
November Newsletter!



Hello Everyone,

We hope you're all enjoying fall! The November Newsletter is focused on your Immune System and the things you can do to boost it naturally, with each season change your immune system also changes and we want you to be prepared! We also will be focusing on some New and Unique gifts we just got in to let you give gifts that can also improve health.



What is it: The immune system is the body's defense against infectious organisms and other invaders. The immune system is made up of a network of cells, tissues, and organs that work together to protect the body.

Facts: About the Immune System

- Each part of the immune system has a unique function.
- Vaccines play an important role in educating your immune system.
- Every day, we encounter billions of germs, but they're not all bad.
- Stress can affect the way your immune system works.
- Positive emotions and a healthy lifestyle may boost your immunity.
- Sleep deprivation can impact immunity.
- Allergies are the result of your immune system reacting to a false alarm.
- Your immune system can attack itself.
- Women are more likely to be diagnosed with autoimmune diseases.
- Being too clean can inhibit your immune system from functioning properly.

How to Boost your Immune System!



Clean Start: Make sure that with every seasonal change you're incorporating a gentle cleanse into your daily routine for a total of two weeks! You change the oil in your car periodically so you always want to remember to clean your insides out as we are eating, breathing and touching toxins everyday so we need to clean them out as they are a root cause of most ailments.



Water: It is ALWAYS important that you are drinking 1/2 your body weight in ounces of purified water on a day to day basis. Do not drink out of plastic that is not Polycarbonate which the only safe one and will have a 5 or 7 in the triangle underneath the bottle. Plastics leach toxins into the water weather you just drink, cook, or store doesn't matter. These toxins mimic estrogen like properties in our body so they make everything grow like: our weight, cysts, tumors, endometriosis, cancer, and so on.



Natural soap free cleaner

Wash hands with a gentle, chemical free cleaner like our NEW Essential Shield concentrated cleaner, following simple hand-washing practices is one of the most effective ways to prevent the spread of many types of infection and illness at home, at school and elsewhere. Never use chemical hand sanitizers as they kill all the good and bad bacteria so you have nothing left on the skin to fight off germs. Use Silver Purifying gel instead which only kills the bad with No toxic chemicals of any kind.



Probiotics: Take probiotics with each meal, you can treat and even prevent some illnesses with probiotics in which contain certain kinds of live bacteria. Remember 70% of your Immune System is in your gut so feed it the good bacteria which also helps digestion.



Vitamin D3: Normal dosage is 4-5,000 IU's a day. During Cold/Flu season Up your intake of Vitamin D3 to 10,000 IU's (international Unit of measurement) a day. Vitamin D not only supports bone growth but it also helps regulate the immune system, moods, colon and much more. Remember D3 is the only bioavailable form so don't be tricked into taking D2.



Immune Stimulator: Take an immune stimulator everyday! This supplement supports the immune system, stimulates the activity of macrophages, T-cells and natural killer cells, as well as acts as an antioxidant.



Essential Oil Diffuser: Stop poisoning your air and your family with toxic chemicals that you breathe in with paraffin candles, sprays, plug-ins, etc. Diffusing pure, authentic essential oils will clean and disinfect the air in your house, car or office. Essential oils have many holistic properties that help all different types of health issues/ immune system issues. USE: **Essential Shield** (Essential Oil) as it is a proprietary blend of different essential oils that help and relieve coughs and colds and can prevent further infection. You can use it topically, in your bath or even inhale it all with the proper dilution!

November Events

2018 COMMUNITY HEALTH SERIES

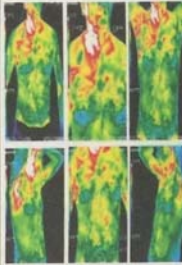


FACEBOOK LIVE with Dr. Lisa & Dr. Meghan Curiale, DC

" Answering questions on any Health Issues"

November 1 @11-11:30

* Must View on our Facebook Page:
LISA'S NATURAL PATH



THERMOGRAPHY DAY
Three Rivers Thermography of Pittsburgh is offering Digital Infrared Thermal Imaging @

Lisa's Natural Path

November 6 @ 12-7

* By Appointment Only



FACEBOOK LIVE with Dr. Lisa

"How to Improve Your Digestion "

Questions welcome

November 14 @1- 1:30

* Must View on our Facebook Page:
LISA'S NATURAL PATH



HEALTH SEMINAR

"All about CBD Hemp Oil Extract" What it is and how it can help your Health Issues

November 27 @ 5:30

* Fee: \$10 if you Register, \$15 at door, 1/2 price if you bring a friend



SEMINARS, CLASSES & WORKSHOPS

will be presented by:

Dr. Lisa Kellerman, ND
Naturopathic Doctor

at

LISA'S NATURAL PATH

unless noted

* MUST CALL TO REGISTER
724.284.9162

* Cash or Check Only

CUSTOMER APPRECIATION
DAY & SALE

* November 27 @ 12-7 pm
Specials, Free Stuff
& Food

1779 North Main Street
Butler, PA 16001

www.LisasNaturalPath.com

724.284.9162

* Don't forget to Follow Us on
FACEBOOK



CHRISTMAS GIFTS FOR YOUR LOVED ONES

We just got in all sorts of cool Christmas gifts that the whole family can enjoy!

Lava Rock & Gems Essential Oil Diffuser Bracelets

Real Lavender Sachet Bags

Silk Eye & Neck Relaxing Herb Pillows

Heart Himalayan-Salt Night Lamps

Soy Wax Candles made for us by the local ARC workshop

Essential Oil Room Diffusers

Himalayan Salt Lamps

Essential Oil diffusing Necklaces & Bracelets

Gift Certificates make wonderful gifts that keep on Giving

☀️ Northwest Pennsylvania Growers ☀️

Fresh. Local. Sustainable.

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

19 local farmers



We are the Butler drop off site so Check out their website for more information or to sign up at: www.nwpagrowers.com

*** If we don't support the Local farmers they will be gone**



We are collecting Non-perishable food items for the Evan's City Food Cupboard. This month they are asking for boxed or bagged food items. 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



Outside Pick-Up Box

For those of you who aren't able to make it to the shop before closing time we've got your backs! We offer an outside pick-up box that is accessible to any customer in order to pick up products after hours.

***MUST** have paid for your products prior to picking up*

IMPORTANT ANNOUNCEMENT

- Energy Detox Foot Soaks: NOW Half off on **Thursdays** only \$30 by **Appointment Only**
- **FALL SPECIAL:** if you purchase a package of 4 they are 1/2 price.

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 Naturopathic Doctor
- Consultations with our Naturopathic 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), Reiki, 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 Center, Butler, PA 16001

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