



Enchanted Thymes

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Events Calendar

Healthy Habits Herbal Hour, Saturday, January 10th and 24th @ 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 & Healthy New Year from Enchanted Herb Pantry, LLC!

Protect Your Heart and Your Health!

Is your heart healthy and happy? Or Sad and Sick? Don't believe everything you've been taught about heart disease in the popular media. After decades of avoiding fat and cholesterol, taking cholesterol lowering drugs and other common medical approaches to heart disease, heart disease remains the number one killer in America. Contrary to what you've been taught, heart disease isn't caused by eating fats or by having high cholesterol. Heart disease starts with inflammation, brought on by environmental toxins, high insulin levels due to the over-consumption of refined carbohydrates and a lack of **good** fats.

Please join us for this month's Healthy Habits class on **Saturday, January 10th 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, January 24th at 9:00 a.m.** This is part of the Weight Loss Challenge; however, anyone is welcome to attend. Our topic is: Weightier Matters. 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. **Save 15% off 1 or Buy 2 get 1 Free (equal/less value)**

All Cell Detox – a general cleansing formula. It contains herbs that stimulate digestive organs, cleanse the bowel, strengthen the liver, acts as blood purifiers and glandular tonics. May also be taken for endometriosis, gelatinous breast lumps, and for sebaceous cysts. It can be used externally as a poultice for cysts. **Save \$2**

RG-Max - amino acid drink mix is designed to help support heart function and blood vessel flexibility. **RG-MAX contains 11 different amino acids, which are used by the body to help repair and build muscles, including the heart muscle.** Improved circulation can help support increased energy and stamina levels and may help support male sexual function. **SAVE \$5**

SAVE 10% ON ALL TROPICAL TRADITIONS PRODUCTS – Including: Coconut Cream Concentrate, Coconut Flakes, Coconut Flour, Coconut Oil, Lotions and Lip Balms. Yes, these are your **GOOD** fats that help to moisturize your skin, reduce inflammation and may assist with weight lose by increasing metabolism!

*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

Inhalation for Thick Mucous

4 drops myrrh
3 drops eucalyptus
2 drops thyme
1-2 drops tea tree

Drop essential oils into a bowl of almost boiling water. Cover head with a towel and carefully inhale vapors deeply for five minutes. Repeat three times a day for five days, or until condition clears. Recipe by Larissa Jones, Certified Aromatherapist. Products are available from **NSP**.

New Addition – Coop enthusiasts rejoice!

Enchanted Herb Pantry, LLC is proud to announce the addition of Frontier Natural Products Coop. Simply visit www.frontiercoop.com to view the wonderful products they carry. Then **send me an email with your order**. When we have a \$250 order we will place the order – hopefully monthly (at least every other month). They do not carry all that we had in the previous coop, but it's a start.

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 discover the simple secrets of colon cleansing. We'll learn why doing a colon cleanse at least once or twice a year is essential to staying healthy in modern times. Learn how to stay regular the way your grandmother would have wanted by joining us at next month's Healthy Habits class.

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

