



Enchanted Thymes

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Events Calendar

*Healthy Habits Herbal Hour, **Saturday, February 14th 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.

Once a Day Isn't Enough!

It's not the most pleasant subject to talk about, but staying regular is an important key to staying healthy. It's something that our great grandmothers knew, but modern doctors seem to have forgotten. And, going once a day doesn't mean you're regular.

If you don't have approximately one bowel movement for each meal you eat, you're constipated. Healthy stool is soft, and passes easily. If you strain to eliminate, you're constipated. Healthy stool is also light brown in color and passes in long pieces about the size of two of your fingers. If you pass hard, black lumps, you're constipated. There's more, but the bottom line is that most people are constipated and don't know it.

The simple fact is that doing colon cleansing has helped people with a wide variety of health problems. It can clear up sinus and respiratory congestion. It can lessen the frequency and severity of headaches and other minor aches and pains. It can relieve depression, lift your mood and provide you with more energy. Colon cleansing can clear up skin conditions like acne, and is helpful for most chronic ailments, too.

Please join us for this month's Healthy Habits class on **Saturday, February 14th at 9:00 a.m.** We are having a Valentine's Day party – everyone attending will receive a FREE gift. Cost: \$15/person. Class includes: one-hour class with handouts. Don't miss the fun, food and education! Register early as space is limited, email enchantedherbpantry@yahoo.com or call (575) 745-1673.

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)**

Energy Foot Spa Session – Buy 1, Get 1 FREE (Save \$35)

Custom Blend Aromatherapy Products – Buy 1, Get 1 FREE (Save \$15 or more). Create a custom-made aromatherapy solution. Mix healing scents (health or emotional) for you or someone you care about. Includes: bottle and base of your choice: Nature's Fresh, Massage Oil, Herbal Skin Treatment or Irish Moss Lotion.

Liquidation of The Feast Products – Enchanted Herb Pantry, LLC will no longer stock The Feast products, however, these are excellent products and you can purchase them at: www.uriinternational.com/tjstevens. **Save \$5/ea on remaining items. (Including The Feast powder, Beyond Berries powder and Beyond Berries packets*)**. *Only available while supplies last

*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

Sensual Blend

2 drops ylang ylang
2 drops geranium
2 drops sandalwood

The addition of 1 drop patchouli makes this blend richer and more interesting. A drop of clove makes it warmer. This blend is too thick for a diffuser. Use an aromaball or mix with ½ cup Epsom salts. 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. Stock your cabinets with *organic, non-irradiated* spices, natural skin care items, health accessories and much more! Simply visit www.frontiercoop.com to view the wonderful products they carry. Then **send me an email with your order**. When we have a full 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.

Coming Next Month

In next month's Healthy Habits class, we'll show you how the right kind of nutrition and supplements can help you feel calmer, sleep better and have more energy to cope with life's little (and big) stresses. We'll also explain how deep breathing and appropriate physical activity reduces stress levels and helps clear our head so we can think clearly about solutions to our problems.

Lastly, we'll cover four psychological practices that will dramatically reduce anxiety, tension and worries and help you face the things that stress you with a calm, relaxed confidence. So, if the stress of life is getting you down, let us show you how to get back up again. Learn the secrets that will ensure that you CAN handle it 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.