



Hello Everyone,

Well the Holidays are coming fast and we are all trying to get ready! The December Newsletter is focused on Stress, especially this time of year stress can ruin your Holidays and suppress the immune system which makes getting sick much easier and fighting it off a lot harder. So we will be discussing some causes of stress as well as natural remedies to keep the stress under control so you can enjoy all the wonderful Holiday activities coming. 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: Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand.

Common Signs & Symptoms:

1. Frequent headaches, jaw clenching or pain
2. Gritting, grinding teeth
3. Stuttering or stammering
4. Tremors, trembling of lips, hands
5. Neck ache, back pain, muscle spasms
6. Light headedness, faintness, dizziness
7. Ringing, buzzing or "popping sounds"
8. Frequent blushing, sweating
9. Cold or sweaty hands, feet
10. Dry mouth, problems swallowing
11. Frequent colds, infections, herpes sores
12. Rashes, itching, hives, "goose bumps"
13. Unexplained or frequent "allergy" attacks
14. Heartburn, stomach pain, nausea
15. Excess belching, flatulence
16. Constipation, diarrhea, loss of control
17. Difficulty breathing, frequent sighing

Causes: Stress

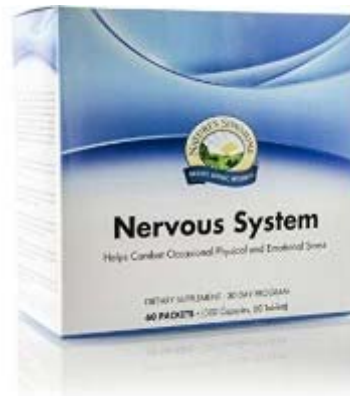
- The death of a loved one.
- Divorce.
- Loss of a job.
- Increase in financial obligations.
- Getting married.

- Moving to a new home.
- Chronic illness or injury.
- Emotional problems (depression, anxiety, anger, grief, guilt, low self-esteem)
- Holidays



Natural Solutions!

Nervous System Pack



What is it? Herbs and Vitamins to nourish, balance, and calm the nervous system, the first step in this program is to take these great all natural packets 2 x a day for a total of 90 days.

NutriCalm



What is it? Nutri-Calm is a unique formulation, containing C and B-Complex vitamins along with natural extracts, designed to maintain a sense of calm and peace of mind. The rule of thumb is 1 with each

meal and they need to be kept cold for optimum potency.

Benefits:

- Supports the nervous system
- A natural formulation designed to maintain a sense of calm and peace of mind
- Must be taken every day to calm stress naturally and more can be taken for added stress.

AnxiousLess



What is it? Featuring Sceletium tortuosum, a time honored herb, and other key nutrients that replenish your body's stress-coping reserves, AnxiousLess targets feelings of anxiousness from multiple pathways.

Benefits:

- Helps ease occasional anxiousness without drowsiness
- Promotes a feeling of confidence and security
- Facilitates positive mood while helping reduce fatigue
- Offers safe, non-habit forming relief

Distress Remedy



What is it? Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

Benefits:

- Supports emotional balance.
- May assist the body with occasional emotional distress and emotional balance.

CBD



Benefits:

- All natural, whole spectrum formula with Hemp from Colorado
- Helps Anxiety, Stress, Calming, Relaxation, Sleep and so much more.
- Turns on the switch between the brain and the body so proper communication is possible.
- Extra distillation step so this is our strongest formula
- Comes in a lotion form so can be used topically too for headaches, muscle or joint pain, etc.

December Events

2018 COMMUNITY HEALTH SERIES



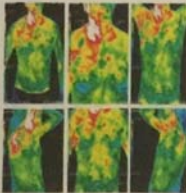
DR. LISA ON THE RADIO
"How to Boost your Immune System Naturally"

Questions welcome
December 5 @ 11:15-11:45
WISR 680 am



FACEBOOK LIVE with Dr. Lisa & Dr. Meghan Curiale, DC
"All about CBD & how it can help with Sleep & Pain"

December 6 @ 11-11:30
* Must View on our Facebook Page



THERMOGRAPHY DAY
Three Rivers Thermography offers Digital Infrared Thermal Imaging @ LISA'S NATURAL PATH
December 11 @ 12-7



SEMINAR
"All about Turmeric\Curcumin"
December 11 @ 5:30
\$10 if Register, \$15 at door



FACEBOOK LIVE with Dr. Lisa
"How to Boost your Immune system Naturally"
Questions welcome
December 12 @ 12-12:30
* Must View on our Facebook Page



LISA'S NATURAL PATH
HERB SHOP & WELLNESS CENTER

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

- * December 18 @ 12-7 pm
Specials, Free Stuff & Sale

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

* Winter Season starts December 12 so sign up now.



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
- **CLOSED: December 24th, 25th, 26th, 31st & January 1st for the Holidays!**

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.



Copyright © 2018 LISA'S NATURAL PATH, LLC, All rights reserved.

Our mailing address is:

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

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)
