284-9162

**FREE  
SAMPLES**

# August Events

# 2018 Community Health Series



## Radio Show

**"Let's Talk: Lyme Disease"**

**When:** Wednesday, August 1st

**Time:** 11:15 - 11:45 p.m.

**Where:** WISR 680 AM.

Dr. Lisa Kellerman N.D. will be discussing health topics the first Wednesday of every month.



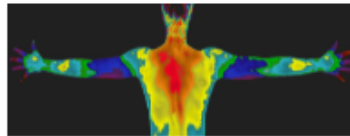
## Thermography

**When:** Tuesday, August 7th

- FDA approved
- Radiation free
- Painless
- Able to detect the first signs that cancer may be forming up to **10 years before** any other procedure can detect it

By Appointment Only!

- Please call for availability



## Health Seminar

**In the end, VACCINES aren't such a "hot shot"**

Avoid getting "stuck" with unnecessary vaccines and learn how to create natural immunity!

**When:** Tuesday, August 14th

**Time:** 5:30 - 6:30 p.m.

**Where:** Lisa's Natural Path, Herb Shop & Wellness Center

**Fee:** \$10- pre-registration

\$15- At the door

Free with student ID



## Health Seminar

- **With special guest speaker Mike Gallagher**

**"Natural Solutions: Lyme Disease"**

We will be discussing how to minimize your risk, and natural remedies for those with Lyme Disease.

**When:** Tuesday, August 28th

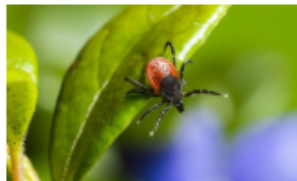
**Time:** 5:30 - 6:30 p.m.

**Where:** Lisa's Natural Path, Herb Shop & Wellness Center

**Fee:** \$10 - pre-registration

\$15 - At the door

Free with student ID



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

@LISA'S NATURAL PATH

Unless noted

Must Call to Register

(724) 284- 9162

\*Cash or Check ONLY\*

1779 North Main St. Butler,  
PA 16001

[www.LisasNaturalPath.com](http://www.LisasNaturalPath.com)

\*don't forget to follow us on:

Facebook 

Instagram 

LinkedIn 

Customer Appreciation Day will be Tuesday, August 28th 12:00 - 7:00 p.m.\*



### Rock-N-Doc's Handmade All Natural SUNSCREEN SPF 20

Made with: Shae Butter, Vitamin E, Jojoba Oil, Organic Coconut Oil, Lavendar Essential Oil, Peppermint Essential Oil, Non-Nano Particle Zinc Oxide

☀️ **Northwest Pennsylvania Growers** ☀️  
Fresh. Local. Sustainable.  
Non-GMO. Pesticide-free. Chemical-free.

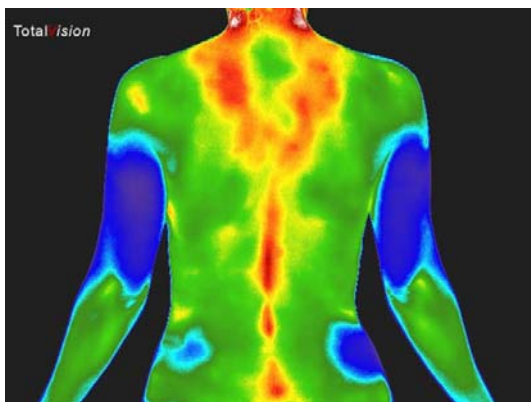


Check out the website for more information or to sign up at: [www.nwpagrowers.com](http://www.nwpagrowers.com)

We offer Digital Infrared Thermal Imaging (Thermography) by Three Rivers Thermography here at LISA'S NATURAL PATH once a month

- **Thermal imaging** that's able to detect the first signs that cancer may be forming up to **10 years before** any other procedure can detect it!





- Next Date: Tuesday, August 7th
- FDA approved , Painless & Radiation Free
- By Appointment only
- A better alternative to mammography



We are collecting Non-perishable food items for the Evan's City Food Cupboard. This month they are asking for pudding and jell-o mixes. 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, see what you have, and bring it on in please!

**CHECK OUT OUR WEBSITE**  
[www.Lisasnaturalpath.com](http://www.Lisasnaturalpath.com)



### Summertime Needs

These two things are a must if you want to enjoy summertime fun, without being harassed by those pesty insects!

1. For Pets: Flea and Tick Spray
2. For Humans: Don't Bug me! Natural Repellent Spray

*\*All Natural propriety blend of purified water & authentic essential oils\**

\* Dr. Lisa will be on the Radio again with her Live, call in talk show, the first Wednesday of each month: for this month August 1st, from 11:15 -11:45 am on 680 am WISR. Mark your calendar as she will be discussing **Lyme Disease: A Holistic approach.**



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### **IMPORTANT ANNOUNCEMENT**

- Energy Detox Foot Soaks: NOW Half off on **Thursdays** (*no longer Wednesdays*)
- No Longer Open on Saturday's

#### **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.



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#### **Our mailing address is:**

1779 North Main Street Extension, Kerr Business Center, Butler, PA 16001

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