



# Enchanted Thymes

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## Events Calendar

*Healthy Habits Herbal Hour and Weight Loss Challenge Kick-Off, Saturday, November 15<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.*

## Happy 2<sup>nd</sup> Anniversary EHP!

This month at Enchanted Herb Pantry we are proudly celebrating our 2<sup>nd</sup> year in business. Thanks to you, our wonderful clients, we are growing steadily and plan to continue to offer the best products and services. There are some exciting things happening this month - November 15<sup>th</sup> will be the kick-off for the Weight Loss Challenge, loose weight, gain health and qualify for cash and prizes. Plus, ALL purchases qualify for FREE products. Thank you to all of you who have made Enchanted Herb Pantry successful and for your trust and many friendships! It is a pleasure to have you as clients and friends.

## Candida

Do you crave sugar or sweets? Do you experience brain fog/fatigue? Do you often have gas, bloating or indigestion? Do you generally feel fatigued or have low energy? Do you experience food sensitivities or food allergies? If you answered yes to any of these questions, there is a high probability that you have an overgrowth of yeast in your body that is undermining your health and immune system. Learn how to identify and control candidiasis and other chronic yeast and fungal infections.

Please join us for this month's Healthy Habits class on **Saturday, November 15<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. This will also be the kick-off to the Weight Loss Challenge (see flyer)

## EHP Monthly Specials

Are you protected against the Electrical Devices you use in your everyday lives? **Diodes** can provide protection from EMFs (electromagnetic frequencies). Available for cell phones, computers, appliances, put them in your pocket or wear an attractive necklace. **Save 15% off 1 or Buy 2 get 1 Free (equal/less value)**

**Candida Free** – This formulation of powerful anti-fungal, anti-bacterial and anti-viral herbs is used to combat yeast infections and to help boost the immune system. Its properties help fight any underlying bacterial or viral infection that may be suppressing the immune system.

**Save \$2 ~ Special: \$12.97 1 oz.**

**Allergies: Regional Mix Desert United States™** - Use for itchy, watery eyes, sore throat, cough, hoarseness, fatigue, runny nose, sneezing, congestion & headache from allergens found in AZ, NM, desert areas of UT, CO, CA, NV.

**Save \$2 ~ Special: \$22.97 1 oz.**

## Receive **FREE** Products\*

With ANY Purchase ~ Receive (1) Nature's Sweet Life Chocolate Bar

With any \$50 Purchase ~ Receive (1) Bottle of Pau D'Arco

With any \$75 Purchase ~ Receive (1) 16 oz. jar of Gold Label Coconut Oil

\*Sale prices valid for in-stock items only during advertised month. Sale prices/free product not valid on services or website orders unless otherwise stated.

All prices subject to change without notice.\*

### ***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.*

### **Product Tips**

The Holidays are quickly approaching and for many this means additional stress. Remember to take care of yourself - as well as others. Take time out to breathe deeply and meditate. A nice Relaxing Bath may be just what you need to unwind.

#### Relaxing Bath Salts

2 drops Rose EO  
3 drops Lavender EO  
3 drops Bergamot EO  
1 C Epsom Salts

Put salts in a glass jar with a lid (and old mayonnaise jar works well), add essential oils and shake well to blend. Add salts to hot bath water, soak at least 20 minutes and relax. Essential Oils are available from Nature's Sunshine Products.

### **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.

### **Stay Connected**

Be more informed with information via email, i.e., specials, upcoming events, important product information, etc. If you would like to be "in the know" and receive these emails, send me and email with "Add me to your email list" in the subject line.

FREE *Sunshine Sharing* subscriptions are available to active Enchanted Herb Pantry clients. Don't miss out on this valuable information. Annual subscriptions may be purchased for \$15. Please mail payment to: Enchanted Herb Pantry, LLC, Attention: Sunshine Sharing, 97 W Ogden Rd, Loving, NM 88256.

### **Coming Next Month**

In next month's Healthy Habits class, we'll learn how to "soothe the savage sweet tooth" by switching to healthier beverages and snacks that satisfy those cravings for a snack without the vicious attacks on your health. We'll also discuss supplements to help reduce sugar cravings. Don't be a victim of vicious "snack attacks!" Make your beverages and snacks support your health rather than hurt it by joining us at next month's Healthy Habits class.

## **Enchanted Herb Pantry, LLC**

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*Enchanted Times* is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to Enchanted Herb Pantry, LLC, 97 W Ogden Rd., Loving, NM 88256 or [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com). If you wish to be removed from this email list just send a blank email with "unsubscribe me" in the subject box.