



Hello Everyone,

The September Newsletter is focused on Essential Oils! There's an old saying, "the nose knows," a statement that acknowledges how intimately your brain is connected with your sense of smell. Actually, out of all of your senses, smell has the more direct connection to your brain. Read on to learn more, about the holistic approach to using Essential Oils!



Essential Oils

What they are: A natural oil typically obtained by distillation and having the characteristic fragrance of the plant or other source from which it is extracted. Smelling an essential oil can affect your mental outlook and emotional mood faster than anything you can ingest orally. So, if experiencing irritability, anxiety, grief, brain fog, mental fatigue or other mental or emotional imbalances, essential oils or "aromatherapy" can be a fast and effective solution.

Essential oils can help solve many physical health problems, however they are uniquely able to aid in mental and emotional ones. They have the ability to:

- increase mental alertness
- improve concentration
- reduce anxiety
- lift depression
- ease sadness
- uplift the heart
- promote better sleep

How they work: Volatile chemicals released by plants and animals and the environment mix with the air, enter the nose and come on contact with the olfactory epithelium, which encases about 20 million nerve endings with receptors for these volatile substances. Once the chemicals attach to the nerve endings, a signal is sent to the olfactory bulb. The olfactory nerve then transmits the messages from the olfactory bulb into the limbic system of the brain. The limbic system is responsible for creating positive and negative feelings, has a switching station that when stimulated releases various neurotransmitters, and is also associated with memory.

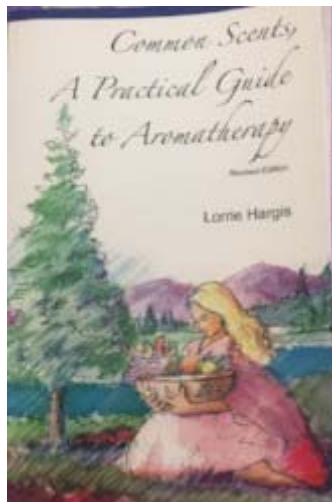
WANT TO LEARN MORE AND HOW AND WHICH ONE'S TO USE FOR COMMON AILMENTS?

Then, Come to our WORKSHOP: Tuesday, September 25 @ 5:30 more details are under Events below.

⊘ Contraindications ⊘

- DO NOT ingest. Pure Essential Oils are very strong and all you need to do is dilute and put on the skin or inhale. Many people have told us that someone told them they could put essential oils in water and drink. This is FALSE and very dangerous!!! That would be like putting Water on a Grease fire it just spreads it. In the case of Essential oils it puts them into the cells too fast.
- DO NOT buy synthetic, ONLY authentic, pure Essential oils are the best.
- DO NOT USE IF pregnant, nursing or on babies younger than 2 years of age unless directed by your Naturopath Doctor.
- ALWAYS dilute with a carrier oil or a blend which we prefer

Our Unique Essential Oil Products



Common Scents, A Practical Guide to Aromatherapy: This book gives you ALL the information on the common scents, how to use essential oils and combinations that you can try out.



Lava Rock/Gems Diffuser Bracelets: Just put a few drops of your favorite Essential Oil or blend on the black lava rocks and smell and feel the Health benefits all day. Also, depending on which bracelet you

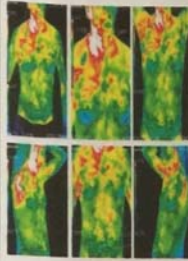
choose the different gems have energy and health benefits.



Essential Oil Diffusers: We have small one's that you can use in one room in your house or office or the large pictured here that will diffuse throughout an entire floor. Just fill with purified water and add a few drops of your favorite essential oil or blend and you can enjoy a beautiful scent with no chemicals and that also has health properties continuously! These make great gifts.

September Events

2018 COMMUNITY HEALTH SERIES



THERMOGRAPHY DAY

"Digital Infrared Thermal Imaging Scans
by Three Rivers Thermography"

* **Tuesday, September 4 @ 12-7**

By Appointment Only

Fee depend on area



DR. LISA'S RADIO SHOW

"Essential Oils - The Basics"

* **Wednesday, September 5 @ 11:15**

WISR 680 am



CONTINUING EDUCATION CLASS

"Weight Loss for Life"

* **Thursday, September 20 @ 6-8**

Fee: \$29 for the 2 hour session

Must Call: Butler County Community

College 724.287.8711 to Register



WORKSHOP

"Essential Oils 101: The Basics"

* **Tuesday, September 25 @ 5:30**

Fee: \$10 adults if Register or

\$15 at the door

Includes: Sampling, Handouts, & Drawing



EVENTS

will be presented by:

Dr. Lisa Kellerman, ND

Naturopathic Doctor

at

LISA'S NATURAL PATH

HERB SHOP & WELLNESS CENTER

unless noted

* **MUST CALL TO REGISTER**

724.284.9162

* **Cash or Check Only**

CUSTOMER

APPRECIATION DAY &

SALE

* **September 25 @ 12-7**

SALE, Specials, Free Stuff

& Refreshments

1779 North Main Street

Butler, PA 16001

www.LisasNaturalPath.com

724.284.9162

* Follow Us on

FACEBOOK



SPECIAL ANNOUNCEMENT

We are growing and I am so very proud and blessed to announce that Dorothy Calvert will be joining our team at LISA'S NATURAL PATH, Herb Shop & Wellness Center. Dorothy is a Reiki practitioner, finishing her Master Herbalist certification soon, and studying for her Naturopathic Degree. Dorothy is a very educated, kind, energetic, has a great personality and wants to learn all we do. She is very happy to be joining us and looking forward to meeting and helping all of our great customers & clients. Join us as we welcome Dorothy so stop in and introduce yourselves.

☀️ **Northwest Pennsylvania Growers** ☀️

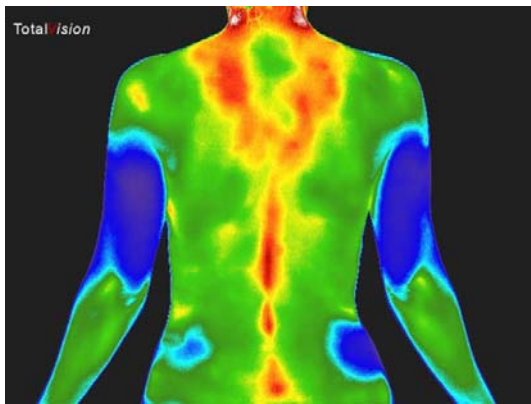
Fresh. Local. Sustainable.

Non-GMO. Pesticide-free. Chemical-free.



We are the Butler drop off site so Check out their website for more information or to sign up at: www.nwpgrowers.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, September 4th
- 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 pasta and spaghetti sauce. 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!



Roman Chamomile

Chamomile is a sweet, floral oil that has a calming effect on the nerves. It is particularly helpful for people who are peevish or irritable, as it helps to promote a calm, sunny disposition. It is a very good essential oil for easing stress and irritability in children, but is also good for anyone who is constantly complaining about little, insignificant things.

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: for this month September 5th, from 11:15 -11:45 am on 680 am WISR. Mark your calendar as she will be discussing Lyme Disease: A Holistic approach.



IMPORTANT ANNOUNCEMENT

- Energy Detox Foot Soaks: NOW Half off on **Thursdays** (no longer Wednesdays)
- **CLOSED:**
 - Monday, **September 3rd** for Labor Day
 - Friday, **September 14th** so all of us can attend the Natural Health Conference

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:

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