



# Enchanted Thymes

MARCH 13, 2010

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## Events Calendar

*Healthy Habits Herbal Hour, **Saturday, October 11<sup>th</sup> @ 9:00 am.***

*Foot Spa sessions in Carlsbad on Monday mornings at SW Pharmacy. Call Enchanted Herb Pantry, LLC to schedule your appointment today.*

## Herbs for the Elderly

Many people assume that growing older means developing various chronic health problems like arthritis, heart disease and memory loss. They assume that these are the inevitable problems associated with aging. They also assume that growing older means needing more and more prescription drugs to resolve these various health problems. But this isn't really true. Most of these problems aren't caused by age; they are caused by modern diets and lifestyles. Furthermore, prescription drugs aren't going to correct these nutritional and lifestyle issues.

By adopting better health habits it's possible to improve one's health even in one's senior years. As many people have already discovered, it's never too late to discover healthier ways of living and derive benefit from them.

Please join us for this month's Healthy Habits class on **Saturday, October 11<sup>th</sup> at 9:00 a.m.** Cost: \$15/person (includes one-hour class with handouts). Register early as space is limited, email [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com) or call (575) 745-1673. **If there is enough interest**, following class we will have a FREE bonus class on Silver Shield from Dr. Gordon Pedersen. So, be sure to register!!

## EHP Monthly Specials

Receive a **FREE 16 oz. bottle of Liquid Chlorophyll** with any \$50 purchase\*

\*In-stock items only.

\*All prices subject to change without notice. Sale prices valid for advertised month only. \*

## Product Tips

Fall is here. The flies and bugs are looking to move into the house. Keep them out by adding a few drops of Cinnamon EO to your cleaning solutions.

### General Cleaning Solution

10-15 drops Cinnamon EO (or any oil of your choice)  
1 squirt - Sunshine Concentrate  
¼ C – Nature's Fresh  
Add to one gallon hot water.

Very effective for cleaning walls, counter tops, floors, bathrooms. It will remove food stains, cigarette smoke and dirt. All ingredients available from Nature's Sunshine Products.

For more Nature's Fresh & Sunshine Concentrate uses, the Nature's Fresh booklet is full of ideas, testimonials and recipes. Purchase yours today from Enchanted Herb Pantry, LLC, for \$5.

### ***Tired of Feeling Tired?***

*Re-energize your body with an Energy Foot Spa session.*

*Appointments are available Monday through Saturday at Enchanted Herb Pantry in Loving and Carlsbad. Call (575) 745-1673 to schedule your Energy Foot Spa session. Refer a friend, receive \$5 off.*

*Important Notice:  
This information is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.*

### **Gluten-Free Information**

Many people are discovering they feel much better on a Gluten-Free diet. Here are a few tips for more information.

Cookbook – Gluten-Free Quick & Easy by Carol Fenster, PhD. She also has a book coming out this fall called 1000 Gluten-Free Recipes.

Book – The Living Gluten-Free Answer Book by Suzanne Bowland. This book has a lot of information on where to purchase gluten-free items, who makes ready-made gluten-free items and many other tips.

Book – The Wheat-Free Cook, Gluten-Free Recipes for Everyone by Jacqueline Mallorca.

Website – Celiac.com

### **New Website**

Check out our new website at [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com). It is still under construction and I will continuously be adding to it, so please be patient. You will find past issues of *Enchanted Thymes* and more. Your comments and suggestions are welcome.

### **Coming Next Month**

In next month's Healthy Habits class, we'll explain how yeast overgrowth can be an underlying cause of acne, allergies, asthma, sinus congestion, frequent colds and other common health problems. Learn how to identify and control candidiasis and other chronic yeast and fungal infections at next month's Healthy Habits class.

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