



Enchanted Thymes

MARCH 13, 2010

VOLUME 2, NUMBER 8

Events Calendar

Healthy Habits Herbal Hour, Saturday, August 16th @ 9:00 am.

Special Recognition

Enchanted Herb Pantry, received "special honorable mention" for our contributions this year during the annual Carlsbad Chamber of Commerce banquet, held July 17, 2008. It was an honor to be nominated for this year's New Business of the Year.

Fibromyalgia

Between two to four percent of the population is now afflicted with a medically-incurable condition known as fibromyalgia. Affecting nine times more women than men, fibromyalgia is characterized by the presence of widespread pain and tenderness to the touch. Tingling of the skin, muscle aches, muscle spasms, weakness of the limbs, fatigue, sleep problems and cognitive dysfunction (commonly called "brain fog") are other common symptoms. As yet, modern medicine has no cure for this widespread problem, so treatment is primarily symptomatic. Pain relievers, antidepressants, selective serotonin reuptake inhibitors, anti-seizure drugs and dopamine antagonists are some of the commonly prescribed medications.

Like so many other illnesses of modern civilization, fibromyalgia has complex causes and what is really needed to help this (and other conditions like it) is to focus on rebuilding overall health, rather than just trying to relieve the symptoms. In this month's Healthy Habits class, we'll discuss some of the underlying causes of fibromyalgia and conditions like it, such as chronic fatigue syndrome and multiple chemical sensitivity. We'll also discuss ways to aid the body's own healing ability to help sufferers overcome this painful condition.

Please join us on **Saturday, August 16th at 9:00 a.m.** Cost: \$15/person (includes one-hour class with handouts). Bring a friend and save \$10 (2/\$20). Register early as space is limited, call (575) 745-1673 or email enchantedherbpantry@yahoo.com.

EHP Monthly Specials

Back to School Savings – Save 10% on all Product Purchases*
Purchase an Energy Foot Spa Session Package
Receive (1) FREE 1 oz. Lymph Clear

Pantry Clearance – 50% off selected items*

Capsicum 3 oz. shaker (single or 2-pk)
Liquid Chlorophyll – 16 oz
Liquid Cleanse
LOCLO
Recovery Drink Mix
Vari-Gone Skin Cream
Peppermint Xylitol Gum

*In-stock items only. 50% off retail price.

Red Rock Natural's 'Solomon's Salve' – This formula is a very effective remedy for a wide variety of muscular and skeletal issues. Often referred to as a "Broad Spectrum Chiropractor," this herbal remedy is used to hold in place the adjustments after they are made. The root is effective in conditions where the tendons and ligaments are tight or loose; it actually adjusts the tension on the connective tissue to the right level. Master Herbalist and Health Practitioner Thomas Easley says that it also assists in the relieving of 'bone spurs.' Bone spurs are a result of tight ligaments pulling against the bone and 'Solomon's Salve' will adjust that tension thus relieving the pressure and pain caused by the spur.
Price: \$17.15

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

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. 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

Black Fly Spray

4 drops each:

Geranium

Lavender

Peppermint

Sweet Thyme Linalol

Add to 4 oz. Nature's Fresh in a spray bottle. Shake to blend.

*Note: Can add a squirt of Herbal Trim to keep mixture blended.

Provided by: Victoria Schneider

Coming Next Month

In next month's Healthy Habits class, we'll talk about how to help teenagers be healthy. We'll discuss tips for encouraging teenagers to eat a healthy diet and we'll also cover specific teenage health challenges such as acne, mood disorders, blood sugar problems, eating disorders, hormonal changes, learning problems and substance abuse. Join us to learn how to help young adults be "terrific teens."

Enchanted Herb Pantry, LLC

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

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