



# Enchanted Thymes

MARCH 13, 2010

VOLUME 2, NUMBER 9

## Events Calendar

*Healthy Habits Herbal Hour, Saturday, September 13<sup>th</sup> @ 9:00 am.*

**Southwest Pharmacy  
Monday Foot Spa Sessions Return!**

*I will return to SW Pharmacy on Monday mornings offering Energy Foot Spa Sessions beginning Monday, September 8, 2008. Call Enchanted Herb Pantry today to schedule your appointment, they are booking quickly.*

## Herbs for Teenagers

Today's teenagers face a lot of stress and a lot of health challenges. Many of the health problems that used to show up primarily in older people, such as cancer and Type II diabetes are now affecting teenagers. Obesity has also become a serious problem among teenagers, while other teenagers have problems with eating disorders like anorexia and bulimia in their effort to stay slim. With the hormonal changes taking place during puberty, acne is often a problem. Other hormonal challenges such as PMS in girls are also issues.

With their growing need for independence and their desire to experiment with life, influencing teenagers to eat healthy and otherwise take good care of their bodies can be a challenge. However, it is important for young people to establish good health habits because this lays the foundation for health for the rest of their lives.

Please join us for this month's Healthy Habits class on **Saturday, September 13<sup>th</sup> at 9:00 a.m.** Cost: \$15/person (includes one-hour class with handouts). Register early as space is limited to 10 people, call (575) 745-1673 or email [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com). Following class we will have lunch (bring your own), I will give the highlights from NSP's Washington DC convention and we will have a FREE bonus class on Silver Shield from Dr. Gordon Pedersen.

## 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 - \$3.37 or 2-pk - \$6.73)  
Liquid Chlorophyll – 16 oz - \$7.58  
Liquid Cleanse - SOLD OUT  
LOCLO - \$15.35  
Recovery Drink Mix - \$13.48  
Vari-Gone Skin Cream – SOLD OUT  
Peppermint Xylitol Gum - \$5.96

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

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

## Product Tips

Herbal Tooth Whitener  
1 Tablespoon Nature's Sea Calcium  
15 drops Nature's Fresh (just enough to moisten)  
5-6 drops Liquid Black Walnut Extract  
5-6 drops Peppermint EO  
A pinch of Xylitol (optional)

Mix all ingredients in a flat plastic or glass, container that can be covered with a screw cap. You want to be able to dip your toothbrush into it. Make only a small amount at a time as you don't want to contaminate the mixture with too many toothbrush "dippings." All ingredients available from Nature's Sunshine Products.

### ***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.*

### **About the Ingredients**

The Sea Calcium has been used for years in Europe as a dental powder to help brighten and strengthen teeth. Sea Calcium can be used alone. Just put some of the powder into your hand and dip your toothbrush into it. Then brush as you normally do.

Nature's Fresh Enzyme spray helps to dissolve plaque build-up. Because it breaks down proteins, it can dissolve the plaque without harming the teeth. The plaque contributes to the darkening of the teeth, as it makes it easier for staining foods to stick to the teeth and discolor them.

Black Walnut is an anti-parasitical, antiseptic, antiviral and astringent that helps to support healthy gums. If there is any type of sore in the mouth, try squeezing some liquid Black Walnut into the mouth and swishing it around, then follow this procedure with your normal tooth brushing. The sore will go away within 12 hours. Mary Born reports she has used this method countless times for herself and with numerous clients, all with success!

Because, Black Walnut is black (duh!), you want to follow it by brushing your teeth. However, it is the contact with the gums and soft tissue that really makes the liquid Black Walnut effective. It immediately, upon contact, shrinks the swollen tissue and brings relief from pain! It helps to strengthen gums; so, if you have "pockets" around your teeth-use this method twice daily and within a month you will see a tightening effect of the gums around the teeth. Using this liquid herb can stop germs before they can be swallowed!

Peppermint essential oil is great-tasting. It adds more astringent qualities; it is anti-bacterial and deodorizing. It also can help heal minor injuries.

The pinch of xylitol adds more benefits besides sweetening. Xylitol is a sugar that the bacteria which cause cavities and gum disease can't live off of. So, using xylitol as a sweetener actually helps prevent tooth decay and gum disease. Nature's Sunshine also has a xylitol mouthwash.

Provided by: Mary Born

### **Coming Next Month**

In next month's Healthy Habits class, we'll provide you with a checklist of how to have radiant health and well-being as you grow older. We'll also talk about the most important supplements for seniors and how they can help prevent, and even reverse, many common health problems people associate with aging. Like a wine or cheese can improve with age, so can you. Learn how to get better as you grow older at next month's Healthy Habits class.

## **Enchanted Herb Pantry, LLC**

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