



# Enchanted Thymes

MARCH 2010

VOLUME 3, NUMBER 12

## Events Calendar

**COMPASS™ Scans**  
available in **Loving**  
**and Carlsbad**. Call  
(575) 745-1673 to  
schedule your  
appointment.

Healthy Habits Herbal  
Hour, **Saturday,**  
**December 12<sup>th</sup>** @  
**9:00 am** at  
**Enchanted Herb**  
**Pantry, LLC.**

**FEEL BETTER Than**  
**You Thought**  
**Possible** - Schedule  
your COMPASS™  
Scan today!

## Feeling Blue?

### Learn the Causes of Depression and How to Overcome it Naturally

During the holiday season songs boldly proclaim, "It's the happiest time of the year." And for many people it is a happy time. But, oddly enough, the months of December and January are also the months where people have the most problems with depression.

Depression is common in the United States in both men and women. It is characterized by a lack of normal motivation, excessive sleep and sad, heavy feelings. But, depression is not a disease in and of itself. Depression is a symptom that has multiple causes. And correctly determining the cause of one's depression is the key to overcoming it.

Depression can arise from low levels of serotonin and dopamine in the brain, low thyroid, imbalances in reproductive hormones (estrogen, progesterone and testosterone), intestinal inflammation, liver stagnation, sadness and grief and anxiety or stress. The remedies that will help bring your system back in balance depend on the underlying cause.

Learn how to overcome depression holistically at this month's LIVE Healthy Habits class on **Saturday, December 12<sup>th</sup> at 9:00 a.m.** Cost: **Christmas Special** \$5/person. Class includes: one-hour class with handouts. **Special Aromatherapy Gift Bar** after class. Create affordable Custom Blends and lift the spirits of those on your gift list. Register early as space is limited, call (575) 745-1673 or email [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com).

## EHP Monthly Specials

**2010 Healthy Habits Class Pass** – Purchase your pass good for all 2010 classes.  
**Cost: \$120\*** (save \$60)

\*Pass includes any bonus classes that may be added to the calendar.

**Christmas Special** – Buy 4 – Get 1 FREE\*

Buy any 4 products and receive the 5<sup>th</sup> product FREE. Mix and match, your choice.

\*Lowest priced product is free.

**Custom Aromatherapy Products** – Customize your choice of natural aromatherapy products for you family, friends, secret pal, or anyone on your gift list. Choose from Mood Adjusting Spritzers, Air Fresheners, Massage Oils, Shower Gels, Bath Salts, Lotions, Roll-ons, etc. **Prices as low as \$5**

**It Works!** – Be thin and trim for the holiday parties with the **Ultimate Body Applicator**. What are you waiting for?! It's fast. It's effective. It's mess-free and comes with an affordable price tag. The **Ultimate Applicator** allows you to pick where you want to lose and literally shrinks your trouble spots in an easy, one-step application. See results in just 45 minutes!

**Christmas Special** – Buy 2 wraps – Get 1 FREE (Save \$25)

**\*Save over 50% @ [www.itworks.net/enchantedherbpantry](http://www.itworks.net/enchantedherbpantry)**

\*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**

Add 2-5 drops Cinnamon, Red Mandarin or your favorite NSP Essential Oil to a simmering pot or diffuser for great holiday aromas.

Products are available from **NSP**.

Shield your home or business and sanitize the air you breathe with an exciting new product from Nature's Sunshine! Visit the following link for information on the Boomerang: <http://www.naturessunshine.com/us/products/boom.aspx>

### **Are You 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 an 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. Monthly *Enchanted Thymes* issues are available FREE via email. Current and past issues can also be viewed on my website.

### **Coming Next Month**

Learn how to build your immune system to avoid catching whatever "bug" is going around. Don't buy into the fear created by the media about contagious diseases. Attend next month's Healthy Habits Class and learn how to create a healthy immune system and implement basic practices that will protect you from contagious diseases naturally. Then you, too, won't need to be afraid of the big, bad flu or whatever other contagious disease is "going around."

## **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 Road, 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.