



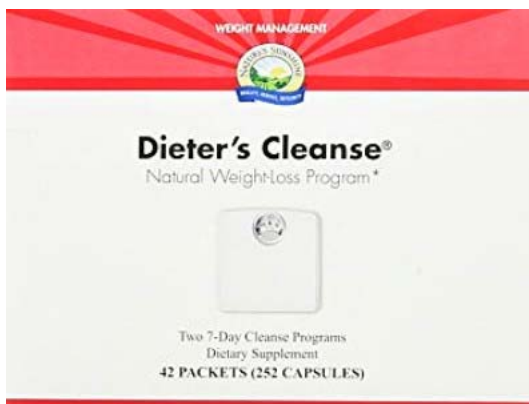
Hello Everyone,

Happy New Year! from all the Team at LISA'S NATURAL PATH. The January Newsletter is all about starting the New Year off great. After all the Holiday parties and get togethers you body needs detoxing from all the excess food, drinks, and sugar. Just like you change the oil in your car every few thousand miles you need to detoxify the entire body: Organs, Joints, Skin, Bowels, etc. especially if you have a Health Issue. Whole body detoxifying is something I recommend to all my clients and customers to do every season change 4 x a year to improve or maintain good health.

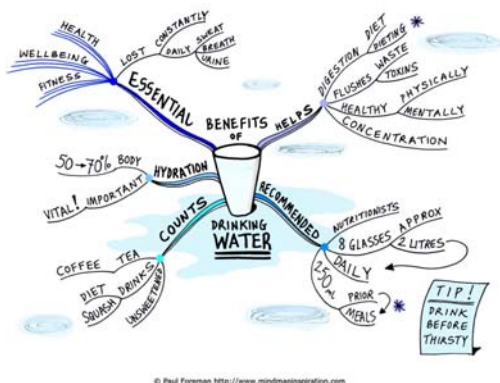
Blessings,



- Supports the natural, everyday cleansing of waste and toxins from the body
- Gently moves intestinal contents through the digestive system
- Improves natural energy levels
- Promotes a feeling of well-being
- Supports the delicate balance of friendly bacteria in the intestinal tract
- Supports healthy liver detoxification and function



- Promotes natural, healthy elimination
- Supports better glandular function
- Supports the liver and digestive system
- Helps maximize the nutritional benefit for the food you eat
- 2 week, whole body, gentle cleanse



DRINK WATER

- Purified water is one of the best detoxifiers there is
- You need to drink 1/2 your body weight in ounces a day
- Reverse Osmosis water is the best
- Never drink water that has been stored in plastic as you get the xeno-estrogen toxins from the

plastic



- Nickname is: "The Detox Box" Detoxifies toxins through the skin
- Burn 600-800 calories in one 30 minute session
- Better detoxifying with dry heat
- Relaxes and calms stress

- Gentle detoxifying & cleansing of the entire Colon
- OSHA governed
- Class 2 medical device
- Calms colon
- Re-Builds muscle tone so bowel works better
- Client is completely covered entire time
- Private room with attached bathroom



January Events

2013 COMMUNITY HEALTH SERIES



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

"Get off the Weight Loss Roller Coaster"

January 3 @ 11:30



THERMOGRAPHY DAY

Three Rivers Thermography coming to offer Digital Infrared Thermal Imaging

January 8 @ 12-7

*** By appointment only**



SEMINAR

"You are what you digest"

January 8 @ 5:30

\$10 if Register, \$15 at door



FACEBOOK LIVE with Dr. Lisa

"How to have beautiful skin naturally"

January 9 @ 12-12:30

*** Must View on our Facebook Page**



SEMINAR

"All about Juicing to Detoxify, Alkalize & Improve your Health

January 29 @ 5:30-6:30

\$10 if register, \$15 at door

Guest Speaker: Dustin Hribal



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

*** January 29 @ 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**



Help someone in need.

*For every large garbage bag you bring in we at LISA'S NATURAL PATH will give you 1 chance to win a Free, Far Infrared, 30 minute, Detoxifying Sauna Session (value \$30).



Every month we are collect Non-perishable food and items for the Evan's City Food Cupboard. For January they need: Soap (Bar, Laundry, Dish, etc.) For every grocery bag 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 items please. Let's all do our part to help others in need.



Breath 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

HOLIDAY CLOSING REMINDER

We will be Closed: Tuesday, January 1 for the New Year's Holiday

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.
- Bi-Monthly live face book classes
- Continuing education classes at Butler County Community College
- Monthly Newsletters



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Our mailing address is:

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

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