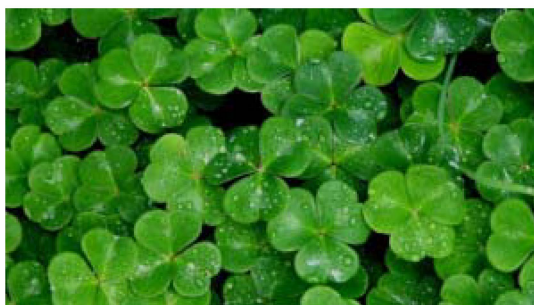

LNP March Detoxifying Newsletter



Hello Everyone,

Spring is just around the corner and for our Irish readers Happy St. Patrick's day March 17.

The March Newsletter is all about detoxing. We do a spring cleaning for our houses, we change the oil on our cars so why not do the same for our bodies? Below we will list natural cleanses, wellness services, and some delicious recipes to get your spring cleanse off to a great start. Keep reading for upcoming classes, the new Sunshine Sharing Rewards Program, and much more.

Why should I Detox?

In today's world we are exposed to a cocktail of toxic chemicals in our daily environment. Even with a 100% organic diet, using natural cleaners, etc. we simply cannot avoid all toxins in our air, food, and overall

environment. For this reason, it is important to clean and detox our bodies regularly. Cleaning the body can improve digestion, circulation, and overall mood!



Here are some of the Cleanses that we offer at our Shop.

Dr. Lisa recommends rotating through these by doing a different cleanse every season (4 x a year). They all are two week whole body cleanses but, each targets an area of the body a little differently.

CleanStart Mild Cleanse

This is a two-week program that supports natural waste elimination to provide a sense of improved energy and well-being. It contains powerful nutrients that help cleanse and detoxify the body gently.



Dieter's Cleanse

Proper cleansing of the digestive tract allows for better elimination of waste and improved absorption of nutrients from the food you eat. The Dieter's Cleanse is a safe, simple, convenient cleansing program that targets the Glandular system so a good idea to do before starting a Weight loss program.



Tiao He Cleanse

This is a 15-day nutritional program designed to help the body achieve balance and harmony. It combines Chinese nutritional and Western herbal experiences that targets the liver.



Detoxing/Cleansing Therapies that we offer in the Wellness Center and Recommended by Dr.Lisa...

- ***Colon Hydrotherapy***
 - a gentle, warm internal bath using purified water that assists in eliminating stored fecal matter, gas, mucous, & toxic substances from the colon.
- ***Far Infrared Sauna***
 - also called "The Detox Box" this dry sauna has the ability to systematically eliminate internal chemicals and heavy metal toxins including mercury.
- ***Ionic Foot Soaks***
 - using the Bio-Electric Stimulating Technique this foot soak has the ability to detoxify and energize our body systems on a cellular level. Clients will see a dramatic change in water color as the body releases toxins through the feet, which possess the largest pores on the body.

REWARD YOURSELF TODAY WITH SUNSHINE REWARDS

Sunshine Rewards is the most convenient way to ensure that you never run out of the products you love! You choose the products and when you want them shipped. We take care of the rest and reward you along the way!

Sunshine Rewards benefits include:

- Proven products delivered to your door each month
 - Free shipping on each Sunshine Rewards order
 - Up to 25% back in Sunshine Points
 - Sunshine Points redeemable for more free product
- Manage your order online anytime!

QUITE SIMPLY, IT PAYS TO BE A
SUNSHINE REWARDS MEMBER!

Shipment	Points	Level
1	10%	BRONZE
2	10%	
3	10%	
4	15%	SILVER
5	15%	
6	15%	
7	20%	GOLD
8	20%	
9	20%	
10+	25%	PLATINUM

Shipments must be consecutive.

Example Sunshine Rewards Order:

	Product Price	OV Total	Shipping Fees	% back in Sunshine Points	Sunshine Points	Rebate	Total Value (including Sunshine Points)
Regular Order	\$100	100	\$11	0%	0	\$10	\$101
Sunshine Rewards Order	\$100	100	0	10-25%	10-25	0	\$110-125

You get a **minimum of \$342** in savings and free product over 12 months!

CREATE A SUNSHINE REWARDS ORDER

Creating a Sunshine Rewards order is simple and can be done online at: www.LISASNATURALPATH.COM



Select Products



Ships Monthly



Sunshine Rewards
Shipment Arrives

NATURE'S SUNSHINE®

Refreshing Fruit Infused Water Ideas



- Watermelon + Basil + Mint
- Pineapple + Mint
- Raspberry + Lime
- Lemon + Lime
- Cantaloupe + Cucumber
- Strawberry + Cucumber + Basil

The options are truly endless, mix and match any of your favorite fruit and fresh herbs. For best results let water infuse for 5 hours or overnight in the fridge. Be sure to use organic produce as it is important to avoid the pesticides and toxins that can be contaminating your ingredients.

MARCH EVENTS

2019 COMMUNITY HEALTH EVENTS



CLASS @ BC3 with Dr. Lisa
"Essential Oils - Skin & Hair Care"

March 5 @ 6:00pm-8:00 pm

Lifelong Learning Department

Must Call to Register # 287.8711



THERMOGRAPHY DAY

Three Rivers Thermography
offering: Digital Infrared Thermal
Imaging Scans

March 12 @ 12-7

Fee depends on area

* By appointment only



FACEBOOK LIVE with Dr. Lisa

"Healthy Meal Replacements"

March 13 @ 12:00-1:00

* Must View on our Facebook Page



SEMINAR

"Natural Solutions to Thyroid
Problems"

March 26 @ 5:30-6:30

\$10 Must call to Register

Guest Speaker: Mike Gallagher from
Dr. Winer's office in Pittsburgh



LISA'S NATURAL PATH
HERB SHOP & 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

* March 26 @ 12-7 pm
Specials, Free Stuff
& Sale

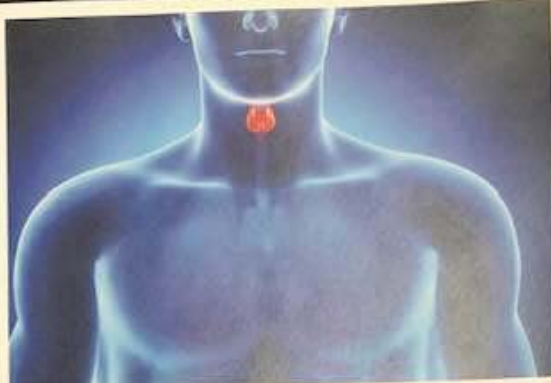
1779 North Main Street Ext.

Butler, PA 16001

www.LisasNaturalPath.com

724.284.9162

* Don't forget to Follow Us
FACEBOOK



NATURAL SOLUTIONS

Adrenals • Thyroid

This event is designed to educate about the adrenals and thyroid. You will learn about the connection between the two and how best to supply your body with vital nutrients.

MARCH 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 adrenals, thyroid 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
1779 N Main St Ext,
Butler, PA 16001
(724) 284-9162

\$10 pre reg
\$15 at door

FREE
SAMPLES

DID YOU KNOW THAT YOU CAN GET ANY OF OUR NATURE'S SUNSHINE PRODUCTS DELIVERED RIGHT TO YOUR DOOR?

Just go to our website: www.Lisasnaturalpath.com and click on: shop for Nature's Sunshine.

You will need to print this coupon and bring it in to redeem it anytime in March, 2019 at LISA'S NATURAL PATH on any CBD item in the shop. Limit 1 use only per customer.

* Can not be combined with any other discount



*** Listen to 620 AM for all Natural Health Practitioners all day discuss different Health Issues**



IMPORTANT ANNOUNCEMENT

Due to rising Credit card use costs we ask that you please pay with Cash or Check if you can.

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
- Full Spectrum CBD (Hemp Extract) products
- 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), 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 Plaza, Butler, PA 16001

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