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# February LNP Newsletter

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**Hello Everyone,**

**Happy Heart month and the month of Love. We are still collecting gently used or New: Coats, Hats, Gloves, & Scarves for Andrea's church outreach program so please clean out your closet and help us warm some people in need.**

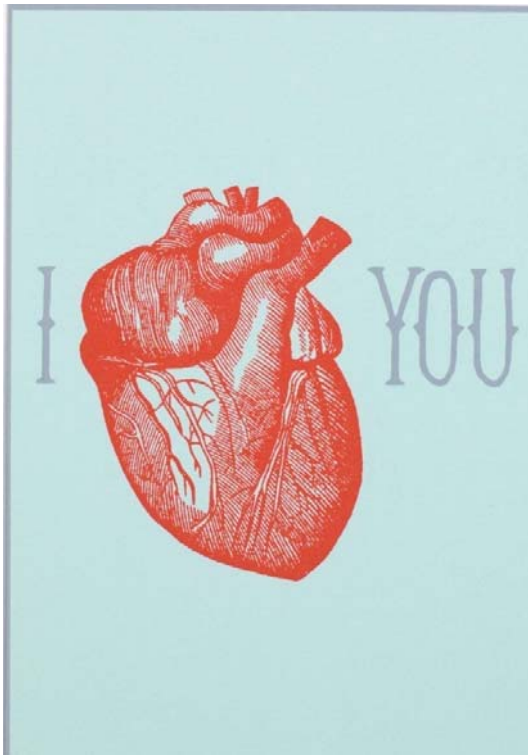
**On another note: I am so proud to let you know that Jill Hanford, Nutritional Consultant has joined us again as part of our team at LISA'S NATURAL PATH. Jill has a great personality and caring heart that wants to help people get well naturally. She is a joy to be around. So stop in and welcome Jill back.**

**Stay Warm & Spread some Love,  
Dr. Lisa**

## **Heart Month**

Our heart is an organ that truly never stops working; however, heart health has been

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on the decline in recent decades. Cardiovascular disease is the leading cause of death in the United States even though a lot of this disease can be prevented with a life of good nutrition, staying active, and avoiding smoking! This being said, keep reading for some heart healthy recipes, upcoming seminar dates & times, as well as tips for overall heart health!



### **Brandys February Massage Specials**

***Brandy is one of our Licensed Massage Therapists, with over 15 years of experience!***

- 1 Hour Swedish Massage \$50
- 1/2 Hour Foot Reflexology \$20



### **Black Bean Rainbow Salad**

This dish is great to have in your fridge for a quick snack or side dish.

The rainbow of colors gives you a variety of nutrients, fiber, and healthy fats for your heart. Served with brown rice this salad is a complete protein with all essential amino acids.

Ingredients:

- 1 cup of cooked Black Beans
- 1 small Cucumber (peeled & diced)



- 1/2 of a Red Onion (diced)
- 1 Mango (peeled & diced)
- about 1/8th of a head of Purple Cabbage (chopped)
- 1 Red Bell Pepper (chopped)
- 1-2 Avocados (diced)
- juice from 1 Lime
- 2 Tablespoons of Olive Oil
- Salt & Pepper to taste
- Chopped Cilantro (optional)

In a large bowl mix together lime juice, olive oil, and any seasonings you'd like to add. Add in all of your beautiful chopped veggies, fruit, and beans then toss gently in the dressing you previously mixed. Stick in the fridge and enjoy as a snack, side dish, or a refreshing meal! Feel free to get creative! See something you're not a fan of? Simply switch that veggie out for something else or omit it. *Instagram: @veganmami\_*



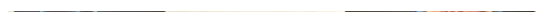
## Food Drive!

PLEASE HELP US, HELP OTHERS!  
 Bring in any non-perishable food pantry items and we will donate them to the Evan's City Food Cupboard. For every 5 items you bring you will be entered in a drawing for a **free** 30 minutes in our Far Infrared Detoxifying Sauna (\$30 value).

*\*The winner will be announced at the end of February*



## February Events



2019 COMMUNITY HEALTH EVENTS

**CLASS** @ 10:1 with Dr. Lisa  
"Essential Oils-The Basics"  
February 5 @ 6:00pm  
Lifelong Learning Department  
Call to Register # 287.8711

**FACEBOOK LIVE** with The Docs:  
Dr. Lisa & Dr. Meghan  
"Heart Health"  
February 7 @ 12:00  
\* Watch on our Facebook Page

**THERMOGRAPHY DAY**  
Three Rivers Thermography  
offering: Digital Infrared Thermal  
Imaging  
February 12 @ 12-7  
\* By appointment only

**FACEBOOK LIVE** with Dr. Lisa  
"All about Cleansing &  
Detoxifying your Insides"  
February 13 @ 12:00  
\* Must View on our Facebook Page

**SEMINAR**  
"CBD Hemp Extract, The Newest  
Research on How it can Help You"  
February 26 @ 5:30-6:30  
\$10 if register, \$15 at door  
Guest Speaker: Mike Gallagher

**LISA'S NATURAL PATH**  
HEMP EXTRACT & WELLNESS CENTER

SEMINARS, CLASSES &  
FACEBOOK LIVES  
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  
\* February 26 @ 12-7 pm  
Specials, Free Stuff  
& Sale

1779 North Main Street Ext.,  
Butler, PA 16001  
www.LisasNaturalPath.com  
724.284.9162  
\* Don't forget to Follow Us on  
FACEBOOK



**NATURAL SOLUTIONS**  
HEMP EXTRACT

This event is designed to educate about CBD and how it works, what forms are best, what to look out for, and how it correlates to pain, brain, and inflammation.

**FEBRUARY 26TH**  
**TUESDAY 5:30 PM**

Guest speaker Mike Gallagher is a certified lifestyle educator and consultant that has been in the nutritional industry for over 15 years. Mike is looking forward to discussing hemp extract 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 #10. if you register  
1779 N Main St Ext,  
Butler, PA 16001  
(724) 284-9162

**FREE SAMPLES**

## EDUCATIONAL CLASSES AND EVENTS

can be found on our website at: [www.Lisasnaturalpath.com](http://www.Lisasnaturalpath.com)

## Hawthorn for the Heart

Hawthorn Berries' effects on the circulatory system have been well studied. The berries contain constituents that help enhance heart muscle function and provides circulatory system support.

### To Enhance Effectiveness of CBD

- 1) Drink 1/2 your body weight in ounces of purified water a day so your tissues stay hydrated and can absorb the CBD throughout the body.
- 2) Dose on the bottle is for a person under 200 lbs. Over 200 lbs. double the dose.
- 3) If you have Chronic pain, double the dose for at least 90 days to speed up the replenishing of the Endocannabinoid system.
- 4) Take 1 Super Omega's Fish Oil with each dose to help the CBD get throughout the body and is also an anti-inflammatory.
- 5) Eliminate: Alcohol, Pop, Coffee, & Black tea as these deplete the system.
- 6) Take CBD 2 hours away from any medication.
- 7) If you have a Chronic inflammation issue or ITIS add: Turmeric/Curcumin for added pain relieving and anti-inflammatories.



**WINTER HOURS**  
If you are wondering if we are open on some snowy or icy days just check our Facebook page or call and listen to the Answering Machine message. If you have an appointment and we are going to be closed, someone will call you to let you know.



## NEW AT LNP

*CBD Hemp Extract Consultation with Dr. Lisa Kellerman, ND*  
1/2 hour of all your questions answered about CBD \$65  
\* As a Bonus you will receive \$5 off any CBD product

### **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 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.
- Facebook Live Classes
- Dr. Lisa also teaches Lifelong learning classes at BC3