



Enchanted Thymes

MARCH 13, 2010

VOLUME 2, NUMBER 12

Events Calendar

*Healthy Habits Herbal Hour, **Saturday, December 13th and 27th @ 9:00 am.***

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

Merry Christmas from Enchanted Herb Pantry, LLC!!!

Are You a Victim of the Snack Attack?

Learn to defend yourself from these vicious attacks on your health! Did you know that 7% of the calories in the average American diet come from soda pop? Were you aware that 90% of the money Americans spend on food is spent on refined and processed foods? How about this? According to one study, American's favorite foods are (in order of preference): 1) soft drinks, 2) pastries, 3) hamburgers and meatloaf, 4) pizza and 5) chips and popcorn. Beer, cheese, French fries, white flour products and rice (white of course) make up the remainder of the top 10. But, let's not just be aware of the problem; let's do something to fix it!

Please join us for this month's Healthy Habits class on **Saturday, December 13th at 9:00 a.m.** Cost: \$15/person or bring a friend and save \$10 (\$10/ea). Class includes: one-hour class with handouts. Register early as space is limited, email enchantedherbpantry@yahoo.com or call (575) 745-1673.

There will also be a bonus Healthy Habits class on **Saturday, December 27th at 9:00 a.m.** This is part of the Weight Loss Challenge; however, anyone is welcome to attend program (it is not too late to sign up ~ contact me for more information if you are interested). Our topic is: Super Size Me. Cost will only be \$5/person. As usual, register by email (enchantedherbpantry@yahoo.com) or call (575) 745-1673. Hope to see you there!

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. These are wonderful Christmas gifts! (*See enclosed handout.*) **Save 15% off 1 or Buy 2 get 1 Free (equal/less value)**

Immune Booster – is formulated to boost the immune system when acute symptoms such as cold or flu strike. Use Immune Booster to prevent these symptoms and to hasten recovery time during these conditions. It is helpful for either bacterial or viral infection. This formula is especially used to boost immunity during cold and flu season.

Regular Price: 4 oz. \$33.97 ~ Sale Price: 4 oz. \$24.99

Receive **FREE** Products*

With ANY Purchase ~ Receive (1) Nature's Sweet Life Chocolate Bar
With any \$30 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

Holiday Punch

2 Qt. RO Water

1 C Herbal Punch (#1610-0)

½ C Liquid Chlorophyll (16 oz. #1683-7 or 32 oz. #1689-6)

Mix and serve chilled or over ice. Products are available from **NSP**.

New Website

Check out our new website at 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 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.

NSP QV Reminder

Don't miss out on the bonus checks you deserve! Remember all you need is 100 QV in any given month, and you will receive a 10% bonus check from Nature's Sunshine. Roughly that means that if you spend \$100 in a month, you will receive a check for \$10.* Here is the chart from NSP:

QV Volume	0-99	100-299	300-599	600-999	1000-2,999	3,000+
Payout	0%	10%	12%	18%	27%	30%

*Not all QV is equal to purchase price.

Coming Next Month

In next month's Healthy Habits class, we'll explore the Three Keys to a Healthy Heart. We'll talk about diet and lifestyle changes that support heart health and herbs and supplements you can use to both protect and strengthen your heart. We'll also discuss specific natural remedies for various circulatory problems. We'll even talk about the emotional side of heart health. (Clue: your heart really is more than just a pump!) Learn how to protect your heart and your health by joining us at next month's Healthy Habits class.

Enchanted Herb Pantry, LLC

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Office Hours: Monday - Friday, 9-6, Saturday, 9-Noon

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. If you wish to be removed from this email list just send a blank email with "unsubscribe me" in the subject box.